



Affiliated to : World Bodybuilding And Physique Sports Federation (WBPF)
Asian Bodybuilding And Physique Sports Federation (ABBF)
South Asian Bodybuilding & Fitness Federation (SABBF)

Recognized by : The Association For International Sport For All (TAFISA), World Leisure Organization (WLO), General Association of World Sports Federation (GAWSF) World Sports University (WSU), Foundation for Sport, Development & Peace (FSDP), International Sport And Culture Association (ISCA), International Sports Council (ISC), International Council of Sport Science and Physical Education (ICSSPE), Union of International Associations, (UIA) Pacific Games Council (PGC)

Date: 13th April, 2024

To,
The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Boards Affiliated to
Indian Body Builders Federation
Mumbai.

Ref. No.: IBBF/ST/CR-01-2024

Sub: Selection Trial of Team for
56th Asian Body Building & Physique Sports Championship 2024
15th WBPF World Body Building & Physique Sports Championship 2024

Dear Sir / Madam,

We are pleased to inform you that the Indian Body Builders Federation have organized Selection Trial on and from 11th – 12th May, 2024 at J T Pac, Ernakulam in Kochi, Kerala in association with Bodybuilding Association of Kerala for the selection of team for the 56th Asian Body Building & Physique Sports Championship 2024, which will be held on and from 6th August – 12th August, 2024 at Batam, Indonesia and 15th WBPF World Body Building & Physique Sports Championship 2024, will be held on and from 5th November – 11th November-2024 at Maldives.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories / Government Sports Boards to send ONLY best of their athletes as per the rules and SOP's prescribed in the circular. It is further informed that Executive Committee members and selected officials will only be provided with the lodging and boarding and will be allowed to officiate in the Selection trial. **No lodging and boarding will be provided to athletes by the Organizers.**

During the Executive Committee Meeting and Special General Body Meeting of the Indian Body Builders Federation held on 14th and 15th April 2023 at Haldwani, Uttarakhand it was decided to select maximum 2 athletes in each category for the above said Championships. It was further resolved that if any category the athlete performances are not up to the mark, then one or no athletes will be selected in the said category. We would also like to inform you that during the first international competition in 2024 if the athlete does not perform well then, his name will be eliminated from the next international championship in the year 2024.

The affiliated units / athletes will have to bear all the expenses which includes Airfare, Visa charges, Registration fees, Sport Kit, administration charges, etc. If any athlete is unable to participate in the selected championship due to any reason before their departure would not be eligible for any refund of the amount paid.

Thanking you

For Indian Body Builders Federation

T V PAULY (ARJUNA AWARDEE)
PRESIDENT

HIRAL SHETH
GENERAL SECRETARY



: CORRESPONDENCE ADDRESS :

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B Ambedkar Road, Parel, Mumbai - 400 012. Maharashtra.
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PARTICULARS

Contest	: Selection Trial of Team for Asian & World Championship 2024
Reception	: Cochin Gymkhana Club, Toc- H Nagar, Vyttila
Date	: 11th May – 12th May, 2024
Competition Venue	: J T Pac, Ernakulam, Kerala
Organizer	: Indian Body Builders Federation in association with Bodybuilding Association of Kerala
Nearest Railway Station	: Ernakulam Junction Railway Station (around 15 mins)
Nearest Airport	: Cochin International Airport (around 45 mins)
Entry Fee	
Body Building	: Rs. 1000/- Per competitor
Physique Sports	: Rs. 3000/- Per competitor
Contact	: Mr. K Anandan – President, 9447085122 Mr. Krishna Kumar- General Secretary, 9400212199 Mr. S Sudhakaran – Treasurer, 9961231465
IBBF Secretariat	: Ms. Hiral Sheth – General Secretary, 9819637300
Rules for the Contest	: 1. Team Managers / Officials to note that competitors who fail for weighing – in within the time limit will be eliminated from the championship. 2. All officials & competitors must arrive prior to the schedule. Organizers will NOT provide lodging & boarding to the athletes. Only invited officials of the unit along with Executive Committee Members of the Indian Body Builders Federation will be provided lodging and boarding for two nights. Other than the above-mentioned officials, extra officials, supporters and family members will NOT be provided with lodging and boarding facility. We require affiliated unit's co-operation for the same.

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3. All the Officials, managers, coaches are requested to come in uniform prescribed by IBBF in all the schedules activities. Those who do not have uniform as prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as a Judge. All the Judges should carry valid Judges card.

4. Participants and officials who arrive before 11th May and wish to stay after 12th May 2024 will have to bear for their own lodging & boarding.

5. Golden, Silver and Bronze color tanning cream is not allowed.

6. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs, actions and dancing will not be tolerated and the said participant will be banned from the Best Posing contest.

Please note

: Indian Body Builders Federation and Body Building Association of Kerala, any other organizers or any official will not be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.

Mandatory Guidelines:

ANY STATE UNITS/ UT/ GOVERNMENTS SPORTS BOARD SENDING ENTRIES AFTER THE MENTIONED DUE DATE (2nd May, 2024) WILL NOT BE ACCEPTED AND THEY WILL HAVE TO MANGAGE THEIR OWN LOGDING AND BOARDING. THE ORGANISERS WILL NOT PROVIDE ANY FACILITY TO THE SAID UNIT.

Please note that all the athletes must bring their Original Passport along with Passport Copy, passport size 4 photos along with them and must submit during registration.

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CATEGORIES FOR ASIAN CHAMPIONSHIP 2024

1. Men's Junior Bodybuilding up to 75kg, over 75kg (2 Categories)
2. Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories)
3. Women's Junior Fitness Physique age up to 21years (Open Category)
4. Women's Senior Fitness Physique up to 165cm, over 165cm (2 Categories)
5. Women's Junior Model Physique 21 years or below (Open Category)
6. Women's Swimsuit Model Physique up to 165 & over 165 cm (2 Categories)
7. Men's Master Bodybuilding 40-49 years Up to & Over 80 kg (2 Categories)
8. Men's Master Bodybuilding 50-60 years Up to & Over 80 kg (2 Categories)
9. Men's Master Bodybuilding Over 60 years (Open Category)
10. Mixed Pairs (Free Posing and Quarter Turns only)
11. Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories)
12. Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories)
13. Women's Bodybuilding up to 55 & over 55 kg (2 Categories)
14. Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories)
15. Men's Sport Physique up to 170cm, 175cm, 180cm over 180cm (4 categories)
16. Women's Sport Physique up to 165cm & over 165cm (2 Categories)
17. Women's Ladies Sports Physique over 35 years (Open Category)
18. Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories)
19. Women's Athletic Physique up to and over 165 cm (2 Categories)
20. Women's Ladies Athletic Physique over 35 years old (Open Category)
21. Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories)
22. Men's Athletic Physique up to 182 & over 182 cm (2 Categories)
23. Women's Wellness Physique (Open Category)
24. Women's Model Physique up to 170cm and over 170cm (2 Categories)
25. Women's Ladies Model Physique over 35 years old (Open Category)

Total 50 Categories

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WEIGHT CATEGORIES FOR WORLD CHAMPIONSHIP 2024

1. Junior Men's BodyBuilding Up to 75 Kg.
2. Junior Men's BodyBuilding Over 75 Kg.
3. Senior Men's BodyBuilding Up to 55 Kg.
4. Senior Men's BodyBuilding Up to 60 Kg.
5. Senior Men's BodyBuilding Up to 65 Kg.
6. Senior Men's BodyBuilding Up to 70 Kg.
7. Senior Men's BodyBuilding Up to 75 Kg.
8. Senior Men's BodyBuilding Up to 80 Kg.
9. Senior Men's BodyBuilding Up to 85 Kg.
10. Senior Men's BodyBuilding Up to 90 Kg.
11. Senior Men's BodyBuilding Up to 100 Kg.
12. Senior Men's BodyBuilding Over 100 Kg.
13. Men's Master BodyBuilding 40-49 years Old Up to 80 Kg.
14. Men's Master BodyBuilding 40-49 years Old Over 80 Kg.
15. Men's Master BodyBuilding 50-60 years Old Up to 80 Kg.
16. Men's Master BodyBuilding 50-60 years Old Up to 80 Kg.
17. Men's Master BodyBuilding Over 60 years
18. Men's Fitness Physique Up to 170 cm
19. Men's Fitness Physique Over 170 cm
20. Men's Athletic Physique Up to 160 cm
21. Men's Athletic Physique Up to 167 cm
22. Men's Athletic Physique Up to 175 cm
23. Men's Athletic Physique Up to 182 cm+8 Kg.
24. Men's Athletic Physique Over 182 cm+10 Kg.
25. Men's Sports Physique Up to 170 cm

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26. Men's Sports Physique Up to 175 cm
27. Men's Sports Physique Up to 180 cm
28. Men's Sports Physique Over 180 cm
29. Teenager Athletic Physique (Male) 15-18 Yrs (Open Category)
30. Teenager Athletic Physique (Female) 15-18 Yrs (Open Category)
31. Women's Body Building upto 55 kg
32. Women's Body Building over 55 kg
33. Senior Women's Fitness Physique Up to 165 cm
34. Senior Women's Fitness Physique Over 165 cm
35. Senior Women's Athletic Physique Up to 165 cm
36. Senior Women's Athletic Physique Over 165 cm
37. Women's Ladies Athletic Physique over 35 yrs (One Open Category)
38. Women's Junior Fitness Physique 21 Yrs. & below (One Open Category)
39. Women's Junior Model Physique 21 Yrs. And below (One Open Category)
40. Senior Women's Model Physique Up to 155 cm
41. Senior Women's Model Physique Up to 160 cm
42. Senior Women's Model Physique Up to 165 cm
43. Senior Women's Model Physique Up to 170 cm
44. Senior Women's Model Physique Over 170 cm
45. Women's Ladies Model Physique over 35 yrs (One Open Category)
46. Senior Women's Sports Physique Up to 165 cm
47. Senior Women's Sports Physique Over 165 cm
48. Women's Ladies Sports Physique over 35 yrs
49. Women's One-Piece Swimsuit
50. Mixed Pairs

TOTAL - 50 CATEGORIES

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TENTATIVE SCHEDULE

11th May, 2024 - Day 1

10.00 AM onwards : Arrival / Registration and Weighing in of all competitors and invited officials (Cochin Gymkhana Club, Toc- H Nagar, Vyttila)
(The hotels will allot the rooms after 2.00 pm. Kindly take a note)

01.00 PM : Lunch

08.00 PM : Dinner

12th May, 2024 - Day 2

09.00 AM onwards : Commencement of Selection Trial (as per category)
(J T Pac, Ernakulam, Kerala)

01.00 PM : Lunch

05.00 PM : Announcement of TEAM

10.00 PM : Dinner

13th May, 2024 - Day 3

10.00 AM : Departure of all competitors, officials and Judge

PLEASE NOTE:

NO BUSES OR CAR WILL BE ORGANISED FROM AIRPORT, RAILWAY STATION OR BUS STAND TO REACH REGISTRATION/ RECEPTION VENUE AND BACK.

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