



Recognized by : Government of India, Ministry of Youth Affairs & Sports, New Delhi
Sports Authority of India, New Delhi, National Anti Doping Agency, New Delhi

Affiliated to : World Body Building and Physique Sports Federation (WBPF)
Asian Body Building 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 Assembly Of Asia Pacific (GAAPSF), Pacific Games Council (PGC)
Union of International Associations (UIA)

Date: 14th September, 2022

To,
The Secretaries / Executive Committee Members / Life Members
Units of Eastern India Zone
Affiliated to Indian Body Builders Federation, Mumbai.

Ref. No.: IBBF/EI/CR-01-22

Sub.: "11th East Zone Senior/ Masters/ Divyang Men's Bodybuilding and Men's & Women's Physique Sports Championship 2022"

Dear Sir/Madam

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated Units of Eastern India Zone and also Affiliated to Eastern India Body Builders Association, Darbhanga to participate in the **"11th East Zone Senior/ Masters/ Divyang Men's Body Building and Men's & Women's Physique Sports Championship 2022"** under the Patronage of **West Bengal Body Building & Physique Sports Association**. The said competition is organized on and from **12th November- 14th November, 2022 at Khudiram Anushilan Kendra/ Kolkata**.

We on behalf of Indian Body Builders Federation humbly request all the affiliated Units of Eastern India zone to participate with maximum number of athletes to make this championship a grand success.

This Championship is open only for the athletes of the affiliated state association of the Eastern India Zone.

Your kind co-operation is solicited.

Thanking you,

For Indian Body Builders Federation

Hiral Sheth
General Secretary



: CORRESPONDENCE ADDRESS :

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B.Ambedkar Road, Parel, Mumbai- 400 012. Maharashtra.
Mobile : +91 9819637300. Email : ibbf_mumbai@yahoo.in Website : www.ibbf.in



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“11th East Zone Senior/ Masters/ Divyang Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”

PARTICULARS

Contest	:	11 th East Zone Senior/ Masters/ Divyang Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022.
Date	:	Saturday, 12 th November & Sunday, 13 th November, 2022
Organizer	:	West Bengal Body Building & Physique Sports Association
Reception / Registration	:	Navaprajanma State Youth Hostel, Vivekananda Yuba Bharati Krirangan, Salt Lake, Kolkata
Venue for Finals	:	Khudiram Anushilan Kendra, Kolkata
Nearest Railway	:	Howrah, Sealdah, Kolkata, Shalimar
Nearest Airport	:	Netaji Subhash Chandra Bose International Airport/ Dumdum
Weight Group	:	
Men’s Bodybuilding	:	Total 8 Weight Groups Up to & inclusive 55 kgs Up to & Inclusive 60 kgs Up to & inclusive 65 kgs Up to & Inclusive 70 kgs Up to & inclusive 75 kgs Up to & inclusive 80 kgs Up to & inclusive 85 kgs Up to & inclusive Above 85 kgs
Divyang Bodybuilding	:	One Open Category
Masters Men’s Bodybuilding	:	One Open Category (Above 50 Yrs)
Men’s Sports Physique	:	Upto 165 Cms Over 165 Cms
Women’s Model Physique	:	One Open Category

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- Eligibility** : All the affiliated Units of Eastern India Zone only can send Maximum numbers of body builders / Sports Physique / Model Physique athletes since there is no limit on numbers of athletes.
- Doping** : Dope test will be conducted at random by the National Anti-Doping Agency (NADA), New Delhi
- Prizes & Awards for** :
Men's Body Building :
1. First Three places in each category will receive Medal, Trophy and Certificates.
 2. Overall, Champion will receive Trophy along with Merit Certificate.
 3. All the participants will receive participation certificate.
- Entry Fees**
- Men's Bodybuilding** : Rs.500/- per competitor
- Divyang Bodybuilding** : NO
- Master Men's Bodybuilding** : Rs. 500/- per competitor
- Men's Sport Physique** : Rs. 2000/- per competitor
- Women's Sport Physique** : Rs. 2000/- per competitor
- Last Date for Entry** : 20th October, 2022
- Contact** : Mr. Sudipta Sen Gupta – 9002080472
Mr. Goutam Das – 7003688974
Ms. Swagata Mukherjee - 9434882560
Mr. Shovan Mukherjee - 7890290999
- IBBF Secretariat** : Ms. Hiral Sheth –General Secretary
Mobile: 9819637300
- EIBBA Secretary** : Mr. Kuldeep Raj Karmkar - 9122642754

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Rules for the Contest

1. Team Managers please note that the competitors who fail to report for the weighing-in within the time limit will be eliminated from the championship.
2. All officials and competitors must arrive prior to the schedule.
3. Team Manager please note Bodybuilders using tanning products / oil will be responsible for payment in full for bed sheets, pillow covers and wall paint stained by the same and the State Association/Union Territories will have to bear the cost of the same before departure.
4. All the officials, managers, coaches are requested to come in uniform prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as judge.
5. Golden, Silver, and Bronze color tanning cream is not allowed.
6. The lodging and boarding will be provided for two night only to the athletes and the officials. Those who arrive early or wish to stay later will have to make their own arrangements.

Please Note

: The Indian Body Builders Federation, West Bengal Body Building & Physique Sports Association and no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

PLEASE NOTE:

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

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SCHEDULE

Saturday 12th November, 2022

- 09.00 am onwards : Arrival of teams and Registration of all competitors, officials and judges
- 11.00 am – 02.00 pm : Weighing – in
- 01.00 pm to 02.00 pm : Lunch
- 08.00 pm onwards : Dinner

Sunday 13th November, 2022

- 07.00 am - 09.00 am : Breakfast for all athletes and officials in respective hotels

- 11.00 am onwards : Commencement of Competition
Men's Bodybuilding: Total 8 Weight Groups
Up to & inclusive 55 kgs
Up to & Inclusive 60 kgs
Up to & inclusive 65 kgs
Up to & Inclusive 70 kgs
Up to & inclusive 75 kgs
Up to & inclusive 80 kgs
Up to & inclusive 85 kgs
Up to & inclusive Above 85 kgs

Divyang Bodybuilding: One Open Category

Masters Men's Bodybuilding: One Open Category (Above 50 Yrs.)

Men's Sports Physique: Upto 165 cms
Over 165 cms

Women's Model Physique: One Open Category

- 01.00 pm to 02.00 pm : Lunch
- 09.00 pm onwards : Farwell Dinner

Monday 14th November, 2022

- 08.00 am onwards : Departure

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“11th East Zone Senior/ Masters/ Divyang Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 20th October, 2022

SR.	NAME	CONTACT NO	CATEGORY	WEIGHT
1				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10				
11				
12				
13				
14				
15				

Please complete with name of competitors, team manager, coach & judges.

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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Date: 14th September, 2022

RAIL TRAVEL CONCESSION

(Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II))
MOR/Ref:- No.TC-II/2035/06/BodyBuilding(Dt.5/8/2013)

This to certify that that _____ Body Builders/Officials of _____ is/are taking part in the “11th East Zone Senior/ Masters/ Divyang Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”, being organize by **West Bengal Body Building & Physique Sports Association**, under the authority of **Indian Body Builders Federation** on and from -12th November – 14th November, 2022 at Khudiram Anushilan Kendra, Kolkata. This/These participant(s) is/are entitled to rail concession under S.No. 1 & 2 of annexure to Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II). Concession Order for both journeys on paying 25% each journey from _____ to _____ and back.

For Indian Body Builders Federation

Hiral Sheth
General Secretary

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