



INDIAN BODY BUILDERS FEDERATION

Recognised by :

MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVERNMENT OF INDIA

14th Mr. INDIA

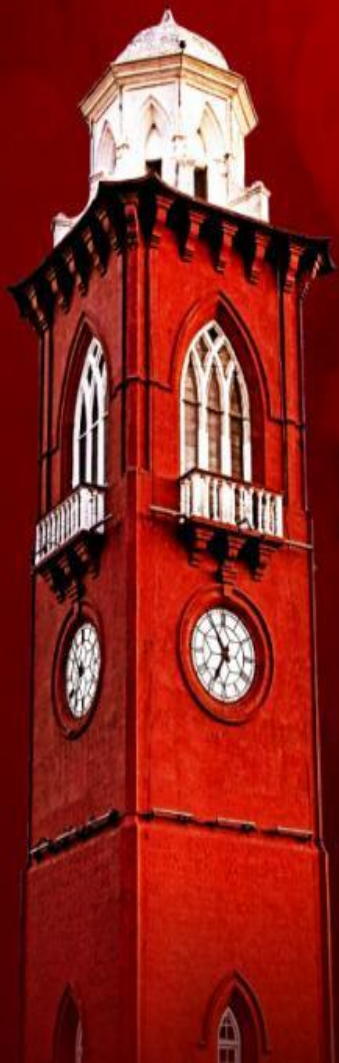
SENIOR NATIONAL BODY BUILDING & PHYSIQUE SPORTS

23rd-25th DECEMBER, 2022

LUDHIANA
PUNJAB

Organised by :

PUNJABI AMATEUR
BODY BUILDING ASSOCIATION





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 : South Asian Bodybuilding & Fitness Federation
Asian Body Building and Physique Sports Federation, Singapore
World Body Building and Physique Sports Federation, Dubai, UAE

Recognized by : The Association for International sports for All (TAFISA), Frankfurt, Germany
Pacific Games Council (PGC), Australia

Date: 13th October, 2022

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/SN/CR-02/22

Sub.: **"14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, **"14th Mr. India, Men's Senior National Body Building & Physique Sports Championship 2022"**; will be now held on and from **23rd – 25th December, 2022** at Ludhiana, Punjab at **Dr. Ambedkar Hall**, Near Jalandhar Bypass, Ludhiana organized by **Punjabi Amateur Body Building Association** and under the guidance of **Shri Premchand Degra** Padma Shree, Arjuna Awardee, Executive Vice President, Indian Body Builders Federation.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations/ Union Territories / Government Sports Boards to participate with best of their athletes as per the rules prescribed in the circular to make this championship a grand success.

Thanking you

For Indian Body Builders Federation

Hiral Sheth
General Secretary





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"14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022"

PARTICULARS

- Contest** : 14th Mr. India, Men's Senior National Body Building & Physique Sports Championship 2022
- Date** : Friday, 23rd December, 2022 to Sunday, 25th December, 2022
- Organizer** : Punjabi Amateur Body Building Association
- Venue for Pre-Judging & Finals** : Dr. Ambedkar Hall, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana
- Registration & Reception** : Dr. Ambedkar Hall, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana
- Lodging for Officials & Athletes:** Lodging will be provided for three nights only. Maximum 3 officials per affiliated unit will be allowed which included Team Manager / Coach/ Judges or any other officials.
One Room per unit for officials will be provided by the organizers
- Nearest Railway** : Ludhiana Railway Station
No pick up and drop will be provided by the organizer
- Nearest Airport** : Mohali Airport (90 – 100 km)
No pick up and drop will be provided by the organizer
- Organizers Contact** : Mr. Navneet Singh – 9888320009
Mr. Monu Sabharwal – 9023270063
Mr. Amarjit Singh - 9888413717
- IBBF Secretariat** : Ms. Hiral Sheth – General Secretary
Mobile: 098196 37300
- Categories** : For Men's Body Building
Total **ten 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 90 kgs
Above 90 kgs & below 100 kgs
Above 100 kgs

Rules for Men's Body Building : Will wear single-colored opaque posing trunks of a solid, non-distracting color which are clean and decent. The back area of the trunk must cover at least 50 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm. Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or any other jewellery /accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.

Men's Bodybuilding:

- a. Front double biceps;
- b. Front lat. spread;
- c. Side chest on any side;
- d. Back double biceps;
- e. Back lat. spread;
- f. Side triceps on any side
- g. Abdominals and thighs.

For Men's Sports Physique : Up to 165 cms
Over 165 cms

Rules for Men's Sports Physique : Will wear board shorts that reach from the lower abdominal area down to just above the knee. Viewed from the back the board shorts have to cover all of the gluteal area down to just above the knee area. The material, texture and color of the board shorts are at the discretion of the competitor. Foot-wear and jewellery are not allowed. Tight fitting lycra shorts are prohibited. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles,



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necklaces, earrings, piercings or any other jewellery/accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.

Sport Physique Physique:

- a. "T" WALK
- b. Quarter turn front
- c. Quarter turn right
- d. Quarter turn back
- e. Quarter turn front

"T" WALK: each athlete will appear on stage individually in numeric order. Athlete should walk to center of back on stage then walk to the front, take front and back pose then walk back to center of stage again and take his/her place in line. 45

For Men's Fitness Physique : One Open Group

Rules for Men's Fitness Physique : Will wear black opaque tights/posing trunks of a solid, non-distracting material which are clean and decent during the **comparisons** (elimination, prejudging and finals). No footwear is allowed.

The back area of the tights/posing trunks must cover 100 % of the "gluteus maximus", the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk/tights/gymnastic shorts must measure at least 15 (fifteen) cm. Pulling and shifting of the trunk/tights by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings,



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piercings or whatsoever other jewellery/accessories except for a wedding ring. 29. For the **routine** they will wear tights or gymnastic shorts of a solid, non-distracting color which are clean and decent and a tank top (minimum attire). Additional wear/attire is allowed as the competitor deems appropriate to perform the routine; the optional additional attire may be taken off during the routine provided that it does not appear as a strip-show. Sport shoes may be worn during the routine but are not mandatory.

Props including hats, caps, masks etc. are prohibited during the comparisons but can be used in moderation during the routine, as long as the competitor can bring them on to the stage and off by himself and they do not harm/stain the stage. Items such as sticks, bands, hats, caps, sun-glasses etc. that can be easily carried are acceptable props during the fitness routine.

The use of implants whether permanent by surgery or temporarily by fluid injection is not allowed and can lead to disqualification.

Body-coloring is allowed but the athlete has to make sure that the color stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body color are prohibited. Body coloring that stains the competition attire is prohibited.

Fitness Physique:

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front

Fitness Routines:

Routines are only a part of the prejudging in Men's and Women's Fitness Physique, in all other disciplines containing routines they will be only part of the finals. Fitness Routines in Men's and Women's Fitness Physique will be assessed and scored in both the prejudging and the finals.

For Men's Athletic Physique

: One Open Group

Rules for Men's Athletic Physique

: Will wear opaque tights/posing trunks of a solid, non-distracting material with the color of the posing trunk is left to the discretion of the



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competitor which are clean and decent during the comparisons (elimination, prejudging and finals). No footwear is allowed.

The back area of the tights/posing trunks must cover 100 % of the “gluteus maximus”, the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk/tights/gymnastic shorts must measure at least 15 (fifteen) cm.

Pulling and shifting of the trunk/tights by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area.

Men’s Athletic Physique:

- a. Quarter turn front
- b. Quarter turn right
- c. Quarter turn back
- d. Quarter turn front
- e. Front double biceps
- f. Front lat. spread
- g. Side chest
- h. Back double biceps
- i. Back lat. spread
- j. Side triceps
- k. Abdominals and thighs

Eligibility

- : Twelve Body Builders from each affiliated State units/ Union Territories / Government Sports Boards for Men’s Body Building but not more than two Body Builders in one weight group will be allowed. The host State Association will be allowed to field two teams that is 24 Body Builders (A and B Team). For Team Championship Only A team points will be calculated.

For Men’s Sports Physique category each unit can send only **FOUR** athletes but not more than two athletes in each category and the host State Association will be allowed to field two teams that is **EIGHT** athletes (A and B Team)

For Men’s Fitness Physique category each unit can send only **FOUR** athletes and the host State



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Association will be allowed to field two teams that is **EIGHT** athletes (A and B Team)

For Men's Athletic Physique category each unit can send only **FOUR** athletes and the host State Association will be allowed to field two teams that is **EIGHT** athletes (A and B Team).

Entry Fee

Men's Body Building	Rs. 1000/- per competitor
Men's Sports Physique	Rs. 3000/- per competitor
Men's Fitness Physique	Rs. 3000/- per competitor
Men's Athletic Physique	Rs. 3000/- per competitor

Security Deposit : It is compulsory to pay Rs.5000/- per State units/ Union Territories / Government Sports Boards as a security deposit at the time of registration. The said will be refunded only after deducting any damages in the hotels, rooms, auditorium or any other places.

Last Date for Entry : 30th November, 2022

Submission of entries : Entries along with duly filled Drug Testing Consent Form, Waiver Off Liability Form, copy of Aadhar card and Pan Card will be accepted in prescribed format. Entries may be sent to

1. General Secretary
Indian Body Builders Federation
c/o Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
2. Email: - ibbf_mumbai@yahoo.in
3. Via what's app on Mobile No. 9819637300

Annual Fees : All the affiliated State Associations/Union Territories are requested to pay their Annual Membership Fees of Rs.10000/- and Government Sports Board are requested to pay Fees of Rs.15000/- for the year 2023 on or before **31st March 2022**.

Judges Examination : Only affiliated State Units/Union Territories/Government Sports Boards will be eligible to nominate and submit the entries for Judges Examination on or before **23rd December, 2022** to those who wish to participate in Judges Examination along with the Fees of Rs.10000/- with two

photographs and copy of Aadhar card. These candidates will have to pay Rs. 7500/- as an additional charge towards lodging and boarding to IBBF.

Prizes & Awards

- Senior Men's Body Building** :
1. First three places in each category will receive Gold, Silver & Bronze Medals.
 2. First Five places in each category will receive Merit Certificates and trophy respectively.
 3. Overall, Champion will receive Medal, Trophy & Merit Certificate.
 4. Runner-up will receive Trophy & Merit Certificate.
 5. 1st Runner-up will receive Trophy & Merit Certificate.
 6. Most Improved Body Builder will receive Trophy & Merit Certificate.
 7. Team Championship will receive Trophy & Merit Certificate.
 8. 1st and 2nd Runner-up in Team Championship will receive Trophy & Merit Certificate respectively.
 9. All the Participants will receive participation certificate.
- Men's Sports Physique** :
1. First three places in each category will receive Gold, Silver & Bronze Medals respectively.
 2. First Five places in each category will receive Merit Certificates and trophy respectively.
 3. All the Participants will receive participation certificate.
- Men's Fitness Physique** :
1. First three places in the category will receive Gold, Silver & Bronze Medals respectively.
 2. First Five places in the category will receive Merit Certificates and trophy respectively.
 3. All the Participants will receive participation certificate.
- Men's Athletic Physique** :
1. First three places in the category will receive Gold, Silver & Bronze Medals respectively.
 2. First Five places in the category will receive Merit Certificates and trophy respectively.
 3. All the Participants will receive participation certificate.
- Doping** :
- Dope test may be conducted at random by the National Anti-Doping Agency (NADA).

In order to participate in the above-mentioned championship, it is mandatory to fill up and sign the drug testing consent and waiver off liability form.

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.
3. Organizers will provide free lodging & boarding to the athletes as per the entry form and one room for all other officials per unit along with Executive Committee Members of the Indian Body Builders Federation for three nights only.
Other than the above-mentioned officials, extra officials, supporters and family members will not be provided with lodging and boarding facility. **If requested prior with the charges of Rs. 10000/-, triple occupancy lodging and boarding facility will be provided.**
We require affiliated unit's co-operation for the same.
4. Team Manager note - Bodybuilders using tanning products/oil will be responsible for payment in full for bed sheets & pillow covers & wall paint stained by the same and the State Association/Union Territories and Government Sports Boards will have to bear the cost of the same before departure.
As mentioned above security deposit of Rs. 5000/- is mandatory to be paid at the time of registration and if there is any damage the said security deposit will be forfeited against the same.
5. 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.
6. Participants and officials who arrive before **23rd December, 2022** and wish to stay after **25th December, 2022** will have to bear for their own lodging & boarding.
7. Golden, Silver and Bronze color tanning cream is not allowed.
8. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD.



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Vulgar songs, actions and dancing will not be tolerated and the said participant will be banned from the Best Posing contest.

Please note

: **Punjabi Amateur Body Building Association** and Indian Body Builders Federation, 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.



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"14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022"

SCHEDULE

Friday, 23rd December, 2022

- 11.00 AM ONWARDS : Arrival of all Athletes, Officials & Judges
(Dr. Ambedkar Hall, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana)
- 01.00 PM TO 02.00 PM : Lunch for Athletes and Officials (Venue Will be informed later)
- 02.30 PM TO 04.00 PM : Judges / Coaches / Team Managers Meeting (Venue Will be informed later)
- 04.00 PM TO 09.00 PM : Weighing-in, **Dr. Ambedkar Hall**, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana
- 09.00 PM ONWARDS : Welcome Dinner (Venue Will be informed later)

Saturday, 24th December, 2022

- 07.00 AM TO 09.00 AM : Break Fast for Athletes and Officials (Venue Will be informed later)
- 09.00 AM TO 11.00 AM : Executive Committee Meeting (Venue Will be informed later)
- 11.30 AM ONWARDS : Commencement of the **Pre-judging at the Dr. Ambedkar Hall**, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana.

Total 14 events

Men's Fitness Physique - One open category ROUND 1 (90 sec routine)

Men's Sport Physique up to 165 cms, and over 165 cms (2 categories)

Men's Fitness Physique - One open category ROUND 2

Men's Athletic Physique- One open category

Men's Body Building

55kg, 60kg, 65kg, 70 kg, 75kg, 80kg, 85kg, 90kg, 90- 100kg and above 100kg

- 12.30 PM TO 02.00 PM : Lunch for Athletes and Officials at **Dr. Ambedkar Hall**, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana.



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09.00 PM ONWARDS : Welcome Dinner for Athletes and Officials (Venue Will be informed later)

Sunday, 25th December, 2022

07.00 AM TO 09.00 AM : Break Fast for Athletes and Officials (Venue Will be informed later)

09.00 AM TO 10.30 PM : Annual General Body Meeting (Venue Will be informed later)

11.00 AM ONWARDS : Commencement of the **Finals and Prize distribution at the Dr. Ambedkar Hall**, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana

Total 15 events

Men's Fitness Physique - One open category ROUND 1 (90 sec routine)

Men's Sport Physique up to 165 cms, and over 165 cms (2 categories)

Men's Fitness Physique - One open category ROUND 2

Men's Athletic Physique- One open category

Men's Body Building

55kg, 60kg, 65kg, 70 kg, 75kg, 80kg, 85kg, 90kg, 90- 100kg and above 100kg

Overall, Champion - MR. INDIA 2022

12.30 PM TO 02.00 PM : Lunch for Athletes and Officials, **Dr. Ambedkar Hall**, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana

10.00 PM ONWARDS : Farewell Dinner for Athletes and Officials (Venue Will be informed later)

Monday, 26th December, 2022

11.00 AM : Departure of all Athletes, Officials & Judges

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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**"14th Mr. India Men's Senior National Body Building
& Physique Sports Championship 2022"**
OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 30th November, 2022

S.R.	NAME	CATEGORY	MOBILE NO.	WEIGHT	AADHAR NOS / PAN NOS
1		Men's Body Building			
2		Men's Body Building			
3		Men's Body Building			
4		Men's Body Building			
5		Men's Body Building			
6		Men's Body Building			
7		Men's Body Building			
8		Men's Body Building			
9		Men's Body Building			
10		Men's Body Building			
11		Men's Body Building			
12		Men's Body Building			
13		Men's Sports Physique up to 165 cms			
14		Men's Sports Physique up to 165 cms			
15		Men's Sports Physique over 165 cms			
16		Men's Sports Physique over 165 cms			
17		Men's Fitness Physique			
18		Men's Fitness Physique			
19		Men's Fitness Physique			
20		Men's Fitness Physique			
21		Men's Athletic Physique			
22		Men's Athletic Physique			
23		Men's Athletic Physique			
24		Men's Athletic Physique			

TEAM MANAGER: _____ COACH: _____

JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____ TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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Date: 13th October, 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 is to certify that _____ Body Builders/Officials of _____ is/are taking part in the "14th Mr. India, Men's Senior National Body Building & Physique Sports Championship 2022"; will be now held on and from 23rd December to 25th December, 2022 at Dr. Ambedkar Hall, Near Jalandhar Bypass, Ludhiana organized by Punjabi Amateur Body Building Association and under the guidance and leadership of Shri Premchand Degra Padma Shree , Arjuna Awardee, Executive Vice President, IBBF and organization of the Indian Body Builders Federation. 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

Date: 13th October, 2022

To,
The Executive Committee Members
Indian Body Builders Federation
Mumbai

EXECUTIVE COMMITTEE MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee of the Indian Body Builders Federation, that a Meeting of the Executive Committee will be held on Saturday, 24th December, 2022 at 9.00 am Ludhiana, Punjab during 14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022, at Ludhiana, Punjab to discuss the following Agenda.

All the Executive Members are requested to attend the same in proper uniform.

AGENDA

- 1) To confirm the minutes of the Executive Committee Meeting
- 2) To deliberate and adopt the Annual Report as submitted by the General Secretary.
- 3) To discuss and confirm the forthcoming championships for the year 2023-2024.
- 4) To appoint the Internal Auditor and Chartered Accountant for the year 2023-2024 and to deliberate and adopt the Statement of Account submitted by the Treasurer for the year 2022-2023.
- 5) To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th December 2022.
- 6) To discuss the current recognition status of Indian Body Builders Federation by the Ministry of Youth Affairs and Sports, Government of India for the year 2022.
- 7) To discuss willful and deliberate violation of WADA and NADA code by rival Federation along with letters written by General Secretary to WADA, NADA and Ministry of Youth Affairs and Sports, Government of India and deliberate upon further action as required by the law.
- 8) Any other matter with the permission of chair.

The meeting will be called at 09:00 am sharp on Saturday, 24th December, 2022 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation



Hiral Sheth
General Secretary





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Date: 13th October, 2022

To,
The Executive Committee Members /Representatives
Of Affiliated State Associations / Union Territories / Government Sports Boards
Of Indian Body Builders Federation
Mumbai.

ANNUAL GENERAL BODY MEETING NOTICE

Notice is hereby given to all the members of the Executive Committee & the representatives of the affiliated State Associations / Union Territories / Government Sports Board of the of the Indian Body Builders Federation, that the Annual General Body Meeting will be held on Sunday, 25th December, 2022 at 11.00 am Ludhiana, Punjab during 14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022, at Ludhiana, Punjab to discuss the following Agenda.

All the Executive Members / Representatives of State Associations / Union Territories / Government Sport Boards are requested to attend the same in proper uniform.

AGENDA

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- 5) To discuss about the letters if any received from Executive Committee Members or the State Associations before 15th December 2022.
- 6) To discuss the current recognition status of Indian Body Builders Federation by the Ministry of Youth Affairs and Sports, Government of India for the year 2022.
- 7) To discuss willful and deliberate violation of WADA and NADA code by rival Federation along with letters written by General Secretary to WADA, NADA and Ministry of Youth Affairs and Sports, Government of India and deliberate upon further action as required by the law.
- 8) Any other matter with the permission of chair.

The meeting will be called at 11:00 am sharp on Sunday, 25th December, 2022 and in absence of proper quorum will be adjourned for half hour. The meeting will be reconvened again and then the decision as taken will be final and binding on all the members.

For Indian Body Builders Federation

Hiral Sheth
General Secretary



"14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022"

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022 on and from 23rd December – 25th December, 2022** at Ludhiana, Punjab, India.

I, the undersigned Athlete do hereby agree to be bound by the WBPF, ABBF & IBBF Constitution and Rules, the WBPF, ABBF & IBBF Rulebook, and the WBPF Anti-Doping Rules and the National Anti-Doping Agency Rules and Regulations of India. I further agree to co-operate fully with the IBBF and the Organizing Committee of the **14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022**. I have been read over and understand, accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That, the IBBF with the authority of the National Anti-Doping Agency has the right to conduct Dope Testing at this '**14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022**', pursuant to the IBBF, ABBF, WBPF and National Anti-Doping Agency Rules.
2. That, if I am selected for Dope Testing, I will cooperate fully with the Dope Collector Officials at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That, if I am subsequently found guilty of a doping offence, I will respect and abide by the relevant rules and regulations governing results management, including those pertaining to the appeal process.
4. That, I accept sole responsibility to remain current with the rules and regulations governing this Event, including those pertaining to Dope Testing and results management.
5. That, if I am selected for Dope Testing, then till the time of result, IBBF has the right to hold the Medal, Merit Certificate, Trophies, Cash Awards and other any prizes till the time IBBF or me receives the official result of the said Dope Test from the office of the National Anti-Doping Agency.
6. That, if I am found positive in the Dope test conducted by the National Anti-Doping Agency, then I am aware that IBBF will eliminate my ranking and the said position / ranking will be offered to the next athlete. It is further informed to me that all the Medals / Merit Certificate / Trophy / Cash Award will be withdrawn by IBBF. Further I have also been informed that IBBF may take necessary action in terms of suspension and other penalties deemed fit by IBBF.
7. That I do hereby declare and make oath that I am competing in this Competition free from prohibited performance-enhancing drugs.

Name of the Athlete: _____ **Date of Birth:** _____

Affiliated State Association:

Address:

E-Mail ID: _____ **Mobile No.** _____

Signature of Athlete

Signature of Team Manager/Coach/Official

Date:

Place:

"14th Mr. India Men's Senior National Body Building & Physique Sports Championship 2022"

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022 on and from 23rd December – 25th December, 2022** at Ludhiana, Punjab, India.

I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.

1. That I agree to waive any and all claims I may now and in the future have against, and release from all liability and agree not to sue the Asian Body Building and Physiques Sports Federation and World Bodybuilding & Physique Sports Federation (WBPF) , Indian Body Builders Federation, the Organizing Committee of "**14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022** " the WBPF, ABBF, IBBF and Competition officials, volunteers, agents or representatives, the official hotel and official competition venue and their staff, hereinafter referred to as the "Released Parties", for any personal injury, death and property damages, expenses or loss sustained by me as a result of my participation in the Event due to any cause whatsoever, including, without limitation, negligence or breach of statutory duty on the part of the Released Parties.

2. That I agree that medical and personal injury insurance coverage while participating in the **14th Mr. India Men's Senior National Body Building & Physique Sports Championship, 2022** " is solely my responsibility and that I agree to be responsible for and to pay for any and all costs that may arise as a result of my requiring medical and/or other special services and, in any event, should the Released Parties incur any cost for any such services for me personally,
I agree to reimburse the Released Parties for all costs of these services as may be incurred by them for my benefit or at my request.

3. In entering into this agreement, I am not relying on any oral, written or visual representations or statements made by the Released Parties to induce me to participate in this Event.

4. I confirm that I am the full age of majority and that I have read and understood this agreement prior to signing it and agree that this agreement will be binding upon me, my heirs, next of kin, executors, administrators and successors.

Name of the Athlete:

Affiliated State Association:

E-Mail ID: _____ **Mobile No.** _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place: