

MA No. 740
2008
8/4/09

RULES AND REGULATIONS

OF

"INDIAN BODY BUILDERS' FEDERATION"

सहायक सस्था नि.
वृहन्मुंबई विभाग, मुंबई.

1. DEFINITION :

The word "Federation" wherever mentioned means "INDIAN BODY BUILDERS' FEDERATION".

2. JURISDICTION :

The Territory under the jurisdiction of the Federation shall be the Indian Union including other places under the Administration of the Government of the India.

3. FINANCIAL YEAR :

The financial year of the Federation shall be 1st April to 31st March of every year.

4. MEMBERSHIP :

The membership shall be granted ~~to such a person~~ only after the due consideration of ~~his/her~~ application for the membership in the meeting of the managing committee. The managing committee has an absolute right to accept or deny the membership, for which the managing committee is not at all answerable. *& membership will be given to the only to the state organisation etc.*



5. Admissions:

i. Any ~~person~~ ^{institution} desirous and who agrees to abide by the provisions of these articles and rules and regulations of this Association made there under and fills his application on given format will be admitted as member provided.

- That said person is of a sound mind and body.
- That he should own a gym.
- That he has not been adjudicated insolvent or
- That he has not undergone sentence of less than six months on any criminal offence.

Prem Chd
Maudhary

- e. That all applications be received on prescribed format of the Association.
- f. The managing committee shall have absolute right of acceptance or rejection of any application of membership without assigning any reason.

- 6.
 - a. Annual Subscription
 - b. Renewal of Membership fees,
 - c. Defaulters
- i. Annual Subscription or Annual Affiliation Fees Shall be paid in advance for the next accounting year.
- ii. The Hon. General Secretary will issue a notice through the Bulletin or letter to all Members not later than 15th January intimating the last date of receiving membership renewal fees and if the fees are not received by that aforesaid date the member concerned shall ceased to be a Member.
- iii. Rate of Subscription/Affiliation Fees:
 - For State & Regional Association... Rs.1000/- Per year
 - For Sports Control Board ... Rs.1000/- Per year
- iv. Affiliation certificate will be granted to member only after the full payment of affiliation fees.
- v. A regular member who has not paid the entire annual contribution within four months from commencement of the accounting year shall be called a member in default.
- vi. A member in default shall cease to be member of Federation after three months of being a member in default unless permitted by the president of Federation.



Pres. Secy

M. Chaukhary

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7. TYPES OF MEMBERS :

The Federation shall consist of:

- a) Organizational Members
- b) Life Members
- c) Co-opted Members
- d) Founder Members

a. Organizational Members :-

Organization i.e. State Association including Regional Association, Sports Control Board Organizing body building sports shall be eligible for membership provided they apply for affiliation. The State Association and the regional Association shall have the power to give affiliation to their District Association and the Sports Control Board shall have the power to give the affiliation to their sub-ordinate units.

Affiliation Fees:

- i. For State Organization & Regional Association : RS.1000/- per Annum
- ii. For Sports Control Board : RS.1000/- per Annum

Such affiliated Organizations should participate in at least the National Context in a year end/or Junior or Senior State and District level Championships.

b. Life Members :

The executive committee may accept a person as Life Member who is interested in body building on payment of a minimum subscription of Rs. 25,000/- at a time. However life members are not eligible to be the member of the executive committee and to exercise their franchise. The life members will not have any voting rights.



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M. L. Chhaty

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c. Co-Opted Members :

The executive Committee will decide the person as member whose services will found to be beneficial to the Federation.

d. Founder Members :

Founder Members are the members who were connected with the Indian Body Builders' Federation Executive Committee and during its period of the establishment of Indian Body Builders' Federation.

The resolution adopted in the Indian Body Builders' Federation Congress shall be confirmed and retiled by the Executive Committee as regards the affiliation of members and entry etc., in the next following meeting of the Executive Committee.

8. CESSATION OF MEMBERSHIP :

A person shall ipso-facto cease to be a member and shall be removed as such by the Managing Committee.

- a) On his/her death.
- b) On his/her resignation of Membership.
- c) On his/her being convicted of criminal offence.
- d) If he/she fails to pay his/her subscription for more than four months.
- e) If he/she breaks the Rules and Regulations of the Society.

9. MANAGING COMMITTEE :

The Management and administration of the said Society shall be carried out on and managed by the Managing Committee which may pay all legal expenses incurred in promoting and registration of the said society, as mentioned herein these Rules and Regulations and specifically required to be exercised by the Committee in General Body Meeting.

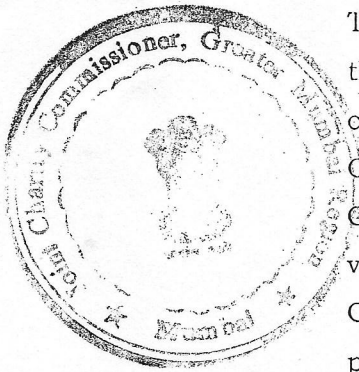
Prem C S
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The Executive Committee may remit a portion of arrear subscription due from State/Regional/Board Organization on written application and on reasonable grounds. When a State/Regional or Board Association becomes duly affiliated with the Federation, the Clubs Institutions with the aforesaid State/Regional Board or Board will have to be affiliated with the State of Regional or Board Organization. *The Managing Committee members will be representative of the concerned state organization. gji*

The Managing Committee shall be constituted of the following members :

- i. President - 1
- ii. Executive Vice - President - 1
- iii. Vice - President - 5
- iv. General Secretary - 1
- v. Associate Secretary - 2
- vi. Treasurer - 1
- vii. Organizing Secretary - 4
- viii. Members - 2



There shall be Maximum 51 and Minimum 07 Members in the Managing Committee. The Managing Committee so constituted as aforesaid shall elect from amongst them the Office-bearers. Any retiring member of the Managing Committee shall be eligible for re-election. The casual vacancies however, may be filled up by the Managing Committee. By co-option from the members and such persons shall hold office for the remaining period only.

10. SUSPENSION AND/OR EXPULSION OF A MEMBER :

- (a) The executive Committee has the right to delegate and/or re-delegated its power to constitute a disciplinary Committee consisting of such Members as would be deemed fit and proper to hold enquiry into charges relating to and arising out of order of suspension and proposed expulsion in respect of offending member or members who are otherwise entitled to have the right of hearing by the disciplinary committee will be

Prem Chandra
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[Signature]

considered by the Executive Committee decision will be final and binding upon all connected.

- (b) The Disciplinary Committee shall have the power to recommend for suspension to an affiliated unit or member fails to carry out the decision of the Federation or acts in a mannerly way or does things which are likely to hamper the good name of the Federation.
- (c) Any violation of the decision of the Executive Committee Rules or By-laws of the Federation formulated by the Federation will invite disciplinary action against the violating unit or members.
- (d) In the event of any decision to take any penal measures including suspension, expulsion and discipline action by any State/Regional Association/Sports Control Board against any District Association their respective affiliated unit or any individual member of any organization sub-ordinate to them, subject to approval and or ratification by the Executive Committee of the Federation. The delinquent will have also the right of appeal to the Federation within 30 days from the date of decision of such proposed penal measure.



11. CONSEQUENCE OF SUSPENSION :

No suspended unit or any suspended members of any unit shall be eligible to take part in any championship/Demonstration and Physical show or to enjoy and Physical show or to enjoy any privileged or the Federation/Association during the period or the suspension.

12. GENERAL POWER OF FEDERATION

1. The management of the Federation shall be vested on the Executive Committee elected at a General Meeting by the Two members of representatives of Organizational Members Ex-Officio Members, Co-opted Members, outgoing General Secretaries and of "INDIAN BODY BUILDER'S FEDERATION", if any The Executive committees is elected for a term of Four Years.

Per
Secretary

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The Managing Committee shall be constituted of the following members :

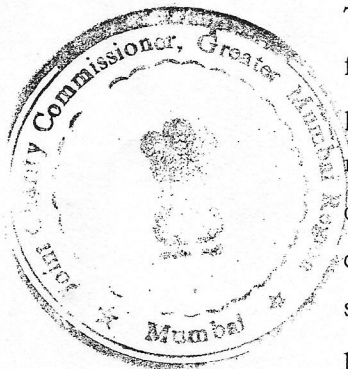
- ix. President - 1
- x. Executive Vice - President - 1
- xi. Vice - President - 5
- xii. General Secretary - 1
- xiii. Associate Secretary - 2
- xiv. Treasurer - 1
- xv. Organizing Secretary - 4
- xvi. Members - 2

Vacancy in the Executive committee due to non-election of one member or more members in the Executive Committee shall not render the composition of the Executive Committee invalid provided such vacancy does not exceed half of the number of the total strength of the Executive Committee. Such vacancies shall be ordinarily filled up by the Executive Committee.

2. The Officio-Bearers of the Federation will be as follows:-

The Office-Bearers will hold office, as such, for one term or for four years and may be eligible for re-election for a like term or period. No such office bearer shall hold office connectively for more than two terms or eight years provided that in the even of election for the second term, an office bearer who has completed on term shall only be deemed to have elected if he secures a majority of not less than two-third of members present at the Meeting. In the event of failure to obtain such majority, the concerned officer shall be deemed to have lost the election. The Office therefore, be filled up by election under the normal procedure from amongst candidates other than the office bearer seeking re-election.

No Person after holding office as President or Hony General Secretary consecutively for two terms or eight years shall be eligible for re-election to any of the said offices until the expiry period of at least four years from the date on which the last vacated the office.



Prem Chandra
M. D. Chaudhary

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No office bearer of the Federation shall be eligible to the office bearer simultaneously of any other National Sports Federation and/or Association excepting the Indian Olympic Association.

3. The Board of Examiners of "Indian Body Builder's Federation" will be composed of the following:-

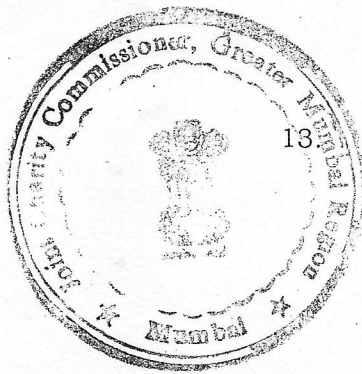
A Chairman, Secretary and 7 (Seven) other members excluding Chairman and Secretary. The Board shall be responsible for the training, coaching and examining of the Judges for Body Building and Yogasana.

Special Executive Committee will be form to look after A Chairman, Secretary and 3 (Three), other members in addition to the Chairman and Secretary. The Committee shall

4. Sub-Committee:

The Technical committee of "Indian Body Builder's Federation" will be composed of the following:-

- (a) Conduct clinics and undertake research for developing best training programme for Body Building and Physical Culture.
- (b) The Committee should organize regular conference for imparting knowledge and experience to the Body Building Coaches and Instructors.



13. RIGHT, PRIVILEGE, POWER & DUTIES

The rights, privileges, power and duties of the Executive Committee, of the Office-bearers and of members of Associate will be according to the by-laws framed from time to time, in addition to such rights, privileges, power and duties as mentioned in these rules and regulations and elsewhere.

14. QUADENNIAL GENERAL MEETING and ELECTION of Office Bearer following business will be transacted at the Quadrennial General Meeting:-

- a. Confirmation of the proceedings of the previous General Meeting (after every four years).
- b. Adoption of the Secretary's Report.
- c. Adoption of the Annual Audited statement of Accounts

Per
M. Dandhary

- d. Election of Office-bearers and Members of the Executive Committee (four year).
- e. Election of Auditor.
- f. To consider any other matter or amendment of the Rules and Regulations if any of which due notice of at least 15 days before the date of such Meeting has been given in writing to the General Secretary of the "Indian Body Builder's Federation"
- g. Presidential Address:
- h. All business of the General Meeting shall be decided by a Simple Majority of votes.

The Executive Committee, elected at a General Meeting will continue to function if for any reason it is found not possible to hold the General Meeting and Election within the scheduled period. The Executive committee may extend the date of renewal of affiliation and the date of General Meeting.

The newly-elected Members of the Executive Committee shall elect the sub-committees and Boards.

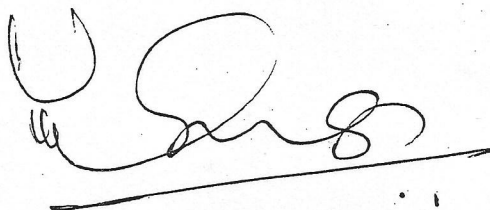


GENERAL BODY MEETING :

The General Body Meeting of the Society shall be held once in a year within six months immediately after 31st March of every year at such place, time and date as the Managing Committee shall determine.

- a. Confirmation on the proceedings of the previous Annual General Meeting.
- b. Adoption of the Secretary's Annual Report.
- c. Adoption of the Annual Audited Statement of Accounts.
- d. Election of Auditor.
- e. To consider any other business or any amendments of the Rules, Regulations or By-laws if any of which due notice of at least 15 days before the date of such meeting has been given in written to the Hony. General Secretary.

P. S. Chaudhary
 P. S. Chaudhary



f. Presidential Address.

NOTICE Of such General Meeting shall be sent by the Hony to all concerned at least 15 days before the Meeting together with the item of agenda.

16. SPECIAL GENERAL MEETING:

A special General Meeting can be called for any emergency which may arise from time to time.

NOTICE for such Meeting shall be posted at least 15 days before the Meeting together with the item of Agenda.

17. EXECUTIVE COMMITTEE MEETING:

The Executive Committee Meeting shall be convened by the Hony General Secretary of the Federation.

NOTICE of such Meeting shall be posted at least 15 days before the date of the Meeting.

18. SUB-COMMITTEE MEETING:

The Sub-Committee Meeting shall be convened by the Convener of Secretary of Members-in-charge of the Sub-Committee or Board.

NOTICE of such Meeting shall be posted at least 10 days before the date of the Meeting.

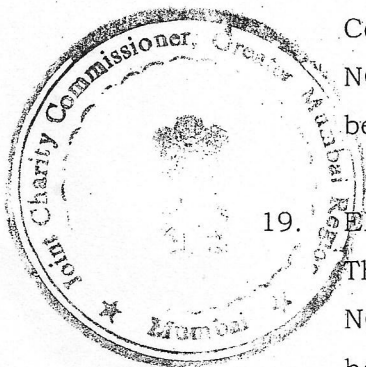
19. EMERGENT MEETING:

The Emergency Meeting must be convened by the Secretary.

NOTICE of such Meeting must be served with a gap of 24 hours.

20. REQUISITION MEETING:

On receipt of a requisition notice signed by at least 2/3rd regular bonafide Members stating the objects and purpose of the Meeting, the Hony. General Secretary shall call a special General Executive Committee Meeting within 15 days from the date of receipt of such requisition. Business specifically mentioned in such requisition / notice concerning the



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Federation or its management shall only be transacted in the requisition Meeting. In case however, the Hony. General Secretary fails to call a Meeting within the stipulated time, the requisitionists may convene such Meeting.

21. QUORUM:

- I. In all General Meeting 15 (Fifteen) eligible members present in the Meeting shall form the quorum.
- II. In Executive Committee Meeting 7 (Seven) eligible members present in the Meeting shall form the quorum.
- III. In Sub-Committee Meeting 3 (Three) eligible members present in the Meeting shall form the quorum.
- IV. Vote of all Meetings can be recorded by proxy. The Chairman will have, in case of equality, a casting vote.

22. MEETING OF THE MANAGING COMMITTEE :

Members of the Managing Committee shall meet ordinarily once in a two months or more if necessary to conduct the affairs of the said society. Minimum seven days notice of the meeting in writing/by hand delivery should be give to the members of the Managing Committee.

23. REQUISITION MEETING Of The MANAGING COMMITTEE :

The requisition meeting of the Managing Committee may be conveyed upon a requisition made in writing by the President and/or any 3/5th members of the Managing Committee. Such requisition shall specify the subject of the meeting proposed to be called and must be signed by all the requisitionists and shall be delivered at the office of the Society.

On receipt of the requisition the Managing Committee shall forthwith proceed to convene the meeting. If, Managing Committee fails to do so, then the President and/or the requisitionists themselves may convene such meeting within 10 days from the delivery of such requisition. Quorum for the requisition meeting shall be 3/5th of members present in the meeting of the Managing Committee

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24. QUORUM FOR THE MANAGING COMMITTEE :

3/5th members present in the meeting shall form a quorum of the Managing Committee. If the meeting is adjourned for want of quorum it shall be held half an hour later at the same place and members present shall form the quorum. But, no business other than that is specified in the Notice be transacted in such a meeting.

25. MINUTES TO BE KEPT :

Managing Committee shall have to maintain minute book in which shall appear a clear report of the proceeding of each meeting.

A copy of each notice convening the meeting of the Managing Committee and General Body and of each circular in which the decision has been arrived at by the Managing Committee. Minutes shall be read at the next meeting of the Managing Committee and when confirmed shall be signed by the President of such meeting.

26. OFFICE BEARERS AND THEIR DUTIES :

i. PRESIDENT :

The President of the Society shall preside over the meeting and regulate all the affairs of the Managing Committee. The President shall in addition to his rights of voting as a member has a casting vote in case of a tie.

ii. Executive Vice - President :

The Executive Vice President shall assist the President and shall perform his duties in his absence

iii. Vice President :

The Vice President shall assist the President and Executive Vice - President and shall perform his duties in his absence.



Pres
M. Daugherty

iv. GENERAL SECRETARY :

The General Secretary shall accept application for membership and submit to the Managing Committee and he will maintain a Membership Register up-to-date. He shall maintain a minute book and attend daily routine correspondence. The Secretary shall maintain all other necessary books.

v. ASSOCIATE SECRETARY :

- a. Perform such acts as requested by the Hony General Secretary
- b. Assist in every possible way the Hony General Secretary.
- c. Act in place of Hony General Secretary during leave for absence of the Hony General Secretary. Such acting will have to be made in writing by the Hony General Secretary or according to resolution of the Executive Committee.
- d. Eligible to do & perform all acts of the General Secretary.

vi. TREASURER :

- a. Receive all the money from patrons, members, associates competitors, well wishers and others and grant receipt for the same.
- b. Deposit within ten days all the money of the Federation in approved Bank Banks.
- c. Make payments according to the budget or according to the direction of the Executive Committee.
- d. Make other payments which he will consider necessary and shall get the approval of such payment at the next meeting of the Executive Committee.
- e. Shall keep an imprect cash of Rs. 5000/- with him, for incidental expenses.



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 M. S. Chaudhary

- f. Maintain rough cash account of the Federation and place the same before the Executive Committee for necessary inspection by the Executive Committee.
- g. Prepare quadrennial budget in advance and place the same before the Executive Committee for consideration and before the quadrennial general meeting.

vii. ORGANIZING SECRETARY :

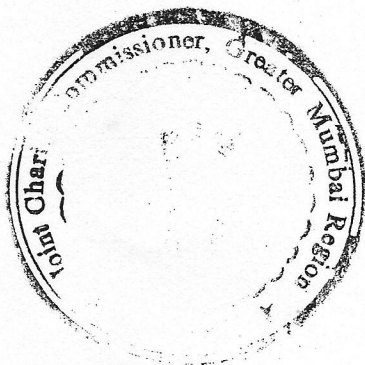
The Hony organizing Secretaries shall (a) Organize competitions, Exhibitions etc, In body building, and other allied games duly registered with or organized by the Federation.

viii. MANAGING COMMITTEE MEMBERS :

He shall attend all the Managing Committee Meetings and shall actively participate in deliberations on agenda. He shall assist, advice, suggests, guide and co-operate with other members of the Committee for proper discharge of their duties jointly and severally. He shall be bound to offer any service to the betterment and upliftment of the Association.

The Executive Committee in addition to the power and duties mentioned elsewhere shall

- a. Admit applicants for Membership of the Federation according to the rules, regulations and bye-laws of the Federation.
- b. Reject any applicant for Membership even where there is written application and admission and subscription have been received, without assigning any reason.
- c. Control the dues, funds and properties of the Federation, impose penalties, suspend, expel and take disciplinary actions against Members, competitors, person or persons, Organizer or Organizers of competitions, Exhibitions etc. for any



Pres. C. S.
M. S. Chary

[Signature]

reason whatsoever with previous notice in writing to them and a er giving a proper hearing.

- d. Withdraw or minimize aforesaid suspension, penalties etc.
- e. Fill up any vacancy among the office-bearers or members of the Executive Committee.
- f. Secure by purchase gift, lease or otherwise movable or immovable property.
- g. Draw up and publish rules and regulations for competitions etc.
- h. Accept local District, State and all India records in Body Building and other allied games.
- i. Appoint sub-committee or other Committees for any work of the Federation.
- j. Hear appeals made in writing by any Member or person.
- k. Register any competition, Exhibition etc, or recognize the ---
- l. Decide matters not included herein.
- m. The Executive committee is vested with the power to Frame bye-laws which will conformity with the spirit and essence of Rules and Regulations and such by-laws will remain in force unless varied, modified or amended in a duly constituted meeting of the Federation.
- n. The decision of the Executive Committee will be considered final except, those matter which require approval of the Members at a General meeting.



27. EXTRA ORDINARY GENERAL BODY MEETING :

An Extra Ordinary General Body Meeting may be convened by the Managing Committee of its own motion, or upon a requisition made in writing by the President and/or any 3/5th members of the Society. Such requisition shall specify the subject of the meeting proposed to be called and must be signed by

Pravin Chaudhary
Secretary

[Handwritten Signature]

all the requisitionists and shall be delivered at the office of the Society.

28. NOTICE OF THE GENERAL BODY / EXTRA ORDINARY GENERAL BODY MEETING :

Fifteen clear days notice specifying the place, date, time and agenda shall be given to each and every member of the Society, by hand delivery at their registered address or by Registered Post A.D.

But the accidental omission to give or non/receipt of such a notice by any member shall be invalid at the proceeding of any General Body Meeting.

29. BUSINESS OF THE ANNUAL GENERAL BODY MEETING :

The business of the Annual General Body Meeting shall be :-

- a. To confirm the minutes of the previous Annual General Body Meeting.
- b. To adopt the previous years audited statement of accounts.
- c. To elect the Managing Committee for the next terms, if the term is over.
- d. To admit new members as per the decision taken by the Managing Committee.
- e. To appoint an Advocate/Legal Adviser, Chartered Accountant and fix their remuneration.
- f. To consider any other matter, due notice of which has been given five days prior to the General Body Meeting.



30. QUORUM OF THE GENERAL BODY MEETING :

The Quorum for the General Body Meeting shall be 3/5th of the members of the Society on record. Any adjourned meeting for want of quorum shall be held half an hour later at the same place and the members present shall form the quorum. But no business other.

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than that specified in the notice shall be transacted at such meeting.

31. ELECTION :

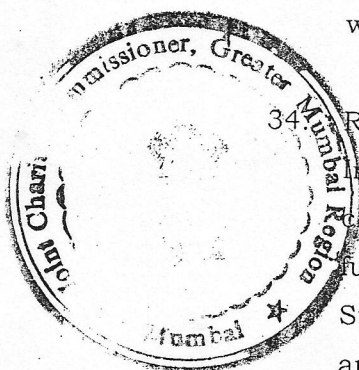
The Election of the Managing Committee members shall take place after every 4 years in the General Body Meeting by Secret Ballot.

32. SOURCE OF INCOME :

Society shall raise their funds by way of subscription, contribution, membership fees, grants, bank interests, donation in cash or in kind.

33. PROPERTIES :

The property movable or immovable belong to the Federation unless vested in Trustees appointed by the Federation shall be deemed vested in the President, Hony, General Secretary and the Treasurer of the Federation for the time being and shall be deemed to have passed from the retiring president, Hony General Secretary and Treasurer to the Incoming president, Hony General Secretary and Treasurer respectively without any deed or instrument of transfer.



34. RECOGNITION & REGISTRATION OF TOURNAMENTS

In the event of holding and All India Level Championships (subsidiary and or relating such functions of National Integrity and importance, the State/Regional/Board/|District Units shall have to apply to the Federation for necessary recognition and permission on payment of the requisite fee of Rs 1000/- (One Thousand Only) through their respective State/Regional/Board Unit. In case, such application is not forwarded by the State Association, Regional Association or sports control Board within 10 days from this date of filling of the application, the Federation itself can consider such independent applicant's case in

Pravin C S
M. D. Chavhan

individual merit in the appropriate case. A copy of such applications may be forwarded to the Federation through the State /Regional /Board /District Units as the case may be. The federation will charge Rs. 10,000/- will be as competition fees.

35. BANK ACCOUNT :

The Banking Account of the Federation shall be operated jointly by any two of the signatories amongst, President, Hon General Secretary, Treasurer, Associate Secretary of the Federation.

36. SUB COMMITTEE/COMMITTEES :

The Managing Committee shall have power to appoint sub committee or committees as and when necessary.

37. BOOKS OF ACCOUNTS :

The Managing Committee shall direct the Treasurer to keep the accounts, up-to-date, with the help the auditor specifically appointed for the purpose and shall get them audited by qualified Chartered Accountant regularly.

38. EXPENSES ON THE OBJECTS :

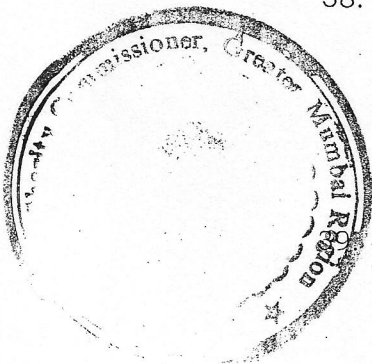
The fund of the Society should be used for the fulfillment of the objects of the Society as specified in the Memorandum of Association.

PROVISION REGARDING SELL AND PURCHASE OF IMMOVABLE PROPERTY :

Society can sale its property in the name of the Society as decided by the General Body Meeting with prior permission of the Charity Commissioner.

40. PROVISION REGARDING LOANS AND DEPOSIT :

Managing Committee shall have power to keep Society Deposits in a Scheduled Bank or Nationalized Bank

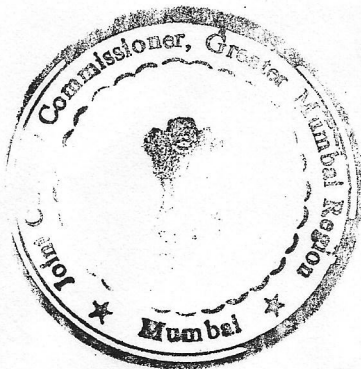


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Federation or Association, there shall remain, after satisfaction of all its debts and liabilities, any property of funds or assets whatsoever, the same shall not be paid or distributed among the Members of the Federation or any of them but shall be given or transferred to some other Federation or Institution having altogether or in part, objects similar to those of this Federation, provided that the Federation shall not be dissolved unless three fifth of the Members as mentioned in Article IX, paragraph-1 shall have expressed a wish for such dissolution by their votes delivered in person, by proxy at a General Meeting convened for the purpose.



CERTIFICATE

Certified to be true copy of the Rules And Regulation of the Society viz . "INDIAN BODY BUILDERS' FEDERATION".

[Handwritten Signature]
(PRESIDENT)

[Handwritten Signature]
(SECRETARY)

[Handwritten Signature]
(TREASURER)

Place: Mumbai

Date:

Certified to be a True Copy

[Handwritten Signature]
Superintendent (J) (D) 6/5/09
Public Trusts Registration Office
Greater Mumbai Region, Mumbai