



**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: 23<sup>rd</sup> December 2019

To,

**The Secretaries / Executive Committee Members / Life Members**

Units of East India Zone

Affiliated to Indian Body Builders Federation.

Ref. No. : IBBF/EI/CR/06/2019-20

**Sub.: "10<sup>th</sup> Eastern Zone National Bodybuilding /Men's Sports Physique/  
Women's Model Physique Championship 2020"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that **Odisha Body Building Association, Bhubaneswar** with **Eastern India Body Building Association**, has taken initiative to organise " **10<sup>th</sup> Eastern Zone National Bodybuilding /Men's Sports Physique/Women's Model Physique Championship 2020**", on and from 18<sup>th</sup> to 19<sup>th</sup> February, 2020 at Bhanja Kala Mandap, Near State Museum, Kalpana Square, Bhubaneswar. This Championship is open only for the athletes of the affiliated state associations of the Eastern India Zone.

We, on behalf of Indian Body Builders Federation, we request all the affiliated state Associations of the Eastern India Zone to send their team as per the Circular attached herewith to make this championship a grand success.

Your kind co-operation is solicited.

Thanking you,

**For Indian Body Builders Federation**

**Chetan M. Pathare**  
Secretary- General





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## 10<sup>th</sup> Eastern Zone National Bodybuilding /Men's Sports Physique/ Women's Model Physique Championship 2020

### PARTICULARS

Contest	:	East Zone National Bodybuilding /Men's Sports Physique/ Women's Model Physique Championship 2020
Date	:	Tuesday 18 <sup>th</sup> February 2020 to Wednesday 19 <sup>th</sup> February 2020
Organiser	:	Odisha Body Building Association, Bhubaneswar
Venue for Finals	:	Bhanja Kala Mandap, Near State Museum, Kalpana Square, Bhubaneswar
Reception	:	Bhanja Kala Mandap, Near State Museum, Kalpana Square, Bhubaneswar
Lodging for participants	:	Lodging will be provided for two nights only.
Lodging for Officials	:	Lodging will be provided for two nights only.
Nearest Railway Station	:	Bhubaneswar through Platform No. 6
Nearest Airport	:	Biju Patnayak Airport, Bhubaneswar
Contact	:	P.C.Guru – Joint Secretary, OBBA- 8480699250 B.S.Sahu – 7008208337 Kuldeep Raj Karmkar – EIBBA Secretary – 9122642754/8294908000
IBBF Secretariat	:	Mr. Chetan Pathare –General Secretary Mobile: 099679 71970
Weight Group	:	<b>a) Senior Men's body building</b> Total 7 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 Above 80 kgs
Men's Sports Physique	:	One Open Category



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- Women's Model Physique : One Open Category
- Eligibility : All the affiliated State units of Eastern India Zone only can send maximum numbers of athletes since there is no limit on numbers of athletes.
- Entry Fee for Athlete : Men's Body Building : Rs.500/- per competitor  
Men's Sports Physique : Rs.2000/- per competitor  
Women's Model Physique : Rs.2000/- per competitor
- Last Date for Entry : 1<sup>st</sup> February, 2020.
- Submission of entries : Entries will be accepted in prescribed format  
Entries may be sent to  
1. General Secretary  
Eastern India Body Builders Association  
BODY ERA  
Near Vidyapati High School,  
P.O.: Laheria Sarai, Dist.-Darbhanga  
PIN – 846001 (Bihar)

### Prizes & Awards

- Senior Men's Body Building : 1. First Three places in each category will receive cash prizes along with Merit Certificates & Trophies.  
Men's Sports Phy. : 2. First Three Winners will receive Medals  
Women's Model Phy. : 3. All the participants will receive participation certificates.
- Doping : Dope test may be conducted at random by the National Anti Doping Agency (NADA).
- Rules for the Contest : 1. Team Managers 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 all Competitors, coach, manager along with Executive Committee Members of Indian Body Builders Federation for two nights.  
Other than the above mentioned officials, extra officials & supporters will not be allowed provided with lodging and boarding facility. We require state units 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.  
5. All the Officials, managers, coaches are requested to come with their proper uniform.  
6. Participants and officials who arrive before 18<sup>h</sup> February, 2020 and wish to stay after 20<sup>th</sup> February 2020 will have to bear for their lodging & boarding.



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7. Golden, Silver and Bronze colour tanning cream is not allowed.
8. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs and actions will not be tolerated and the said participant will be banned from the Best Posing contest.

Please note: Indian Body Builder's Federation, Eastern India Bodybuilders Association, Odisha Body Building Association or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.



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## **10<sup>th</sup> Eastern Zone National Bodybuilding /Men's Sports Physique/ Women's Model Physique Championship 2020**

### **SCHEDULE**

#### **Tuesday 18<sup>th</sup> February 2020**

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges  
At Jatri Nivas, Cuttack Road, Bhubaneswar
- 08.00 AM TO 10.00 AM : Break Fast & Registration
- 01.00 PM TO 02.00 PM : Lunch (At Jatri Nivas)
- 04.00 PM TO 07.00 PM : Weighing-In at Jatri Nivas, Cuttack Road,  
Bhubaneswar
- 08.00 PM TO 9.00 PM : Executive Committee Meeting  
At Yogic Bhanjakala Mandap, Bhubaneswar
- 09.00 PM ONWARDS : Welcome Dinner (Bhanjakala Mandap, Bhubaneswar)

#### **Wednesday 19<sup>th</sup> February 2020**

- 08.00 AM TO 09.00 AM : Break Fast
- 10.00 AM ONWARDS : General Body Meeting (at Yogic Bhanjakala Mandap,  
Bhubaneswar)
- 10.30 ONWARDS : Finals & Prize Distribution
- 08.00 PM ONWARDS : Farewell Dinner

#### **Thursday 20<sup>th</sup> February 2020**

- 08.00 AM ONWARDS : Departure of all Athletes, Officials & Judges



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### OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 1<sup>st</sup> February 2020.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT

TEAM MANAGER: \_\_\_\_\_ COACH: \_\_\_\_\_

JUDGE: \_\_\_\_\_ JUDGE: \_\_\_\_\_

UNIT NAME: \_\_\_\_\_

TRAIN No. & ARRIVAL TIME: \_\_\_\_\_ TRAIN No. & DEPARTURE \_\_\_\_\_

TIME: \_\_\_\_\_

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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## **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 **Eastern Zone National Bodybuilding /Men's Sports Physique /Women's Model Physique Championship 2020** being organized by **Odisha Body Building Association, Bhubaneswar**; under the authority of **Indian Body Builders Federation** from 18<sup>th</sup> to 19<sup>th</sup> February, 2020. 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**

**Chetan M. Pathare**  
Secretary General