



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: 22 January 2016

To,

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

Ref. No.:IBBF/FED/CR-07-16

Sub.: **"5th Federation Cup 2016"**

"National Senior Men's Body Building and Men's Sport Physique Championship 2016"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to Invite all its affiliated State Units/ Union Territories and Sports Boards to participate in the **"5th Federation Cup 2016"**; National Senior Men's Body Building and Men's Sport Physique Championship; organized by Punjabi Amateur Body Building Association under the guidance of Padmashri Premchand Degraji (President-IBBF) on and from 18th to 20th March 2016 at Ludhiana, Punjab.

We on behalf of Indian Body Builders Federation humbly request all the affiliated State Associations / Union Territories only (**No Government Sports Boards athletes will be allowed**) to participate with best of their body builders to make this championship a grand success.

Thanking you,

For **Indian Body Builders Federation**

Mr. Chetan M. Pathare
General Secretary





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

5th Federation Cup 2016

National Senior Men's Body Building and Men's Sport Physique Championship 2016

PARTICULARS

| | | |
|--|---|---|
| Contest | : | 5th Federation Cup 2016 National Senior Men's Body Building and Men's Sport Physique Championship 2016 |
| Date | : | Friday 18 th to Sunday 20 th March 2016. |
| Organiser | : | Punjabi Amateur Body Building Association |
| Venue | : | Ludhiana, Punjab |
| Nearest Railway Station | : | Ludhiana Railway Station |
| Nearest Airport | : | Ludhiana Airport Chandigarh Airport (3 hours drive by taxi) |
| Weight Group for Senior 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 Kg and upto & inclusive 100 Kg Above 100 kgs |
| Weight Group for Men's Sports Physique | : | One open group. |
| Eligibility | : | Affiliated State Units / Union Territories of the Indian Body Builders Federation can send not more than Twelve athletes but in each group only two athletes of each unit will be allowed to participate in Senior Men's Body Building Category. In Men's Sports Physique category each unit can send Four athletes. Please note that Sports Boards athletes are not allowed to participate in this championship. |
| Entry Fees | : | Rs.500/- per competitor. |
| Last Date for Entry | : | 14th March 2016. |
| Submission of entries | : | Entries 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. |



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
Maharashtra.

2. SMS:- 09967971970 / 07506267970

3. Email:- ibbf_mumbai@yahoo.in

- Doping : Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi.
- 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 along with Gifts.
 3. Overall Champion will receive Trophy, Merit Certificate, cash of Rs.1,00,000/-and Gift.
 4. Best Poser will receive Trophy, Merit Certificate and Gift.
 5. Most Improved Body Builder will receive Trophy, Merit Certificate and Gift.
 6. Team Championship (State Unit / Union territory) will receive Trophy, Merit Certificate.
 7. All the participants will receive participation certificates.
- Men's Sports Physique :
 1. First three places in each category will receive Gold, Silver & Bronze medals.
 2. First Five places in each category will receive Merit Certificates along with Gifts.
 3. Overall Champion will receive Trophy, Merit Certificate, cash of Rs.50,000/-and Gift.
 4. All the participants will receive participation certificates.
- Contact : Mr. Navneet Singh - 09888320009
Mr. Sukhdev Singh – 09779611096
Mr. Monu Sabharwal – 09023270063
Mr. Guriqbal Singh - 09914488837
- IBBF Secretariat : Mr. Chetan Pathare –General Secretary
Mobile: 09967971970 / 07506267970
- Judges Examination : Only affiliated State units / Union Territories will be eligible to nominate & submit the Entries by 18th March 2016 of those who wish to participate in Judges Examination along with the Fees of Rs.5000/-. These candidates will have to bear their own lodging & boarding expenses.
- 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. Organisers will provide free lodging & boarding to Competitors as per the entry form, coach, manager along with Executive Committee Members of Indian Body Builders Federation for two nights and three days.
Other than the above mentioned officials, extra officials & supporters must pay Rs.5000/- each to the organizer for three days stay and food expenses. 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.



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

6. Participants and officials who arrive before 18th March 2016 and wish to stay after 20th March 2016 will have to bear for their lodging & boarding.
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 Poser contest.

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



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

5th Federation Cup 2016

National Senior Men's Body Building and Men's Sport Physique Championship 2016

SCHEDULE

Friday 18th March 2016

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 01.00 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM TO 05.30 PM : Judges / Coaches / Team Managers Meeting (Venue will be Informed later)
- 05.30 PM ONWARDS : Weighing In (Venue will be informed later)
- 08.00 PM ONWARDS : Welcome Dinner (Venue will be informed later)

Saturday 19th March 2016

- 10.00 AM : Prejudging
- 07.00 PM : Executive Committee Meeting (Venue will be informed later)

Sunday 20th March 2016

- 08.00 AM TO 10.00 AM : Break Fast (Venue will be informed later)
- 12.30 PM TO 03.00 PM : Lunch (Venue will be informed later)
- 04.30 PM : Finals and Prize Distribution (Venue will be informed later)
- 09.00 PM : Dinner (Venue will be informed later)

Monday 21st March 2016

- 11.00 AM : Departure of all competitors, officials & judges



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

5th Federation Cup 2016

National Senior Men's Body Building and Men's Sport Physique Championship 2016 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 14th March 2016

| SR. | NAME | CATEGORY | MOBILE NO. | WEIGHT |
|-----|------|-----------------|------------|--------|
| 1 | | Body Building | | |
| 2 | | Body Building | | |
| 3 | | Body Building | | |
| 4 | | Body Building | | |
| 5 | | Body Building | | |
| 6 | | Body Building | | |
| 7 | | Body Building | | |
| 8 | | Body Building | | |
| 9 | | Body Building | | |
| 10 | | Body Building | | |
| 11 | | Body Building | | |
| 12 | | Body Building | | |
| 1 | | Sports Physique | | |
| 2 | | Sports Physique | | |
| 3 | | Sports Physique | | |
| 4 | | Sports Physique | | |

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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

REGISTRATION FORM

1. NAME: _____

2. UNIT: _____

3. ADDRESS: _____

4. D.O.B: _____

5. MOBILE NO.: _____ EMAIL ID: _____

7. BLOOD GROUP: _____

8. ANY MEDICAL HISTORY: _____

9. CONTACT PERSON AND MOBILE NO (In case in Emergency): _____

Signature : _____

Name : _____

Date : _____

Approved by (IBBF Committee Member / Official): _____



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

Ref. No.:IBBF/FED/CR-07-16

Date: 22 January 2016

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 **5th Federation Cup 2016**, National Senior Men's Body Building and Men's Sports Physique Championship being organized; under the authority of **Indian Body Builders Federation** and Punjabi Amateur Body Building Association. From 18th to 20th March 2016. 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

Mr. Chetan M. Pathare
General Secretary