



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: 19th November 2019

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/FC/CR/04/2019-20

Sub.: "9th Federation Cup 2020"

**[Senior Men's Bodybuilding, Men's Sports Physique & Women's Model Physique
National Championship]**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated State Units/ Union Territories and Sports Boards to participate in the **"9th Federation Cup 2020"** Senior Men's Bodybuilding, Men's Sports Physique & Women's Model Physique National Championship; organized by **The Association of Body Builders Delhi, Delhi**. The said competition is organized on 29th February – 1st March 2020 at Talkatora Stadium, Talkatora Rd., President's Estate, New Delhi 100004.

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

Thanking you

For **Indian Body Builders Federation**

Chetan M. Pathare

Secretary General





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9th FEDERATION CUP 2020

[Senior Men's Bodybuilding, Men's Sports Physique & Women's Model Physique National Championship]

PARTICULARS

Contest	:	9 th FEDERATION CUP 2020
Date	:	Saturday 29 th February 2020 to 1 st March 2020
Organiser	:	The Association of Body Builders Delhi, Delhi
Venue for Finals	:	Talkatora Stadium, Talkatora Rd., President's Estate, New Delhi, Delhi - 100004
Reception	:	Hotel True Stay 5230 Shora Kothi, Paharganj, New Delhi, Delhi - 110055
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	:	New Delhi
Nearest Airport	:	New Delhi Airport
Contact	:	Gyan Singh – 09818133998 Surender Sharma - 09811387922 Arvind Madhok – 09810120318 Prem Bahadur - 09958379387
IBBF Secretariat	:	Mr. Chetan Pathare –Secretary General Mobile: 09967971970
Weight Group 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



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Men's Sports Physique : One Open Category

Women's Model Physique : One Open Category

Eligibility

Bodybuilding : All the affiliated State units/ Union Territories / Sports Boards can send 12 numbers of body builders but in each group only two athletes of each unit will be allowed to participate in Senior Men's Body Building Category.

Men's Sports Physique : Four Athletes from each State/Union Territories/Sports Board will be allowed.

Women's Model Physique : In this Championship, State association/Sports Board can send their best athletes and there is no limit for the same.

Entry Fees :

For Body Building Rs.1000/- per Competitor

For Sports/Model Physique Rs.3000/- per Competitor

Entry Fee for Officials : Rs. 1000/- per official

Last Date for Entry : 15th February, 2020.

Submission of entries : Entries will be accepted in prescribed format
Entries may be sent to

1. Secretary General
Indian Body Builders Federation
Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.
Maharashtra.
2. Email:- ibbf_mumbai@yahoo.in

Annual Fees : All the affiliated state associations those who have not yet paid their Annual Membership Fees for the year 2020, of Indian Body Builders Federation are requested to pay the same at earliest.



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Prizes & Awards

- Senior Men's Body Building :
1. First three places in each category will receive Gold, Silver & Bronze Medals and Gift.
 2. First Five places in each category will receive Merit Certificates.
 3. Overall Champion will receive Trophy & Merit Certificate
 4. Most Improved Body Builder will receive Trophy, Merit Certificate.
 5. Best Poser will receive Trophy, Merit Certificate.
 6. Team Championship will receive Trophy, Merit Certificate.
 7. All the Participants will receive participation certificate.

- Men's Sports /
Women's Model Physique :
1. First Three places will receive Gold, Silver, & Bronze Medals along with Gift.
 2. First Five Places in each category will receive Merit Certificate along with Gift.
 3. All the participants will receive Participation Certificate.

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 29th February 2020 and wish to stay after 2nd March 2020 will have to bear for their lodging & boarding.
 7. Golden, Silver and Bronze colour tanning cream is not allowed.



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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, The Association of Body Builders Delhi, Delhi 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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SCHEDULE

Saturday 29th February 2020

10.00 AM ONWARDS : Arrival of all competitors, officials & judges

11.00 AM ONWARDS : Registration & Weighing-in (at Hotel True Stay)

01.00 PM TO 02.00 PM : Lunch (At respective Hotels)

04.30 PM TO 05.00 PM : Judges / Coaches / Team Managers Meeting
(Venue will be informed later)

07.00 PM : Executive Committee Meeting

08.00 PM ONWARDS : Dinner (At respective Hotels)

Sunday 1st March 2020

07.00 AM TO 09.00 AM : Break Fast (At respective Hotels)

9.30 AM : For Athletes : Buses will leave from Respective Hotels to the Championship Venue.

For Officials : Buses will leave from respective Hotel to YMCA Hall for Extra Ordinary General Body Meeting

11.30 AM ONWARDS : Finals & Prize Distribution

01.30 PM TO 02.30 PM : Lunch (Packed Lunch will be provided for Officials & Athletes At the Championship Venue)

07.00 PM ONWARDS : Farewell Dinner (At YMCA Hall)

Monday 2nd March, 2020

10.00 AM : Departure of all competitors, officials & judges



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9th FEDERATION CUP 2020

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Women's Model Physique National Championship**

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 1st December 2017.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Bodybuilding		
2		Bodybuilding		
3		Bodybuilding		
4		Bodybuilding		
5		Bodybuilding		
6		Bodybuilding		
7		Bodybuilding		
8		Bodybuilding		
9		Bodybuilding		
10		Bodybuilding		
11		Bodybuilding		
12		Bodybuilding		
1		Men's Sports Physique		
2		Men's Sports Physique		
3		Men's Sports Physique		
4		Men's Sports Physique		
1		Women's Model Phy.		
2		Women's Model Phy.		
3		Women's Model Phy.		
4		Women's Model Phy.		

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 **9th Federation Cup 2020, Senior Men's Bodybuilding, Men's Sports Physique & Women's Model Physique National Championship** being organized by **The Association of Body Builders Delhi, Delhi**; under the authority of **Indian Body Builders Federation**. From 29th February to 1st March 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



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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 29th February, 2020 at 07.00 PM. at YMCA Hall, New Delhi ; during "9th Federation Cup, 2020", 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 last Executive Committee Meeting.
2. To discuss about the letters if any received from Executive Committee Members or State Associations before 1st February 2020.
3. To Discuss and confirm the National Championships for the year 2021.
3. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M. Pathare
Secretary General

