



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: 05th February, 2021

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/03/2020-21

Sub.: **"10th Federation Cup 2021"**

[Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness 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 **"10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]**; organized by **U.P. Body Building & Fitness Association, Uttar Pradesh**. The said competition is organized on 3rd April, – 4th April, 2021 at Indira Gandhi Pratishthan, Mathauta Chauraha Rd; Vibhuti Khand, Gomti Nagar, Lucknow, Uttar Pradesh - 226010.

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 body builders as per the rules prescribed in the said circular, to make this championship a grand success.

It is further informed that due to Covid-19 all are requested to strictly follow the mandatory SOP as prescribed by the Government of India and the rules set for the same by the Indian Body Builders Federation.

Thanking you

For **Indian Body Builders Federation**

Hiral Sheth
General Secretary





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10th FEDERATION CUP 2021

[Senior Men's Bodybuilding, 13th Senior Women's Body Building &
8th Women's Sports Model Physique and Fitness Physique National Championship]

PARTICULARS

Contest	:	10 th FEDERATION CUP 2021
Date	:	Saturday 3 rd April, 2021 to 4 th April, 2021
Organiser	:	U.P. Body Building & Fitness Association, Uttar Pradesh
Venue for Finals	:	Indira Gandhi Pratishthan, Mathauta Chauraha Rd., Vibhuti Khand, Gomti Nagar, Lucknow, Uttar Pradesh - 226010
Reception	:	Hotel Lineage CP-73, Viraj Khand, Gomti Nagar, Opp. Sahara Hospital, Lucknow, U.P.
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	:	Lucknow (Approx. 19 km) Please note: No pick and drop will be arranged
Nearest Airport	:	Lucknow (Approx. 24 km) Please note: No pick and drop will be arranged
Contact	:	Mr. Sazid Ahmed – 09198333331 Mr. Vishvas Rao - 09415204180
IBBF Secretariat	:	Ms. Hiral Sheth – General Secretary Mobile: 09819637300
IBBF ADMINISTRATION	:	Mr. Santosh Pawar Mobile: 9821165723
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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Senior Women's Body Building : One Open Category

Women's Sports Model Physique : 1) Upto 162 cms
2) Above 162 cms

Women's Fitness Physique : One Open Category

Eligibility

Men's Bodybuilding : All the affiliated State units/ Union Territories / Government Sports Boards can send 10 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.

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

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

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

Entry Fees

For Men's Body Building : Rs.1000/- per Competitor

For Senior Women's Body Building : Rs.1000/- per Competitor

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

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

Last Date for Entry : 20th March, 2021.

Submission of entries : Entries will be accepted in prescribed format
Entries may be sent to
1. General Secretary
Indian Body Builders Federation
Pathare Gymco
280/A, Jawalkar Mansion,
Dr. B. Ambedkar Road,
Parel, Mumbai-400 012.



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Maharashtra.

2. Email:- ibbf_mumbai@yahoo.in

3. Via whats app on Mobile No. 9819637300

Annual Fees : All the affiliated state associations those who have not yet paid their Annual Membership Fees for the year 2021 are requested to pay the same before 31st March, 2021

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.
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.

Senior Women'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.
3. All the Participants will receive participation certificate.

Women's Sports Model Physique/
Fitness Physique

1. First Three places will receive Gold, Silver, & Bronze Medals.
2. First Five Places in each category will receive Merit Certificate.
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 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.



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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.
5. All the Officials, managers, coaches are requested to come with their proper uniform.
6. Participants and officials who arrive before 3rd April, 2021 and wish to stay after 4th April, 2021 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 Posing contest.

Please note

- : Indian Body Builder's Federation, U.P. Body Building & Fitness 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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SCHEDULE

Saturday 3rd April, 2021

- 10.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 11.00 AM ONWARDS : Registration & Weighing-in (at Hotel Lineage)
- 01.00 PM TO 02.00 PM : Lunch for athletes and official (to be informed later)
- 04.30 PM TO 05.00 PM : Judges / Coaches / Team Managers Meeting
(Venue will be informed later)
- 07.00 PM : Executive Committee Meeting (Hotel Lineage)
- 08.00 PM ONWARDS : Dinner for athletes and official (to be informed later)

Sunday 4th April, 2021

- 07.00 AM TO 09.00 AM : Breakfast for athletes and official (to be informed later)
- 11.00 AM ONWARDS : Finals & Prize Distribution
- 01.30 PM TO 02.30 PM : Lunch for athletes and official (to be informed later)
- 08.00 PM ONWARDS : Farewell Dinner for athletes and official (to be informed later)

Monday 5th April, 2021

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



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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 20th March 2021.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Men's Bodybuilding		
2		Men's Bodybuilding		
3		Men's Bodybuilding		
4		Men's Bodybuilding		
5		Men's Bodybuilding		
6		Men's Bodybuilding		
7		Men's Bodybuilding		
8		Men's Bodybuilding		
9		Men's Bodybuilding		
10		Men's Bodybuilding		
1		Sr. WOMEN's Bodybuilding		
2		Sr. WOMEN's Bodybuilding		
3		Sr. WOMEN's Bodybuilding		
4		Sr. WOMEN's Bodybuilding		
1		WOMENS SPORTS MODEL PHYSIQUE BELOW 162 cms		
2		WOMENS SPORTS MODEL PHYSIQUE BELOW 162 cms		
3		WOMENS SPORTS MODEL PHYSIQUE Above 162 cms		
4		WOMENS SPORTS MODEL PHYSIQUE Above 162 cms		
1		WOMENS'S FITNESS PHYSIQUE		
2		WOMENS'S FITNESS PHYSIQUE		

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

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

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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Date: 5th February, 2021

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 3rd April, 2021 at 07.00 PM. At Hotel Lineage, Gomti Nagar, Lucknow, UP; during "**10th Federation Cup, 2021**", 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 31st March, 2021.
3. To Discuss and confirm the National Championships for the year 2022.
3. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

Hiral Sheth
General Secretary



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Date: 5th February, 2021

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 **10th FEDERATION CUP 2021 [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]** being organized by **U.P. Body Building & Fitness Association, Uttar Pradesh;** under the authority of **Indian Body Builders Federation.** From 3rd April, 2021 to 4th April, 2021. 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

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DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a Competitor for "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]; organized by U.P. Body Building & Fitness Association, Uttar Pradesh, 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 "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]. 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 "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship], 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 :



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WAIVER OF LIABILITY

That I understand that in order to participate as a Competitor in "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]; organized by U.P. Body Building & Fitness Association, Uttar Pradesh, India.

1. I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.
2. 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 "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]" 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.
3. That I agree that medical and personal injury insurance coverage while participating in the "10th Federation Cup 2021" [Senior Men's Bodybuilding, 13th Senior Women's Body Building & 8th Women's Sports Model Physique and Fitness Physique National Championship]" 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.
4. 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.
5. 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: _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date :

Place: