



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: 29th November, 2021

To,

The Secretaries / Executive Committee Members / Life Members

State Body Building Associations / Union Territories / Governments Sports Boards

Affiliated to Indian Body Builders Federation

Mumbai.

Ref. No.: IBBF/FC/CR/02/2021-22

Sub.: "11th Federation Cup 2022"

[Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's Physique Sports 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 Government Sports Board to participate in the "11th Federation Cup 2022" **[Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's Physique Sports National Championship]**; organized by **Body Builders Association of Sikkim; Sikkim**. The said competition is organized on & from 11th March – 13th March, 2022 at **Manan Kendra, Gangtok, Sikkim**.

We are very grateful to Mrs. Kala Rai, President, Mr. Pema W D Bhutia, General Secretary and the first Women International Judge from Sikkim of the World Bodybuilding and Physique Sports Federation Ms. Tashi Ongmu Lepcha and the entire organizing committee of the **Body Builders Association of Sikkim** for Organizing this Championship in the beautiful city of Gangtok, Sikkim.

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 to be informed that all the participating athletes and officials are strictly supposed to follow the SOP's and guidelines of COVID- 19 issued by Central/ State Government during the championship. All participants are requested to chalk out their journey in compliance to COVID-19 guidelines and travel advisories issued by States/ Union Territories time to time.

Thanking you

For **Indian Body Builders Federation**

Hiral Sheth
General Secretary





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11th FEDERATION CUP 2022

[Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's Physique Sports National Championship]

PARTICULARS

Contest	:	11 th FEDERATION CUP, 2022
Date	:	Friday 11 th March, 2022 to Sunday 13 th March, 2022
Organizer	:	Body Builders Association of Sikkim, Sikkim
Venue for Finals	:	Manan Kendra, Gangtok, Sikkim
Reception	:	Hotel Chitrakoot, Bhojoghari, Gangtok
Lodging for Athletes	:	Lodging will be provided for Three nights only.
Lodging for Officials	:	Lodging will be provided for Three nights only.
Nearest Railway Station	:	New Jalpaiguri (Approx. 153 km) Please note: No pick and drop will be arranged by the organizer
Nearest Airport	:	Bagdogra Airport (Approx. 125 km) Please note: No pick and drop will be arranged by the organizer
Contact	:	Mr. Pema WD Bhutia – 94344 08022 Ms. Tashi Ongmu Lepcha – 96792 46853 Mr. Yogesh Rai – 96416 78960 Mr. Pema Palzor – 86174 68410
IBBF Secretariat	:	Ms. Hiral Sheth – General Secretary Mobile: 09819637300
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



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Up to & inclusive 80 kgs
Up to & inclusive 85 kgs
Up to & inclusive 90 kgs
Above 90 kgs & below 100 kgs
Above 100 kgs

Men's Sports Physique : Upto 165 cms
Over 165 cms

Senior Women's Body Building : One Open Category

Women's Model Physique : Upto 155cms
Over 155 cms

Women's Fitness Physique : One Open Category

Eligibility

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

Men's Sports Physique : Men's Sports Physique category each unit can send only **Three** athletes in each category and the host State Association will be allowed to field two teams that is **Six** athletes (A and B Team)

Women's 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



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- For all Physique Sports : Rs.3000/- per Competitor
- Security Deposit** : It is compulsory to pay Rs.5000/- per State units/
Union Territories / Government Sports Boards as
a security deposit at the time of registration.
The said will be refunded only after deducting any
damages in the hotels, rooms, auditorium or any other
places.
- Last Date for Entry** : 25th February, 2022.
- 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.
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 2022 are requested to pay the same before 31st
March, 2022
- 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
Certificate and Trophy
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.



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- 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 and Trophy.
 3. All the Participants will receive participation certificate.
- Men's & Women's Physique
1. First Three places will receive Gold, Silver, & Bronze Medals.
 2. First Five Places in each category will receive Merit Certificate and Trophy.
 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 per unit which includes Team Manager/ Coach/ Judges/ official. Hence, we request all the units to send not more than 3 officials including Team Manager/ Coach/ Judges/ official.
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 **11th March, 2022** and wish to stay after **13th March, 2022** will have to bear their own 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.

MANDATORY COVID- 19 GUIDELINES:

1. All the athletes and officials are strictly requested to submit the copy of Final Vaccination Certificate and those who have not taken both the Vaccine will have to submit copy of COVID-19 RT-PCR negative test report conducted 72 hours prior to the date of championship. The general instructions as per SOP's / guidelines of COVID- 19 issued by Central/ State Government are to be strictly followed by all the athletes and officials during the championship. If it is found that general instruction is not followed by any athletes or officials during the championship, he/she shall be liable to be debarred from the championship.
2. All participants are requested to chalk out their journey in compliance to COVID-19 guidelines and travel advisories issued by States/ Union Territories time to time.

Please note

Indian Body Builder's Federation, Body Builders Association of Sikkim 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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11th FEDERATION CUP 2022

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SCHEDULE

Friday 11th March, 2022

- 10.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 11.00 AM ONWARDS : Registration & Weighing-in (at Hotel Chitrakoot, Gangtok)
- 12.00 NOON TO 02.00 PM : Lunch for athletes and official (in the respective Hotels)
- 07.00 PM ONWARDS : Team Manager & Judges Meeting (at Hotel Chitrakoot, Gangtok)
- 08.00 PM TO 10.00 PM : Dinner for athletes and official (in the respective Hotels)

Saturday 12th March, 2022

- 07.00 AM TO 09.00 AM : Breakfast for athletes and officials (in the respective Hotels)
- 10.00 AM ONWARDS : Executive Committee Meeting (Manan Kendra Mini Hall)
- 11.30 AM ONWARDS : Inauguration and Pre -Judging
- 01.00 PM TO 02.00 PM : Lunch for athletes and official (Packet would be provided at the venue)
- 08.00 PM TO 10.00 PM : Dinner for athletes and official (in the respective Hotels)

Sunday 13th March, 2022

- 07.00 AM TO 09.00 AM : Breakfast for athletes and official (in the respective Hotels)
- 10.00 ONWARDS : Special General Meeting (Manan Kendra Mini Hall)
- 11.30 AM ONWARDS : Finals & Prize Distribution
- 01.00 PM TO 02.00 PM : Lunch for athletes and official (Packet would be provided at the venue)
- 07.00 PM ONWARDS : Dinner for athletes and official (in the respective Hotels)

Monday 14th March, 2022

- 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 25th February, 2022.

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		Men's Sports Phy. Upto 165cm		
2		Men's Sports Phy. Upto 165cm		
3		Men's Sports Phy. Upto 165cm		
1		Men's Sports Phy. Over 165cm		
2		Men's Sports Phy. Over 165cm		
3		Men's Sports Phy. Over 165cm		
1		Sr. WOMEN's Bodybuilding		
2		Sr. WOMEN's Bodybuilding		
3		Sr. WOMEN's Bodybuilding		
4		Sr. WOMEN's Bodybuilding		
1		WOMENS MODEL PHYSIQUE upto 155 cm		
2		WOMENS MODEL PHYSIQUE upto 155cm		
3		WOMENS MODEL PHYSIQUE over 155 cm		
4		WOMENS MODEL PHYSIQUE over 155 cm		
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: 29th November, 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 12th March, 2022 at 10.00 am at Manan Kendra Mini Hall, Gangtok, Sikkim during "**11th Federation Cup, 2022**", 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 25th February, 2022.
3. Any other matter with the permission of chair.

For Indian Body Builders Federation

Hiral Sheth
General Secretary





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Date: 29th November, 2021

To,
The Executive Committee Members /Representatives
Of Affiliated State Associations / Union Territories / Government Sports Boards
Of Indian Body Builders Federation
Mumbai.

SPECIAL GENERAL MEETING NOTICE

NOTICE

Notice is hereby given to all the members of the Indian Body Builders Federation, that a Meeting will be held on Sunday 13th March, 2022 at 10.00 am at Manan Kendra Mini Hall, Gangtok, Sikkim during "**11th Federation Cup, 2022**", to discuss the following Agenda.

All the Members are requested to attend the same in proper uniform.

AGENDA

1. To confirm the minutes of the last General Body Meeting.
2. To discuss about the letters if any received from Executive Committee Members or State Associations before 25th February, 2022.
3. Any other matter with the permission of chair.

For Indian Body Builders Federation

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General 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 **11th FEDERATION CUP 2022 [Senior Men's Bodybuilding, 14th Senior Women's Body Building & 9th Men's & Women's Physique Sports National Championship]** being organized by **Body Builders Association of Sikkim; Sikkim;** under the authority of **Indian Body Builders Federation.** From 11th March, 2022 to 13th March, 2022. 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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General Secretary



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DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's Physique National Championship]; on and from 11th March – 13th March, 2022 organized by Body Builders Association of Sikkim, Sikkim, 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 "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's 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 "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's 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 FORM

That I understand that in order to participate as a competitor in "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's Physique National Championship]; on and from 11th – 13th March, 2022 organized by Body Builders Association of Sikkim, Sikkim, 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 "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's 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 "11th Federation Cup 2022" [Senior Men's Bodybuilding, 14th Senior Women's Bodybuilding & 9th Men's & Women's 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:

E-Mail ID: _____ Mobile No. _____

Signature of Athlete

Signature of Team Manager/ Coach/ Official

Date:

Place: