



INDIAN BODY BUILDERS FEDERATION



16TH SENIOR BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2025

14TH - 16TH JANUARY 2025 @BELAGAVI, KARNATAKA

TECHNICAL HANDBOOK



Rotary
CLUB OF BELGAUM



2025
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16TH SENIOR BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2025

14TH - 16TH JANUARY 2025 @BELAGAVI, KARNATAKA



Date: 16th October, 2024

To,
The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Boards
Affiliated to Indian Body Builders Federation
Mumbai.
Ref. No.: IBBF/SN/CR-01/24

Sub.: "16th Senior Men's & Women's Body Building & Women's Model Physique Championship 2025"

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to inform you that the most prestigious Championship of the year, "**16th Senior Men's & Women's Body Building & Women's Model Physique Championship**" 2025 will be held on and from 14th January - 16th January, 2025 at Rotary Annotsav CPED Ground, Club Road, Belagavi Karnataka, organized by Rotary Club of Belgaum and Belgaum Sports Club in collaboration with the Karnataka Association of Body Builders and Belgaum District Body Builders Association The said competition is held under the aegis of the Indian Body Builders Federation.

We extend our heartfelt gratitude to Shri Ajit Siddannavar and the entire team at the Karnataka Association of Body Builders for their unwavering dedication and consistent efforts in promoting the sport of bodybuilding over the past several decades.

We are proud to announce Shri Sunilkumar Aptekar as the Brand Ambassador for the said Championship. Shri Sunilkumar Aptekar's remarkable achievements include many National, International medals. His excellence has been recognized with several prestigious awards, including the Ekalvya Award, Arihant Award, Karnataka Rajyotsava Award, and the Pride of Belgaum. His accomplishments and dedication make him an inspiring figure for athletes across the nation.

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 athletes as per the rules prescribed in this Technical Handbook to make this championship a grand success.

Thanking you

For Indian Body Builders Federation

S. Ramesh Kumar

Swamy Ramesh Kumar
President, IBBF



Chetan M. Pathare

Chetan M. Pathare
General Secretary, IBBF
Secretary General - WBPF





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WELCOME MESSAGE BY THE PRESIDENT OF IBBF & LEGAL COUNSEL WBPF & ABBF

Dear Colleagues and Enthusiasts of Bodybuilding,



I am thrilled to share that the Indian Body Builders Federation (IBBF) will host the 16th Senior Men's and Women's Bodybuilding and Physique Sports Championship from the 14th to 16th January 2025 at the Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka. This event is being organized by Rotary Club of Belgaum and Belgaum Sports Club in collaboration with The Karnataka Association of Body Builders and Belgaum District Body Builders Association under the patronage of the Indian Body Builders Federation and it promises to be a landmark moment in our nation's bodybuilding scene.

I would like to acknowledge the extraordinary efforts of Shri Ajit Siddannavar, whose leadership has made it possible to host this prestigious event in Belagavi. His dedication to the bodybuilding community has been vital in ensuring the success of this championship.

I look forward to an outstanding championship and wish all participants the very best in their preparations.

Sincerely,

Shri Swamy Ramesh Kumar

President, Indian Body Builders Federation (IBBF)

*Legal Counsel, World Bodybuilding and Physique Sports Federation (WBPF) &
Asian Bodybuilding and Physique Sports Federation (ABBF)*





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WELCOME MESSAGE BY THE SECRETARY GENERAL OF IBBF, WBPF

Dear Athletes, Officials, Fitness Enthusiasts, and Sports Lovers,

It gives me great pleasure to announce that the 16th Senior Men's and Women's Bodybuilding and Physique Sports Championship will be held from January 14th to 16th, 2025, at the Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka. This prestigious event is organized by the Rotary Club of Belgaum and Belgaum Sports Club in collaboration with The Karnataka Association of Body Builders and Belgaum District Body Builders Association.



This championship is a significant platform to celebrate and recognize bodybuilders' hard work and dedication across the nation. The competition will feature a range of categories, including 10 weight categories for Men's Bodybuilding, one open category for Women's Bodybuilding, and two categories for Women's Model Physique.

Our participants will have the opportunity to compete for attractive prizes, of total cash award of Rs. 19,85,000/- including ₹50,000 for 1st place, ₹30,000 for 2nd, and ₹20,000 for 3rd, ₹10,000 for 4th and ₹10,000 for 5th in each category. The prestigious title of Men's Bodybuilding Overall Champion carries a grand prize of ₹3,00,000, and there are also special prizes for the runner-up and best poser.

We are grateful to Shri Ajit Siddannavar for his untiring efforts in bringing this event to Belagavi. His dedication, along with the support of the members of the Karnataka Association of Body Builders, ensures that this year's championship will be one to remember.

We look forward to welcoming the finest bodybuilding talent from across the country to this highly anticipated event.

With best regards,

Chetan Manohar Pathare

General Secretary, Indian Body Builders Federation (IBBF)

Secretary General, World Bodybuilding and Physique Sports Federation (WBPF)





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WELCOME MESSAGE BY THE WORKING PRESIDENT OF KABB

Message from Shri Ajit Siddannavar, Working President of the Karnataka Association of Bodybuilders



As the host of the 16th Senior Bodybuilding and Sports Physique Championship for Men's and Women's, it is my pleasure to invite you to this prestigious event, scheduled from 14th to 16th January 2025 in Belagavi, Karnataka.

This championship, sanctioned by the Indian Body Builders Federation (IBBF), promises to showcase exceptional talent and competition in bodybuilding and physique sports. I would like to extend gratitude to the President of IBBF, Swamy Ramesh Kumar, and General Secretary, Chetan M Pathare, for their continued support and leadership in promoting bodybuilding in India. A special appreciation to Shri Madhukar Talwalkar (Former President of IBBF) and Shri Premchand Degra (Padma Shri, Arjuna Awardee & Executive Vice President of IBBF), Shri T V Pauley (Arjuna Awardee and Vice President of IBBF) and Shri S Bhaskaran (Arjuna Awardee) for their lifelong dedication and devotion to the sport of bodybuilding.

We the members of the Karnataka Association of Bodybuilders promise to extend out best of the hospitality to the participating teams and we assure you that we will not leave any stone unturned to make this championship a grand success.

We look forward to welcoming participants, officials, and fans from across the country to celebrate strength, dedication, and sportsmanship in this grand event.

Warm regards,

Ajit Siddannavar

Working President, Karnataka Association of Bodybuilders (KABB)

Organizing Secretary, Indian Body Builders Federation (IBBF)





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01) GENERAL INFORMATION

16th Senior Men's & Women's Body Building & Women's Model Physique Championship 2025 will be held on and from 14th January - 16th January 2025 at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka.

Rotary Club of Belgaum and Belgaum Sports Club in collaboration with The Karnataka Association of Body Builders and Belgaum District Body Builders Association will be organizing the said competition under the patronage of the Indian Body Builders Federation.

All requests and queries relating to this Handbook should be addressed to the Indian Body Builders Federation.

- 1) **Indian Body Builders Federation**
President: Swamy Ramesh Kumar
Mobile: +91 9399311713
- 2) **General Secretary: Chetan Manohar Pathare**
Mobile +91 9967971970
Email : ibbfmumbai09@gmail.com
- 3) **Associate Secretary: Hiral Sheth**
Mobile +91 9819637300
Email : hirals82@gmail.com
- 4) **Treasurer: Navneet Singh**
Mobile +91 9888320009
Email : flexbodyliners@gmail.com





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ORGANIZING COMMITTEE KARNATAKA ASSOCIATION OF BODYBUILDERS

Working President: Mr. Ajit Siddannavar
Mobile: +91 9844063043

Eklavya Awardee: Mr. Sunil Aptekar (Mr. INDIA)
Mobile : +91 8618563115

President: Mr. J Neelkanta
Mobile :+91 9845182907

General Secretary: Mr. G. D. Bhatt
Mobile : +91 94485264462

Treasurer: Mr. Dileep Kumar
Mobile : +91 9448215360

BELGAUM DISTRICT BODY BUILDERS ASSOCIATION

President: Mr. Gangadhar M
Mobile : +91 9845857230

General Secretary: Mr. Hemant Haval
Mobile : +91 9448143310

02) GOVERNING BODIES

- WORLD BODY BUILDING & PHYSIQUE SPORTS FEDERATION [WBPF]
- ASIAN BODY BUILDING & PHYSIQUE SPORTS FEDERATION [ABBF]
- SOUTH ASIAN BODY BUILDING & PHYSIQUE SPORTS FEDERATION [SABBF]
- INDIAN BODY BUILDERS FEDERATION [IBBF]
- KARNATAKA ASSOCIATION OF BODY BUILDERS
- BELGAUM DISTRICT BODY BUILDERS ASSOCIATION





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03) COMPETITION INFORMATION

3.1 Name

16th Senior Men's & Women's Body Building & Women's Model Physique Championship 2025.

3.2 Dates

It will be held on and from 14th January - 16th January 2025.

3.3 Venues

3.3.1 Lodging & Boarding

Will be informed later.

3.3.2 Pre-Judging

Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka

3.3.3 Reception/Registration & Weighing

Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi

3.3.4 Finals

Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka

3.3.5 Judges/Team Managers Meeting

Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi

3.3.6 Executive Committee Meeting

Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi

3.3.7 Annual General Meeting

Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi





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3.4 Invitation

The invitation is for all the affiliated State Associations, Union Territories and Government Sports Boards to participate in this championship as per the rules mentioned in this Handbook.

3.5 Event

The competition will comprise of Men's & Women's events in the following categories.

Total 13 Categories

Event	Categories
Men's	A) Bodybuilding Weight up to 55kg Weight up to 60kg Weight up to 65kg Weight up to 70kg Weight up to 75kg Weight up to 80kg Weight up to 85kg Weight up to 90kg Weight above 90kg & below 100kg Weight over 100kg Overall Champion 2025
Women's	A) Bodybuilding Open One Category B) Model Physique Below 155 cm Above 155 cm





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04) COMPETITION SCHEDULE

DATE	TIME	ACTIVITY
MONDAY 13.01.2025	11.00 AM ONWARDS	Arrival of the Executive committee.
	07.00 PM ONWARDS	Executive Committee Meeting
TUESDAY 14.01.2025	09.00 PM ONWARDS	Arrival of all Competitors, Officials & Judges Registration & Weighing-in
	01.00 PM TO 02.00 PM	Lunch at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	04.00 PM TO 05.00 PM	Judges/Coaches/Team Managers Meeting at Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi
	08.00 PM ONWARDS	Welcome Dinner at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
WEDNESDAY 15.01.2025	07.00 AM TO 09.00 AM	Breakfast at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	10.00 AM ONWARDS	Pre-Judging at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	01.00 PM TO 02.00 PM	Lunch at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka





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	09.00 PM ONWARDS	Dinner at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
THURSDAY 16.01.2025	07.00 AM TO 09.00 AM	Breakfast at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	09.30 AM TO 11.00 AM	Annual General Meeting at Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi
	01.00 PM TO 02.00 PM	Lunch at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	04.00 PM ONWARDS	Finals & Prize Distribution at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
	09.00 PM ONWARDS	Dinner at Rotary Annotsav, CPED Ground, Club Road, Belagavi, Karnataka
FRIDAY 17.01.2025	08.00 AM ONWARDS	DEPARTURE

05) GENERAL RULES AND INFORMATION

5.1. Participants Eligibility

All affiliated units must follow the following conditions in order to participate in this competition:

5.1.1 **TWELVE** Body Builders from each affiliated State units/ Union Territories / Government Sports Boards for Men's Body Building but not more than **TWO** Body Builders in one weight group will be allowed. The host State Association will be allowed to file two teams that is





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24 Bodybuilders (A and B Team), but in each category not more than **FOUR** athletes. For Team Championship Only A team points will be calculated.

5.1.2 For Women's Body Building there is no restriction of entries.

5.1.3 For Women's Model Physique there is no restriction of entries.

5.2 Submission of Final Entry Form

Entry Form notifying intention of participation filled with official stamp and signature of respective unit President/Secretary must be submitted to the IBBF Secretariat not later than **30th December 2024**.

5.3 Travel

5.3.1 No Pick-up and Drop from airport/railway station or Hotel to Venue and back will be arranged by the organizer.

5.4 Fees

5.4.1. Men's Body Building	:	Rs.1000/- per Competitor
Women's Body Building	:	Rs.1000/- per Competitor
Women's Model Physique	:	Rs.3000/- per Competitor
Best Posing	:	Rs.1000/- per Competitor

5.4.2 **Security Deposit** of Rs.5000/- per State Units/Union Territories/Government Sports Boards. It is Mandatory to pay the security deposit at the time of registration and in case of any damage the amount equivalent will be forfeited from the said security deposit.

5.4.3 In case of any extended stay for the delegation (before or after the event dates) will be the sole the responsibility of the delegation concerned. It shall not be the responsibility of the Organizing Committee. Participants and officials who arrive before 14th January, 2025 and wish to stay after 16st January 2025 will have to bear and arrange their own lodging & boarding.

5.4.4 **Annual Affiliation Fees:** All the affiliated State Associations/Union Territories are requested to pay their Annual Membership Fees of Rs.20000/- and Government Sports Board are requested to pay fees of Rs.25000/- on or before **14th January 2025 for the year 2024 & 2025**.





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5.5.5 **Judges Examination:** All the affiliated State Associations/Union Territories/Government Sports Board are requested to submit the entries for those who wish to appear in Judges Examination on or before **10th January 2025 with the Fees of Rs.10000/-** with two photographs. These candidates will have to pay Rs.7500/- as additional charge towards lodging and boarding to IBBF.

06) COMPETITION RULES AND REGULATIONS

6.1 Competition for the 16th Senior Men's & Women's Body Building & Women's Model Physique Championship will be held in accordance with the current IBBF Rules and Regulations.

6.2 Team Managers must note that competitors who fail for weighing - in within the time limit will be eliminated from the championship.

6.3 All officials & competitors must arrive prior to the schedule.

6.4 Organizers will provide free lodging & boarding to the athletes and only **TWO officials** of each State unit which may include Judges, Team Manager and Coach for three nights only. ONE ROOM will be provided per State Unit/ Government Sports Board/Union Territory.

6.5 Other than the above-mentioned officials, extra officials, Supporters and family members will not be provided with lodging and boarding, and free entry passes for the competition. **If requested prior with the charges of Rs.7500/-, triple occupancy lodging and boarding facility will be provided.**

6.6 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 and the State Association/Union Territories and Sports Boards will have to bear the cost of the same before departure.

6.7 All the Officials, managers, coaches are requested to come in uniform prescribed by IBBF. Those who does not have uniform prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to officiate as a Judge.





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6.8 Golden, Silver and Bronze colour tanning cream is not allowed.

6.9 It is compulsory for the participants participating for Best Poser contest to bring their own Music CD or Pen drive. The use of profane, vulgar or offensive language in posing music is prohibited under the rules of IBBF and the competitor will be disqualified from participation the games.

6.10 Please note: Indian Body Builders Federation, Karnataka Association of Bodybuilders, Belgaum District Body Builders Association and Rotary Club of Belgavi Annonstav or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.

6.11. Weigh-in

The weigh-in shall be conducted by the Weighing-in committee appointed by the IBBF.

6.12. Commendation:

6.12.1 Medals

Events	Number of Medals			
	Gold	Silver	Bronze	Total
Men's Bodybuilding Weight Upto 55kg	1	1	1	3
Men's Bodybuilding Weight Upto 60kg	1	1	1	3
Men's Bodybuilding Weight Upto 65kg	1	1	1	3
Men's Bodybuilding Weight Upto 70kg	1	1	1	3
Men's Bodybuilding Weight Upto 75kg	1	1	1	3
Men's Bodybuilding Weight Upto 80kg	1	1	1	3
Men's Bodybuilding Weight Upto 85kg	1	1	1	3
Men's Bodybuilding Weight Upto 90kg	1	1	1	3
Men's Bodybuilding Weight Above 90kg and Below 100 Kg	1	1	1	3





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Men's Bodybuilding Weight Above 100kg	1	1	1	3
Women's Bodybuilding – Open Category	1	1	1	3
Women's Model Physique – Below 155 cm	1	1	1	3
Women's Model Physique – Above 155 cm	1	1	1	3
Total	13	13	13	39

6.12.2 Prizes

The prizes will be as follows for all the Categories:

- **First Prize** : Cash Prize of Rs.50,000/-, Gold Medal, Trophy and Certificate
- **Second Prize** : Cash Prize of Rs.30,000/-, Silver Medal, Trophy and Certificate.
- **Third Prize** : Cash Prize of Rs.20,000/-, Bronze Medal, Trophy and Certificate.
- **Fourth Prize** : Cash Prize of Rs.10,000/- and Certificate.
- **Fifth Prize** : Cash Prize of Rs.10,000/- and Certificate
- **Overall, Champion** will receive Cash Prize of Rs.3,00,000/- Trophy and Certificate.
- **Runner-up** will receive Cash Prize of Rs.1,00,000/- Trophy and Certificate.
- **Best Poser** will receive Cash Prize of Rs.25000/- Trophy and Certificate.
- **Most Improved bodybuilder** will receive Trophy and Certificate.
- **Team Championship, 1st & 2nd Runner-up** will receive Trophy and Certificate.
- **All the participants** will receive Participation Certificate.





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NOTE: The above cash prizes may be subject to Income Tax deduction at source and winner will have to produce their Pan Card and Aadhar Card photocopies for claiming prize money cheque. Without these documents the prize money cheque will not be issued.





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6.13 COMPETITION RULES:

AS PER WBPf / IBBF RULE BOOK – COMPETITION ATTIRE & STAGE PRESENTATION FOR ATHLETES

Competition Attire for Athletes: The competition attire must meet the following guidelines:

6.13.1 Men's Bodybuilding competitors

will wear one-coloured opaque posing trunks of a solid, non-distracting colour which are clean and decent. The back area of the trunk must cover at least 50 % of the “gluteus maximus”, the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm. Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk stays in place during his entire performance and does not slip inside the gluteus muscles to reveal a greater part of that area. Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or whatsoever other jewellery/accessories except for a wedding ring. Props including hats, caps, masks etc. are prohibited. The use of implants whether permanent by cosmetic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Body-colouring is allowed but the athlete has to make sure that the colour stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body colour are prohibited. Body colouring that stains the competition attire is prohibited.

6.13.2 Women's Bodybuilding competitors

will wear one-coloured and decorated opaque two-piece bikini of a solid, non-distracting colour which must conform to accepted standards of taste and decency. The bikini will reveal the abdominal muscles as well as the lower back muscles. The bikini bottom must cover at least 50% of the buttocks. Athletes have to be bare foot, no foot-wear allowed.





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The back area of the trunk must cover at least 50 % of the “gluteus maximus”, the front of the trunk must be covered completely, no padding allowed anywhere in the trunk; the side of the trunk must measure at least 1 cm.

Pulling and shifting of the trunk by the competitor to reveal a larger part of the front, side or rear of the body is not allowed; the competitor has to ensure that the trunk and bikini top stays in place during her entire performance and the bikini bottom does not slip inside the gluteus muscles to reveal a greater part of that area.

Padding inside the bikini top is allowed to achieve a more natural feminine look. Breast implants are allowed according to accepted standards of taste and decency.

Competitors will not wear footwear, glasses (Except if it is justified by the athlete's health condition.), watches, bangles, necklaces, earrings, piercings or whatsoever other jewellery/accessories except for a wedding ring.

The hair may be styled, make-up can be worn as well; body-colouring is allowed but the athlete has to make sure that the colour stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls or any other unnatural looking enhancements of the body colour is prohibited. Body colouring that stains the competition attire is prohibited.

6.13.3 Women’s Sport Physique and Model Physique Competitors

will wear opaque two-piece bikini which must conform to accepted standards of taste and decency for the comparisons, the colour, fabric, texture and style of the bikini is up to the discretion of the competitor and high heels with a sole thickness of not more than 2 cm and the heels (stiletto) height of not more than 12 cm; platform shoes are prohibited. The back area of the bikini bottom must cover at least 50 % of the “gluteus maximus”, the front side of the trunk must cover the front side of the groin area completely, no padding allowed anywhere in the bikini bottom; the side of the bikini bottom must measure at least 1 cm.

Bikinis that appear to small or otherwise look indecent are prohibited. The use of implants whether permanent by plastic surgery or temporarily by fluid injection is not allowed and can lead to disqualification. Breast implants however are allowed. Body-colouring is allowed but the athlete has to make sure that the colour stays on the body and does not come off simply by wiping; air-brush tanning and cabin tanning may be used, sparkles, glitter, shiny metallic pearls





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or any other unnatural looking enhancements of the body colour are prohibited. Body colouring that stains the competition attire is prohibited.

6.14 Stage Presentation

The following points will apply during the competitor's stage presentation:

6.14.1. Competitors will not chew gum or consume food and/or drinks while onstage.

6.14.2. The use of props is prohibited unless it is expressly allowed under section 12.1. The term prop means an object, device or item, excluding competition attire that is transported onstage before a routine and offstage after a routine by a competitor and/or other person or persons.

6.14.3. Competitors have to adhere to all instructions made by the onstage expeditors and onstage marshals; they are not allowed to enter or leave the stage prematurely without the consent of the chief onstage expeditor.

6.14.4. Competitors have to maintain good sportsmanship at all the time, pushing, shoving, elbowing and other physical attacks against other competitors or onstage expeditors, contesting instructions made by onstage expeditors or expressing disagreement with results pertaining to comparisons being called or placings being given are forbidden and can lead to disqualification.

6.14.5. In particular during the announcement of results and the award presentation the competitor will by no means express disagreement with his/her or other competitors placings.

6.14.6. Competitors have to ensure that they do not stain the stage and its surroundings, especially carpets and curtains with body colour or leave hazardous materials or items on the stage that can be harmful to other competitors during or after their performance.

6.14.7. Competitors will abstain from shouting, laughing, grimacing and gesticulating while on stage, even talking to other competitors should be avoided as much as possible; the athletes shall focus on their performance bearing in mind that they are under constant observation by the event officials, audience and cameras. Even when not included in 28 comparison competitors have to pay attention to keep an athletic posture and friendly face.





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6.15 JUDGING ATTIRE / JUDGING PANEL

6.15.3 Makeup of the Regular Judging Panel:

Nine/Seven judges are normally appointed by the IBBF Judges Committee to serve on a regular judging panel. Every attempt is made to ensure that all qualified judges who are present at the technical meeting are given the opportunity to serve on a panel and that all states are equally and fairly represented with no state having two or more judges on the same panel. At no time will the number of judges on a panel be fewer than five. The IBBF Judges Committee Chairman/Secretary is the final authority on the makeup of the judging panels.

6.15.2 JUDGING ATTIRE /JUDGING PANEL

Judging Attire: Judges shall be attired as follows:

- The official IBBF uniform for male judges at all competitions consists of a pigeon grey suit with the official IBBF crest on the left breast pocket, white shirt with the official IBBF tie, black socks and black dress shoes.
- The official IBBF uniform for female judges at all competitions consists of a pigeon grey blazer with the official IBBF crest on the left breast pocket, or white blouse (official IBBF tie optional), grey skirt or dress pants, and black dress shoes.
- The IBBF Judges Committee Chairman/Secretary has authority to remove from the panel any judge who is not correctly dressed in the official IBBF uniform.
- While working under hot/humid climate conditions and only at the prejudging the IBBF Judges Committee Chairman/Secretary may allow a relaxed dress code as follows: White Polo shirt with IBBF logo on the left breast together with grey dress pants (men or women) or grey skirt (women).





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6.15.4 Officials

The following officials are needed to control competitions:

- 6.15.4.1 IBBF General Secretary
- 6.15.4.2 IBBF Chief Jury - Two
- 6.15.4.3 Judges Chairman
- 6.15.4.4 Judges Secretary
- 6.15.4.5 Nine/Seven judges from as many different states as possible. If enough qualified judges are available, two or more panels of judges may be appointed.
- 6.15.4.6 Two statisticians.
- 6.15.4.7 IBBF Chief Marshal and an appropriate number of assistants.
- 6.15.4.8 Master of Ceremonies or Announcer.

6.15.5 Placement of Judges

The placement of judges will proceed as follows:

1. The Judges Chairman/Secretary will make the Nine/Seven judges sit at their respective tables and will make statisticians seat at their tables. The Judges Chairman/Secretary will then ensure that the appropriate judging forms are distributed to each judge.
2. Each Judge's position on the panel will be numbered using a small card (black numbers on a white background) situated at the front of the judge's table. The numbers will be printed on both sides of the card so as to be viewed by the competitors and the judges.

6.15.6 Conduct of Judges

Once the judging panel is seated, the Judges Chairman/Secretary will remind the judges of the rules of conduct, said rules which must be strictly followed throughout the prejudging and finals. Under penalty of immediate dismissal from the judging panel, no judge will:

1. Converse with any other judge, or judges.
2. Attempt to influence the decisions of any other judge, or judges;
3. Take photographs while the judging is in progress.





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4. Coach any competitor, or competitors; or
5. Judge while under the influence of drugs or alcohol or consume alcoholic beverages while judging.

7.16.1 Doping

Dope testing may be conducted during the competition at random by the National Anti-Doping Agency (NADA). The IBBF will follow the WADA, NADA, WBPF and ABBF Anti-Doping Rules and Regulations, guidelines and Operations Procedures. The IBBF is committed to doping free sport, and strict follows the guidelines and procedures of the WADA, NADA, WBPF and ABBF approved Anti-Doping guidelines and procedures for the safety of our athletes and fairness of play for our sport.

7. MEDICAL

7.16.2 Medical facilities will be available at the accommodation and at competition venue.

7.16.3 ENCLOSURES:

- a) Official Entry Form
- b) Executive Committee Meeting Notice
- c) Annual General Body Meeting Notice
- D) Drug Consent and Waiver of Liability Forms

7.16.4 APPROVAL OF TECHNICAL HANDBOOK

This Technical Handbook has been approved by the IBBF.





16TH SENIOR BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2025

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Date: 18th October, 2024

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 Tuesday 13th January, 2025 at 07:00 PM at Belgaum Club, Maitri Hall, Club Rd., Opp. Rotary Annotsav, CPED College Ground, Belagavi during 16th Senior Men's & Women's Body Building & Women's Model Physique Championship 2025, to discuss the following Agenda.

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

AGENDA

1. Welcome address by the President.
2. To confirm the minutes of the last Executive Committee Meeting.
3. To adopt the audited statements as submitted by the Treasurer
4. To discuss and confirm the forthcoming championships for the year 2025-26.
5. To appoint the Internal Auditor and Chartered Accountant for the year 2025-2026 and adoption of the Statement of Account submitted by the Treasurer for the year 2023-2024.
6. To discuss about the letters if any received from Executive Committee Members or the State Associations before 10th January, 2025.
7. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan M. Pathare
Secretary General





16TH SENIOR BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2025

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Date: 18th October 2024

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

ANNUAL GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the members of the Executive Committee & the representatives of the affiliated State Associations / Union Territories / Government Sports Board of the of the Indian Body Builders federation, that the Annual General Body Meeting will be held on Thursday 16th January 2025 at 09:30 AM at Belgavi, Karnataka during 16th Senior Men's & Women's Body Building & Women's Model Physique Championship 2025.

All the Executive Members / Representatives of State Associations / Union Territories / Government Sport Boards are requested to attend the same in proper uniform.

AGENDA

1. Welcome address by the President
2. To confirm the minutes of the last General Body Meeting.
3. To adopt the Annual Report as submitted by the Secretary General.
4. To discuss and confirm the resolution proposed by the Executive Committee
5. To discuss and confirm the forthcoming championships for the year 2025-26
6. To appoint the Internal Auditor and Chartered Accountant for the year 2025-2026 and adoption of the Statement of Account submitted by the Treasurer for the year 2023-2024.
7. To discuss about the letters if any received from Executive Committee Members or the State Associations before 10th January 2025.
8. Any other matter with the permission of chair.

For Indian Body Builders Federation

Chetan Pathare

Chetan M. Pathare
Secretary General





16TH SENIOR BODYBUILDING & PHYSIQUE SPORTS CHAMPIONSHIP 2025

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**“16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship
2025”**

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 30th December 2024.

SR. No.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Men’s Body Building		
2		Men’s Body Building		
3		Men’s Body Building		
4		Men’s Body Building		
5		Men’s Body Building		
6		Men’s Body Building		
7		Men’s Body Building		
8		Men’s Body Building		
9		Men’s Body Building		
10		Men’s Body Building		
11		Men’s Body Building		
12		Men’s Body Building		
13		Women’s Body Building		
14		Women’s Body Building		
15		Women’s Body Building		
16		Women’s Body Building		





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17		Women's Model Physique		
18		Women's Model Physique		
19		Women's Model Physique		
20		Women's Model Physique		

TEAM MANAGER : _____

COACH : _____

JUDGE : _____

JUDGE : _____

UNIT NAME : _____

TRAIN No. & ARRIVAL TIME : _____

TRAIN No. & DEPARTURE TIME : _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



**“16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship
2025”**

DRUG TESTING CONSENT FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for **16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025 on and from 14th January - 16th January, 2025** at Belgavi, Karnataka, 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 WADA, NADA and 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 **16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025**. This undertaking has been read over and I understand, and unconditionally accept and agree to the following conditions:

DRUG TESTING CONSENT

1. That, the National Anti-Doping Agency has the right to conduct Dope Testing at this ‘**16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025**’, 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 Control officer at all times and will, under the direct observation of a witness, provide a sample of my urine without undue delay.
3. That, I understand and accept that in case of any evasion or wilful and intentional absence by me to give my urine sample for doping to the dope control Officer amounts to violation of Doping Code, which is also punishable under the Law and Code.
4. 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.
5. 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.
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.

Athlete Name : _____ **Date of Birth:** _____

Affiliated State Association: _____

Address: _____

E-Mail ID: _____ **Mobile :** _____

Signature of Athlete

Signature of Team Manager/Coach/Official

Date :

Place :

**“16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship
2025”**

WAIVER OF LIABILITY FORM

That I understand that in order to participate as a competitor in **16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025 on and from 14th January - 16th January, 2025** at Belgavi, Karnataka, India.

I must agree to be bound by this Waiver of Liability and that I do so willingly and of my own free will.

1. 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, Karnataka Association of Bodybuilders, the Organizing Committee of **“16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025”**the WBPF, ABBF, IBBF, Karnataka Association of Bodybuilders 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.
2. That I agree that medical and personal injury insurance coverage while participating in the **‘16th Senior Men’s & Women’s Body Building & Women’s Model Physique Championship, 2025’** 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.

3. 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.
4. 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.

Athlete Name : _____ **Date of Birth:** _____

Affiliated State Association: _____

Address: _____

E-Mail ID: _____ **Mobile :** _____

Signature of Athlete

Signature of Team Manager/Coach/Official

Date :
Place :