



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: 10th February, 2021

To

The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Board
(Affiliated to M/s. Indian Body Builders Federation, Mumbai)

Ref. No.: IBBF/JN/CR-04/20-21

**Sub.: "11th Men's Junior / Masters / Divyang Bodybuilding and
2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model
Physique National Championship 2021"**

Dear Sir / Madam,

The Indian Body Builders Federation is pleased to Invite all its affiliated State Units/Union Territories and Government Sports Boards to participate in the "**11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021**"; organized by **Punjabi Amateur Body Building Association** on and from **20th – 21st March, 2021 at Ludhiana, Punjab**.

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 mentioned in the rules prescribed in this 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.

We solicit your kind cooperation and understanding in this regard.

Thanking you,

For **Indian Body Builders Federation,**



Hiral Sheth,
General Secretary



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"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"

PARTICULARS

Contest	:	"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"
Date	:	Saturday, 20 th March – Sunday, 21 st March, 2021
Organizer	:	Punjabi Amateur Body Building Association Indian Body Builders Federation
Reception / Registration	:	Hotel Taksonz, Opp Railway Station, Ludhiana
Venue for Pre-Judging & Finals	:	Dr. Ambedkar Hall, adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana
Nearest Railway	:	Ludhiana Railway Station (opposite the, Hotel Taksonz) No pick up and drop will be provided by the organizer
Nearest Airport	:	Mohali Airport (90 – 100 km) No pick up and drop will be provided by the organizer
Organizers Contact	:	Mr. Monu Sabharwal – 9023270063 Mr. Navneet Singh – 9888320009
IBBF Secretariat	:	Ms. Hiral Sheth – General Secretary Mobile: 098196 37300
IBBF Administration	:	Mr. Santosh Pawar Mobile: 98211 65723
Weight Group for Junior	:	Total Six weight Category Upto & inclusive 55 kgs Upto & inclusive 60 kgs Upto & inclusive 65 kgs Upto & inclusive 70 kgs Upto & inclusive 75 kg Above 75 kgs



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- Weight Group for Divyang Bodybuilding** : Up to & inclusive 65 kgs
Above 65 kgs
- Age Group for Masters Bodybuilding** : Total Three age groups
1) 40 years - 50 years - Below 80 Kg
40 years - 50 years - Above 80 Kg
2) 50 years – 60 years - one open category
3) Above 60 years- one open category
- Junior Women’s Sports Model Physique** : Below 21 years - One Open Category
- Ladies Women’s Sports Model Physique** : Above 30 years – One Open Category
- Eligibility Juniors** : Below 21 years of age
Athletes born on & after 20th March, 2000 are eligible to participate in Junior category
- Eight** Body Builders from each Affiliated State/UT/Government Sports Board and not more than two body builders in each group will be allowed.
- Masters Body Building** : **Athletes born on & before 20th March, 1981 are Eligible to participate in Masters category**
1. Those who are above 40 years and below 50 years of age.
 2. Those who are above 50 years and below 60 years of age.
 3. Those who are above 60 years of age.
- Four** Bodybuilders is each Masters Category and not more than Ten body builders from each State/UT/Government Sports Board will be allowed.
- Divyang Body Building** : **Three** athletes in each category and not more than Five athletes from each State/ UT/ Government Sport Board will be allowed.



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Also, please note athletes who are physically disabled below waist line and with major medical disabilities or severe accidental medical conditions would be allowed to participate. If any athletes are found ineligible as he does not fit in the above mention criteria IBBF reserve the right to reject his participation.

- Junior Women's Sports Model Physique :** Below 21 years of age
Athletes born on & after 20th March, 2000 are eligible to participate in Junior category.
In this Championship, State association/ Government Sports Board can send their best athletes and there is no limit for the same.
- Ladies Women's Sports Model Physique :** **Athletes born on & before 20th March, 1991**
Are eligible to participate in Ladies category. In this Championship, State/ UT / Government Sports Board can send their best athletes and there is no limit for the same.
- Testimonials :** All the athletes are requested to produce their following Documents
Aadhar Card / Passport and PAN Card which has the Date of Birth clearly mentioned in it. Along with one self-attested Photo Copy at the time of weighing in. Those who fail to produce original certificate will not be entitled to participate in the championship.

Please take a note it is compulsory to all the affiliated units to send the testimonial documents (**Aadhar Card / Passport and PAN Card which has the Date of Birth clearly mentioned**) along with entry form and doping consent form and waiver liability form clear scanned copies over email on and before 15th March, 2021.



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Medical Officer may be recruited to find the genuine age of the athlete as per his body status and if Medical Officer after accessing the athlete finds him to be over age, then such athlete will be restricted and suspended from participation and the further legal and criminal proceedings will be initiated against such athlete and the state unit as per the Government of India, National Sports Development Code.

Also, the same legal and criminal proceedings will be initiated if they are found with fake age proof documents submitted.

Annual Fees:

All those affiliated State Associations /Union Territories / Government Sports Board who have not paid their Annual Membership Fees for the year 2021 are requested to pay of Rs.10,000/- for State and Rs.15000/- for Sports Board on or before 31st March, 2021.

Entry Fees

Junior & Masters Bodybuilding : Rs.1000/- per competitor.

Junior Women Sports Model Physique : Rs.3000/- per competitor.

Ladies Women Sports Model Physique : Rs.3000/- per competitor.

Divyang Bodybuilding : NO ENTRY FEE

Last Date for Entry : 15th March, 2021.

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,



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Parel, Mumbai-400 012.

Maharashtra.

Email: ibbf_mumbai@yahoo.in

Prizes & Awards

- :
1. First Five places in each category will receive Medals & Merit Certificates.
 2. All the Participants will receive Participation Certificates.

Doping

- :
- Dope test will be conducted at random by The National Anti-Doping Agency (NADA), New Delhi.

Rules for the Contest

- :
1. The competitors and officials who are not present for the registration within the time limit will be eliminated from the competition.
 2. All officials and competitors must arrive prior to the schedule.
 3. Organizers will provide free lodging and boarding to the invited bodybuilders and officials only for two nights.
 4. Each affiliated unit will have to pay a deposit of Rs. 5000/- each during registration which will be refunded at the time of checkout once the hotel staff gives clearance of the room articles. 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.
 5. 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 two nights only.**
 6. Please note Bodybuilders using tanning products / oil will be responsible for payment in full for bed sheets, pillow covers and wall paint stained by the same.
 7. All the officials, and Judges are requested to come in proper uniform prescribed by IBBF otherwise



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they will not be allowed to participate in official activities and will not be allowed to sit as judge.

8. Golden, Silver, and Bronze colour tanning cream is not allowed.
9. It is compulsory for the Body Builders participating bring their own music CD, (music counts in scoring) Vulgar songs and actions will not be allowed and the said participant will be banned from the Best Poser contest.

Please Note

:

The Indian Body Builders Federation, Punjab 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.



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"11th Mens Junior / Masters / Divyang Bodybuilding and 2nd Jr. Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"

SCHEDULE

Saturday 20th March 2021

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 10.00 AM Onwards : Registration / Weighing-in of Athletes (Hotel Taksonz, Opp Railway Station, Ludhiana)
- 01.00 PM TO 03.00 PM : Lunch for athletes and official (to be informed later)
- 04.00 PM TO 04.30 PM : Judges / Team Managers Meeting (Hotel Taksonz)
- 07.00 PM ONWARDS : Executive Committee Meeting (Hotel Taksonz)
- 09.00 PM ONWARDS : Dinner for athletes and official (to be informed later)

Sunday 21st March 2021

- 08.00 AM TO 09.00 AM : Breakfast for athletes and official (to be informed later)
- 09.00 AM TO 11.00 AM : Extra Ordinary General Body Meeting (Hotel Taksonz)
- 11.30 AM ONWARDS : Pre-judging, Finals & Prize Distribution (Dr. Ambedkar Hall, Adjoining Police Station, Salem Tabbri, Near Jalandhar Bypass, Ludhiana)
- 12.30 PM TO 03.00 PM : Lunch for athletes and official (to be informed later)
- 09.00 PM : Dinner for athletes and official (to be informed later)

Monday 22nd March 2021

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



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OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 15th March 2021

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1		Junior		
2		Junior		
3		Junior		
4		Junior		
5		Junior		
6		Junior		
7		Junior		
8		Junior		
9		Masters (40 -50 yrs) below 80 kg		
10		Masters (40 -50 yrs) below 80 kg		
11		Masters (40 -50 yrs) below 80 kg		
12		Masters (40 -50 yrs) above 80 kg		
1		Masters (40 -50 yrs) above 80 kg		
2		Masters (40 -50 yrs) above 80 kg		
3		Masters (50 -60 yrs)		
4		Masters (50-60 yrs)		
5		Masters (50 -60 yrs)		
6		Masters (60yrs above)		
1		Masters (60yrs above)		
2		Masters (60yrs above)		
3		Divyang		
4		Divyang		
5		Divyang		
6		Divyang		
1		Divyang		
2		Jr. Women's Model Phy		
1		Jr. Women's Model Phy		
2		Jr. Women's Model Phy		
1		Jr. Ladies Model Phy		
2		Jr. Ladies 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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Date: 10th 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 to certify that that _____
Body Builders/Officials of _____ is/are taking
part in the "**11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 2021**" being organize by **Punjabi Amateur Body Building Association**. The said competition is organized on 20th – 21st March, 2021 at Ludhiana, Punjab. 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

**Hiral Sheth
General Secretary**



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Date: 10th 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 20th March, 2021 at 7.00 pm at Hotel Taksonz, Ludhiana, Punjab; during "**11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 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 15th March, 2021.
3. To discuss and confirm the venue for Selection Trials of Indian Team participating in the Asian and World Championship, 2021.
4. To discuss and confirm the Ministry of Youth Affairs and Sports guide lines to be adopted by the affiliated units and to take the appropriate decisions.
5. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

Hiral Sheth
General Secretary



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Date: 10th February, 2021

To,

**The Secretaries / Executive Committee Members / Life Members
State Body Building Associations / Union Territories / Government Sports Board
(Affiliated to M/s. Indian Body Builders Federation, Mumbai)**

EXTRA ORDINARY GENERAL BODY MEETING

NOTICE

Notice is hereby given to all the Affiliated Units / Executive Committee Members / Life Members of the Indian Body Builders federation, that a Meeting of the Extra Ordinary General Body will be held on 21st March, at 9.00 am Hotel Taksonz, Ludhiana, Punjab; during "**11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 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.
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4. To discuss and confirm the Ministry of Youth Affairs and Sports guide lines to be adopted by the affiliated units and to take the appropriate decisions.
5. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

**Hiral Sheth
General Secretary**

"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"

DRUG TESTING CONSENT & WAIVER OF LIABILITY FORM

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a Competitor for "**11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021**" at Ludhiana, Punjab, 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 Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021**". 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 Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021**", 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:

"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"

WAIVER OF LIABILITY

That I understand that in order to participate as a Competitor in **"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"** at Ludhiana, Punjab, 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 Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"** 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 **"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"** 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:

"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship

AGE FRAUD UNDERTAKING

To,
The General Secretary,
Indian Body Builders Federation
Mumbai.

I, _____ aged _____ resident of _____

_____ representing _____ State/ Government Sport Board Affiliated unit to Indian Body Builders Federation, do state on oath and solemn affirmation as under:-

1. That, I am representing and selected by the _____ Affiliated State / Union Territories / Government Sports Board Unit to Indian Body Builder's Federation to participate in the **"11th Men's Junior / Masters / Divyang Bodybuilding and 2nd Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2021"** on **20th - 21st March, 2021 at Ludhiana, Punjab, India** under the aegis of Indian Body Builders Federation.
2. That, my date of birth is _____ and my age on 20th March, 2021 is below 21 years.
3. That, I state that whatever documents I have annexed as the proof for my date of birth are true and correct to my knowledge. In case the same are found to be forged, then I am solely responsible for the same and that I may be charged under the provisions of Indian Penal Code and other penal Laws.
4. That, I am fully aware that the National Anti-Doping Agency, New Delhi is going to conduct Random Doping Tests in the said competition and if called for the same I under take to undergo it and fully co-operate in the same.
5. If my "A" sample is declared positive for banned substance, I am aware that I have the right to a "B" sample analysis. I am also aware that I must notify the IBBF, in writing and within thirty days of the date of receiving notification of my "A" sample positive finding that I wish to exercise my right to a "B" sample analysis the whole at no cost to be IBBF, failing which the "A" sample result shall be considered final. I undertake to appear before the National Anti-Doping Appellate Panel in New Delhi and fully co-operate in the said proceedings a hearing.
6. That, whatever information is stated in the above-mentioned paragraph 1 to 5 is true to my knowledge and belief and I undertake to abide the same.

Signed on this 20th March, 2021 at Ludhiana, Punjab, India.

Signature of deponent with full name & Address

1. Witness
(State Official)

2. Witness
(State Official)