



**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: 06<sup>th</sup> December, 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-03/21-22

**Sub.: "12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and  
3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports  
Model Physique National Championship 2022"**

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 "**12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022**"; organized by **Puducherry Body Builders & Fitness Association** on and from **22<sup>nd</sup> – 23<sup>rd</sup> February, 2022 at Puducherry.**

We are very grateful to Shri K Ganesh, President, Shri M Mugundan, General Secretary and the entire organizing committee of the **Puducherry Body Builders & Fitness Association** for organizing this Championship in the scenic Union Territory of Puducherry.

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 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 and the rules set for the same by the Indian Body Builders Federation. 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.

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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**"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model  
Physique / Ladies Women's Sports Model Physique National Championship 2022"**

**PARTICULARS**

<b>Contest</b>	:	<b>"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"</b>
<b>Date</b>	:	Tuesday, 22 <sup>nd</sup> February - Wednesday, 23 <sup>rd</sup> February ,2022
<b>Organizer</b>	:	Puducherry Body Builders & Fitness Association Indian Body Builders Federation
<b>Reception / Registration</b>	:	Indira Gandhi Indoor Stadium
<b>Venue for Pre-Judging &amp; Finals</b>	:	Indira Gandhi Indoor Stadium
<b>Nearest Railway</b>	:	Puducherry Railway Station (4 kms) <b>No pick up and drop will be provided by the organizer</b>
<b>Nearest Airport</b>	:	Chennai Airport (155 kms around 2.5 hours) <b>No pick up and drop will be provided by the organizer</b>
<b>Organizers Contact</b>	:	Mr. M Mugundan – 9003949394 Mr. Raghuramam. P - 9677778886
<b>IBBF Secretariat</b>	:	Ms. Hiral Sheth – General Secretary Mobile: 098196 37300
<b>Weight Group for Junior</b>	:	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
<b>Weight Group for Divyang Bodybuilding</b>	:	Up to & inclusive 60 kgs Above 60 kgs
<b>Age Group for Masters Bodybuilding:</b>	:	Total Three age groups 1) 40 years - 50 years - Below 80 Kg 2) 40 years - 50 years - Above 80 Kg



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3) 50 years – 60 years - one open category

4) 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 22<sup>nd</sup> February 2001 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 22<sup>nd</sup> February, 1982 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.

**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**



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**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 22<sup>nd</sup> February, 2001 are eligible to participate in Junior category.**  
In this Championship, State association/ UT /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 22<sup>nd</sup> February, 1992 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 10<sup>th</sup> February, 2022.**

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



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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 2022 are requested to pay of Rs.10,000/- for State and Rs.15000/- for Government Sports Board on or before 31<sup>st</sup> March, 2022.

### **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** : **10th February, 2022.**

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,  
Parel, Mumbai-400 012.  
Maharashtra.  
Email: [ibbf\\_mumbai@yahoo.in](mailto:ibbf_mumbai@yahoo.in)

**Prizes & Awards** : 1. First three places in each category will receive Gold, Silver & Bronze Medals.



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2. First Five places in each category will receive Merit Certificate and Trophy
3. 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 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.**
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.



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7. All the officials, and Judges are requested to come in proper uniform prescribed by IBBF otherwise 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.

#### **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**

:

The Indian Body Builders Federation, Puducherry Body Builders & Fitness 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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**SCHEDULE**

**Tuesday 22<sup>nd</sup> February 2022**

- 08.00 AM ONWARDS : Arrival of all competitors, officials & judges
- 10.00 AM Onwards : Registration / Weighing-in of Athletes (Indira Gandhi Indoor Stadium)
- 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 (to be informed later)
- 07.00 PM ONWARDS : Executive Committee Meeting (to be informed later)
- 09.00 PM ONWARDS : Dinner for athletes and official (to be informed later)

**Wednesday 23<sup>rd</sup> February 2022**

- 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 (to be informed later)
- 11.30 AM ONWARDS : Pre-judging, Finals & Prize Distribution (Indira Gandhi Indoor Stadium)
- 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)

**Thursday 24<sup>th</sup> February 2022**

- 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 10<sup>th</sup> February 2022**

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		
13		Masters (40 -50 yrs) above 80 kg		
14		Masters (40 -50 yrs) above 80 kg		
15		Masters (50 -60 yrs)		
16		Masters (50-60 yrs)		
17		Masters (50 -60 yrs)		
18		Masters (60yrs above)		
19		Masters (60yrs above)		
20		Masters (60yrs above)		
21		Divyang		
22		Divyang		
23		Divyang		
24		Divyang		
25		Divyang		
26		Jr. Women's Model Phy		
27		Jr. Women's Model Phy		
28		Jr. Women's Model Phy		
29		Jr. Ladies Model Phy		
30		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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Ref. No.: IBBF/JN/CR-03/21-22

Date: 06<sup>th</sup> December, 2022

### **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 **"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 2022"** being organize by **Puducherry Body Builders & Fitness Association**. The said competition is organized on 22<sup>nd</sup> – 23<sup>rd</sup> February, 2022 at Puducherry. 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: 06<sup>th</sup> December, 2022

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 22<sup>nd</sup> February, 2022 at 7.00 pm at Accord Hotel Puducherry; during "**12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 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 10<sup>th</sup> February, 2022.
3. To discuss and confirm the venue for Selection Trials of Indian Team participating in the Asian and World Championship, 2022.
4. Any other matter with the permission of chair.

For **Indian Body Builders Federation**



**Hiral Sheth**  
General Secretary



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Date: 06<sup>th</sup> December, 2022

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 23<sup>rd</sup> February, at 9.00 am Accord Hotel, Puducherry; during "**12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique/ Ladies Women's Sports Model Physique National Championship 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 10<sup>th</sup> February, 2022.
3. To discuss and confirm the venue for Selection Trials of Indian Team participating in the Asian and World Championship, 2022.
4. Any other matter with the permission of chair.

For **Indian Body Builders Federation**

**Hiral Sheth  
General Secretary**



**"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"**

**DRUG TESTING CONSENT FORM**

(PLEASE READ THIS FORM CAREFULLY)

In order to participate as a competitor for "12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022" at Puducherry, 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 "12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022". 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 "12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022", 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:**

**"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"**

**WAIVER OF LIABILITY FORM**

That I understand that in order to participate as a competitor in **"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"** at Puducherry, 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 **"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"** 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 **"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"** 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:**

**"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"**

**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 **"12<sup>th</sup> Men's Junior / Masters / Divyang Bodybuilding and 3<sup>rd</sup> Junior Women's Sports Model Physique / Ladies Women's Sports Model Physique National Championship 2022"** on and from **22<sup>nd</sup> February – 23<sup>rd</sup> February, 2022 at Puducherry, India** under the aegis of Indian Body Builders Federation.
2. That, my date of birth is \_\_\_\_\_ and my age on 22<sup>nd</sup> February, 2022 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 22<sup>nd</sup> February, 2022 at Puducherry, India.

Signature of deponent with full name & Address

1. Witness  
(State Official)

2. Witness  
(State Official)