



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: 24th December, 2019

To,
The Secretaries / Executive Committee Members / Life Members
Units of Western India Zone
Affiliated to Indian Body Builders Federation, Mumbai.

Ref. No. : IBBF/SN/CR-07-19-20

Sub. : "Khasdar Shree - Western India Body Building and Physique Sports Championship 2020"

Dear Sir/Madam

It gives us immense pleasure to inform you that **Shri. Nitinji Gadkari** – Union Minister for Road Transport & Highways, Shipping and Water Resources, River Development & Ganga Rejuvenation, Govt. of India has taken initiative to organise the National Body Building Competition "**KHASDAR SHREE – Western India Body Building and Physique Sports Championship 2020**", under patronage of **Body Building and Physique Sports Association, Nagpur, Vidarbha** to be held on **Sunday, 12th January, 2020** at Yashwant Stadium, Dhantoli, Nagpur (Maharashtra).

We on behalf of Indian Body Builders Federation humbly request all the affiliated Units of Western India zone to participate with maximum number of athletes to make this championship a grand success.

This Championship is open only for the athletes of the affiliated state association of the Western India Zone.

Your kind co-operation is solicited.

Thanking you,

For Indian Body Builders Federation

Chetan Pathare

Chetan M. Pathare
Secretary General





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“Khasdar Shree – Western India Body Building and Physique Sports Championship 2020”

PARTICULARS

- Contest** : Khasdar Shree – Western India Body Building Championship 2020.
- Date** : 12th January, 2020
- Organizer** : Body Building and Physique Sports Association
Nagpur, Vidarbha
Khasdar Sports Committee
- Reception / Registration** : Hotel Hardev,
Dr.Munje Marg, Sitabudli, Nagpur
- Venue for Finals** : Yashwant Stadium, Dhantoli, Nagpur
- Nearest Railway** : Nagpur
- Nearest Airport** : Nagpur
- Weight Group** :
- Men’s Bodybuilding** : **Total Seven Weight Groups**
Up to & inclusive 55 kgs
Up to & Inclusive 60 kgs
Up to & inclusive 65 kgs
Up to & Inclusive 70 kgs
Up to & inclusive 75 kgs
Above 75 Kgs
- Women’s Model Physique:** Open Category
- Eligibility** : All the affiliated Units of Western India Zone only can send Maximum numbers of body builders since there is no limit on numbers of athletes.
- Doping** : Dope test will be conducted at random by the National Anti Doping Agency (NADA), New Delhi



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**Prizes & Awards for
Men's Body Building**

1. First Five places in each category will receive Cash Prize, Medals, Certificates
2. First Five places in each category will receive cash Prizes of Rs. 25,000/-, Rs.15,000/-, Rs.10,000/-, Rs.7,000/-, Rs.5,000/- along with Merit Certificates respectively.
3. Overall Champion will receive Cash Prize of Rs.51,000/- Along with Merit Certificate.
4. 1st Runner-Up will receive Cash Prize of Rs.30,000/-
5. All the participants will receive participation certificate.

Women's Model Physique:

1. First Five places in each category will receive Cash Prize, Medals, Certificates
2. First Five places in each category will receive cash Prizes of Rs. 25,000/-, Rs.15, 000/-, Rs.10, 000/-, Rs.7,000/-, Rs.5,000/- along with Merit Certificates respectively.

Entry Fees

Men's Bodybuilding : Rs.1000/- per competitor

Women's Model Physique: Rs. 1000/- per competitor

Last Date for Entry : 5th January, 2020

Contact : Mr. Rajesh Tomar - 9823334441
Mr. Arun Despande – 9372734007
Mr. Sanjay Deshmukh - 9822369970

IBBF Secretariat : Mr. Chetan Pathare –General Secretary
Mobile: 099679 71970

Mr. Atin Tiwari – Assistant Secretary
Mobile: 9827414447

Rules for the Contest

1. Team Managers please note that the competitors who fail To report for the weighing-in within the time limit will be eliminated from the championship.
2. All officials and competitors must arrive prior to the schedule.
3. Team Manager 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 and the State Association/Union Territories and Sports Boards will have to bear the cost of the same before departure.
4. All the officials, managers, coaches are requested to come in uniform prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as judge.
5. Golden, Silver, and Bronze colour tanning cream is not allowed.
6. It is compulsory for the participants participating for Best Poser contest to bring their own music CD, Vulgar songs and actions will not

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Mobile : +91 - 9967971970 / +91-7506267970. Email : ibbf_mumbai@yahoo.in Website : www.ibbf.in



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be allowed and the said participant will be banned from the Best Poser contest.

7. The lodging and boarding will be provided for one night only to the athletes and the officials. Those who arrive early or wish to stay later will have to make their own arrangements.

Please Note

:The Indian Body Builders Federation, Body Building and Physique Sports Association, Nagpur, Vidarbha, Khasdar Sports Committee and no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

SCHEDULE

Sunday 12th January, 2020

- 11.00 am onwards : Arrival, Weighing – in and Registration of all competitors, officials and judges
- 12.00 pm to 2.00 pm : Lunch
- 08.00 PM Onwards : Finals & Prize Distribution
- 010.00 PM : Dinner

Monday 13th January, 2020

- 8.00 AM to 9.00 AM : Breakfast
- 9.30 AM Onwards : Departure



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"Khasdar Shree - Western India Body Building and Physique Sports Championship 2020"

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 5th January, 2020

Please complete with name of competitors, team manager, coach & judges.

SR.	NAME	CONTACT NO	CATEGORY	WEIGHT
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

TEAM MANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT NAME: _____

TRAIN No. & ARRIVAL TIME: _____

TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY



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RAIL TRAVEL CONCESSION

(Rule 101 of IRCA Coaching Tariff No.25, Part-I (Vol.II))
MOR/Ref:- No.TC-II/2035/06/BodyBuilding(Dt.5/8/2013)

This to certify that that _____ Body Builders/Officials of _____ is/are taking part in the **“Khasdar Shree - Western India Body Building and Physique Sports Championship 2020**, being organize by Body Building and Physique Sports Association, Nagpur, Vidarbha, under the authority of **Indian Body Builders Federation**. From 12th to 13th January 2020 at Nagpur, Maharashtra. 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

Chetan M. Pathare
Secretary General

