



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 : World Body Building and Physique Sports Federation (WBPF)
Asian Body Building and Physique Sports Federation (ABBF)
South Asian Bodybuilding & Fitness Federation (SABBF)

Recognized by : The Association For International Sport For All (TAFISA)
World Leisure Organization (WLO)
General Assembly Of Asia Pacific (GAAPSF), Pacific Games Council (PGC)
Union of International Associations (UIA)

Date: 29th March, 2022

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

Ref. No.: IBBF/NI/CR-07-22

Sub.: "North Zone Men's Body Building and Men's & Women's Physique Sports Championship 2022"

Dear Sir/Madam

The Indian Body Builders Federation is pleased to extend its Invitation for all its affiliated Units of Northern India Zone to participate in the **"North Zone Men's Body Building and Men's & Women's Physique Sports Championship 2022"** under the Patronage of **Chandigarh Body Building & Physique Sports Association**. The said competition is organized on **10th April, 2022 at Country Side, Derabassi, Punjab**.

We on behalf of Indian Body Builders Federation humbly request all the affiliated Units of Northern 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 Northern India Zone.

Your kind co-operation is solicited.

Thanking you,

For Indian Body Builders Federation

Hiral Sheth
General Secretary



: CORRESPONDENCE ADDRESS :

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B.Ambedkar Road, Parel, Mumbai- 400 012. Maharashtra.
Mobile : +91 9819637300. Email : ibbf_mumbai@yahoo.in Website : www.ibbf.in



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“North Zone Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”

PARTICULARS

- Contest** : North Zone Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022.
- Date** : Sunday, 10th April, 2022
- Organizer** : Chandigarh Body Building & Physique Sports Association
- Reception / Registration** : Country Side, Derabassi, Punjab
- Venue for Finals** : Country Side, Derabassi, Punjab
- Nearest Railway** : Ambala Cantt Railway Junction is 31 km away
- Weight Group** :
- Men’s Bodybuilding** : **Total 10 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
Up to & inclusive 80 kgs
Up to & inclusive 85 kgs
Up to & inclusive 90 kgs
Up to & inclusive 90 - 100 kgs
Up to & inclusive Above 100 kgs
- Men’s Sport Physique** : One Open Category
- Women’s Model Physique** : One Open Category
- Eligibility** : All the affiliated Units of Northern India Zone only can send Maximum numbers of body builders / Sports Physique / Model Physique athletes since there is no limit on numbers of athletes.

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

Prizes & Awards for :
Men's Body Building :

1. First Three places in each category will receive Cash Prize, Medal, Trophy and Certificates.
2. First three places in each category will receive cash Prizes of Rs.5100/-, Rs. 3100/-, Rs. 2100/-, along with Merit Certificates respectively.
3. Overall, Champion will receive Cash Prize of Rs.31,000/- Along with Merit Certificate.
4. All the participants will receive participation certificate.

Entry Fees

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

Men's Sport Physique : Rs. 2000/- per competitor

Women's Sport Physique : Rs. 2000/- per competitor

Last Date for Entry : 5th April, 2022

Contact : Mr. Suraj Bhan – 9988145959

IBBF Secretariat : Ms. Hiral Sheth –General Secretary
Mobile: 9819637300

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 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.

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5. Golden, Silver, and Bronze color tanning cream is not allowed.
6. 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 Chandigarh Body Building & Physique Sports Association and no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

SCHEDULE

Sunday 10th April, 2022

- 08.00 am onwards : Arrival of teams and Registration of all competitors, officials and judges
- 11.00am – 01.00 pm : Weighing – in
- 01.00 pm to 02.00 pm : Lunch
- 02.00 pm – 09.00 pm : Finals & Prize Distribution
- 09.00 pm - 10.00 pm : Dinner

Monday 11th April, 2022

- 08.00 am onwards : Departure

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“North Zone Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”

OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 5th April, 2022

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

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

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 “North Zone Men’s Body Building and Men’s & Women’s Physique Sports Championship 2022”, being organize by Chandigarh Body Building & Physique Sports Association, under the authority of Indian Body Builders Federation. From -10th April to 11th April, 2022 at Country Side, Derabassi, 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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