



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: 1st May, 2019

**To,
The Secretaries / Executive Committee Members / Life Members State Body Building Associations / Union Territories / Sports Boards Affiliated to Indian Body Builders Federation
Mumbai**

Ref. No.: IBBF/ST/CR-01-2019-20

Sub. : Selection Trial for the 53rd Asian Body Building & Physique Sports Championship 2019 & 11th World Body Building & Physique Sports Championship 2019

Dear Sir / Madam,

We are pleased to inform you that the **Indian Body Builders Federation** have organized **Selection Trial** on Saturday 6th July – Monday, 8th July 2019 in memory of **late Smt. Ramasahayam Kalpana Reddy** at Vasavi Garde, Khammam, Telangana, to select the Indian Team for the 53rd Asian Body Building & Physique Sports Championship 2019, which will be held on and from 11th – 17th September, 2019 at Inner Mongolia, China and 11th World Body Building & Physique Sports Championship 2019, will be held in the month of November-2019.

Shri Swami Ramesh Kumar the Treasurer of the Indian Body Builders Federation is organising the said Selection Trials and **Shri Ramasahayam Surender Reddy (Ex MP)** and **Shri R Raghuram Reddy** is supporting the said trials to make it the most memorable one.

Therefore, we humbly request you to send best of your athletes for the same.

Thanking you.

For Indian Body Builders Federation

**Mr. Chetan M. Pathare
General Secretary**





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SCHEDULE

SATURDAY 6th July, 2019

08.00 AM : Arrival of all Athletes, Executive Committee Members, Invited Officials & Judges.

10.00 AM : Breakfast

11.00 AM : Reception and Registration
SRDG School,
Sahakar Nagar, Near HP Godown, Opp. Church,
Behind Govt. Hospital, Khammam, Andhra Pradesh

All are requested to report at above Reception and there will be no transportation provided from Airport and Railway Station.

01.00 PM : Lunch

09.00 PM: Dinner

Sunday 7th July, 2019

08.00 AM : Breakfast (At respective Hotel)

10.00 AM : Selection Trials for various categories
Smt. Kalpana Reddy Memorial
At Vasavi Garden, Khammam, A.P

09.00 PM : Farewell Dinner

Monday 8th July, 2018

08.00 AM : Departure of all competitors, invited officials & judges.

Railway Station: Khammam
Khammam Railway Station is between Hyderabad and Vijaywada Station.
There are frequent Trains and Buses from Vijaywada Railway Station
(Railway Station to Venue distance is about 2 Hrs.)

Airport:
1. Vijaywada Airport
(Vijaywada Airport to Khammam distance is about 120KMS.)
2 . Hyderabad Airport
(Hyderabad Airport to Khammam distance is about 210 Kms.)

Correspondence Address: Pathare Gymco 280/A, Javalkar Mansion, Dr. B. A. Road, Parel, Mumbai – 400 012. Mah.
Mobile: +91 – 9967971970. Email: ibbf_mumbai@yahoo.in, Website: www.ibbf.in



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CATEGORIES FOR ASIAN CHAMPIONSHIP

- 1 Junior Men's Bodybuilding
 - a) Up to 75 Kg.
 - b) Over 75 Kg.

- 2 Senior Men's Bodybuilding
 - a) Up to 55 Kg.
 - b) Up to 60 Kg.
 - c) Up to 65 Kg.
 - d) Up to 70 Kg.
 - e) Up to 75 Kg.
 - f) Up to 80 Kg.
 - g) Up to 85 Kg.
 - h) Up to 90 Kg.
 - i) Up to 100 Kg.
 - j) Over 100 Kg.

- 3 Master Men's Bodybuilding
 - 40 – 49 years old:
 - a) Up to 80 Kg.
 - b) Over 80 Kg.
 - 50 - 60 years old:
 - a) Up to 80 Kg.
 - b) Over 80 Kg.
 - Over 60 years
 - a) One open category

- 4 Men's Fitness Physique
 - a) Up to 170 cm/0 kg
 - b) Over 170 cm/+2 kg

- 5 Men's Athletic Physique
 - a) Up to 160cm + 2 kg.
 - b) Up to 167cm + 4 kg
 - c) Up to 175cm + 6 kg
 - d) Up to 182cm + 8 kg
 - e) Over 182cm + 10 kg



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6 Men's Sports Physique

- a) Up to 170 cm - 2 kg
- b) Up to 175 cm/ 0 kg
- c) Up to 180 cm + 2 kg
- d) Over 180 cm + 4 kg

7 Senior Women's Bodybuilding

- a) Up to 55 kg
- b) Over 55 kg

8 Ladies Women's Bodybuilding

Over 30 yrs - one open category

9 Junior Women's Fitness Physique

21 yrs and below - one open category

10 Senior Women's Fitness Physique

- a) Up to 165 cm
- b) Over 165 cm

11 Senior Women's Athletic Physique

- a) Up to 165 cm
- b) Over 165 cm

12 Ladies Women's Athletic Physique

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

13 Senior Women's Sport Physique

- a) Up to 165 cm
- b) Over 165 cm

14 Ladies Women's Sport Physique

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

15 Junior Women's Model Physique (1)

21 yrs and under - one open category

16 Senior Women's Model Physique (5)



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- a) Up to 155 cm
- b) Up to 160 cm
- c) Up to 165 cm
- d) Up to 170 cm
- e) Over 170 cm

17 Ladies Women's Model Physique (2)

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

18 Mixed Pairs

One open category

19. Para Bodybuilding

One Open Category

Categories & Weight Groups for World Championship

1 Junior Men's Bodybuilding

- a) Up to 75 Kg.
- b) Over 75 Kg.

2 Senior Men's Bodybuilding

- a) Up to 55 Kg.
- b) Up to 60 Kg.
- c) Up to 65 Kg.
- d) Up to 70 Kg.
- e) Up to 75 Kg.
- f) Up to 80 Kg.
- g) Up to 85 Kg.
- h) Up to 90 Kg.
- i) Up to 100 Kg.
- j) Over 100 Kg.

3 Master Men's Bodybuilding

- a) 40 – 49 years old: Open Category
- b) 50 - 59 years old: Open Category
- c) Over 60 years : Open Category



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4 Men's Fitness Physique

- a) Up to 170 cm/0 kg
- b) Over 170 cm/+2 kg

5 Men's Athletic Physique

- a) Up to 160cm + 2 kg.
- b) Up to 167cm + 4 kg
- c) Up to 175cm + 6 kg
- d) Up to 182cm + 8 kg
- e) Over 182cm + 10 kg

6 Men's Sports Physique

- a) Up to 170 cm - 2 kg
- b) Up to 175 cm/ 0 kg
- c) Up to 180 cm + 2 kg
- d) Over 180 cm + 4 kg

7 Senior Women's Bodybuilding

- a) Up to 55 kg
- b) Over 55 kg

8 Ladies Women's Bodybuilding

Over 30 yrs - one open category

9 Junior Women's Fitness Physique

21 yrs and below - one open category

10 Senior Women's Fitness Physique

- a) Up to 165 cm
- b) Over 165 cm

11 Senior Women's Athletic Physique

- a) Up to 165 cm
- b) Over 165 cm

12 Ladies Women's Athletic Physique

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

13 Senior Women's Sport Physique

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- a) Up to 165 cm
- b) Over 165 cm

14 Ladies Women's Sport Physique

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs'

15 Junior Women's Model Physique

21 yrs and under - one open category

16 Senior Women's Model Physique

- a) Up to 155 cm
- b) Up to 160 cm
- c) Up to 165 cm
- d) Up to 170 cm
- e) Over 170 cm

17 Ladies Women's Model Physique

- a) 30 - 40 yrs. one open category
- b) Over 40 yrs. one open category

18 Mixed Pairs

One open category

Entry Fee

Body Building: Rs.1000/- Per competitor

Physique : Rs.3000/- Per competitor

Contact: Mr.Swamy Ramesh – Treasurer, IBBF - 09399311713
Mr. Pola – 09966162178
Mr. Saidesh Rao – Jr.Advocate – 09963657835

IBBF Secretariat: Mr. Chetan Pathare-Secretary General – 09967971970

Please note that all the athletes must bring their Original Passport along with Passport Copy, passport size 4 photos along with them and must submit during registration.

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Date: 1st May, 2019

RAIL TRAVEL CONCESSION

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

This is to Certify that _____ Body Builders/Officials of _____ is/are taking part in the Selection Trial for the 53rd Asian Body Building & Physique Sports Championship 2019 & 11th World Body Building & Physique Sports Championship 2019 being organized by **Indian Body Builders Federation** at , Khammam, Telangana; from 6th July – 8th July 2019. 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
General Secretary