



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: 30th May 2016

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-02-16

**Sub.: Selection Trial for the 50th Asian Body Building & Physique Sports
Championship 2016 & 8th World Body Building & Physique Sports Championship 2016**

Dear Sir / Madam,

We are pleased to inform you that **Tamil Nadu Body Builders Welfare Society, Chennai** under the patronage of Indian Body Builders Federation have organized Selection Trial on 19th July, 2016 at Kamraj Memorial Auditorium Hall No.492, Annasalai, Chennai - 600006; to select the Indian Team for the **50th Asian Body Building & Physique Sports Championship 2016**, which will be held on and from 2nd to 8th September in Bhutan and **8th World Body Building & Physique Sports Championship 2016**, will be held in November at Thailand.

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

Thanking you.

For **Indian Body Builders Federation**

Chetan M. Pathare

Mr. Chetan M. Pathare
General Secretary





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SCHEDULE

Tuesday 19th July, 2016

- 08.00 AM : Arrival of all athletes, Executive Committee Members, Invited officials & Judges.
- 10.00 AM : Breakfast (Kamraj Memorial Auditorium Hall No.492)
- 11.00 AM : Registration
- 01.00 PM : Lunch (Kamraj Memorial Auditorium Hall No.492)
- 05.00 PM : Judges Meeting
- 06.00 PM : Selection Trials for various categories (Kamraj Memorial Auditorium Hall No.492)
- 10.00 PM : Farewell Dinner (Kamraj Memorial Auditorium Hall No.492)

Wednesday 20th July, 2016

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

RECEPTION: Kamraj Memorial Auditorium Hall No.492, Annasalai, Chennai

Railway Station : Chennai Central Railway Station
(Railway Station to (Kamraj Memorial Auditorium Hall No.492 distance is about 4 KMS)

Airport : Chennai Air Port
(Air Port to Kamraj Memorial Auditorium Hall No.492 distance is about 5 KMS)

Entry Fee : Rs.500/- Per competitor

Contact : Mr. Nagesh Prasad – 08015428479
Mr. Hari – 09884334443

IBBF Secretariat : Mr. Chetan Pathare (General Secretary) – 09967971970



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Categories & Weight Groups :

A) Bodybuilding and Physique Sports Championships will include the following 10 weight categories:

- i. Up to 55kg.....
- ii. Up to 60kg.....
- iii. Up to 65kg.....
- iv. Up to 70kg.....
- v. Up to 75kg.....
- vi. Up to 80kg.....
- vii. Up to 85kg.....
- viii. Up to 90kg.....
- ix. Up to 100kg.....
- x. Over 100kg.....

B) Men's Fitness Championships will include the following 2 categories

- i. Up to and include 165 cm
- ii. 165cm and above

C) Men's Athletic Physique Championships will include the following 4 categories:

- i. Up-to and include 160cm + 1 Kg.....
- ii. Up-to and include 165cm + 2 Kg.....
- iii. Up-to and include 170cm + 3 Kg.....
- iv. Above 170cm + 4 Kg.....

D) Women's Athletic Physique Championships

- i. Up-to and include 160cm + 1 Kg.....
- ii. Above 160cm + 2 Kg.....

E) Women's Bodybuilding Championships will include the following 2 categories:

- i. Up-to and include 52 Kg.....
- ii. Above 52 Kg.....

F) Women's Fitness Physique Championships will include the following 2 categories:

- i. Class A – Up-to and include 160cm.....
- ii. Class B – Over 160cm.....

G) Women's Models Physique Championships will include the following 3 categories:

- i. Class A – Up-to and include 160cm.....
- ii. Class B – Up-to and include 165cm.....
- iii. Class C – Above 165cm.....

H) Men's Masters Bodybuilding Championships

- i. 40 - 50 yrs. of age inclusive - Open Category
- ii. Over 50 yrs - Open Category

I) Men's Junior Bodybuilding Championships will include the following 2 categories:

- v. Up-to and include 70 Kg.....
- vi. Above 70 Kg.....

J) Men's Sports Physique will include the following 2 categories:

- vii. Up-to and include 170 cm.....
- viii. Over 170 cm