



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: 25th April, 2022

To,

The Secretaries / Executive Committee Members / Life Members

**State Body Building Associations / Union Territories / Government Sports Boards Affiliated to
Indian Body Builders Federation**

Mumbai.

Ref. No.: IBBF/ST/CR-01-2022

Sub: Selection Trial for the 54th Asian Body Building & Physique Sports Championship
2022 & 13th WBPF World Body Building & Physique Sports Championship 2022

Dear Sir / Madam,

We are pleased to inform you that Indian Body Builders Federation have organized **Selection Trial** on and from 21st – 22nd May, 2022 at **Paonta Sahib, Himachal Pradesh in association with Himachal Pradesh State Bodybuilding & Fitness Association and Shape Up Fitness** to select the Indian Team for the 54th Asian Body Building & Physique Sports Championship 2022, which will be held on and from 15th – 21st July, 2022 at Republic of Maldives and 13th WBPF World Body Building & Physique Sports Championship 2022, will be held in the month of November-2022.

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 per the rules and SOP's prescribed in the circular. Please note, due to the current pandemic situation, we would be inviting few selected officials (list attached) for the Selection trial.

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 selection trial. 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.

It is mandatory to provide COVID-19 RT PCR negative test report prior to 48 hours at the time of Registration OR have to submit final vaccinations certificate.

The Ministry of Youth Affairs and Sports does not extend financial support; hence the affiliated units / athletes will have to bear all the expenses which includes Airfare, Visa charges, Registration fees, Sport Kit, etc. Please take a note if any athlete or official who are selected in Indian Team to participate in the 54th Asian Body Building & Physique Sports Championship 2022

: CORRESPONDENCE ADDRESS :

Pathare Gymco 280/A, Jawalkar Mansion, Dr. B.Ambedkar Road, Parel, Mumbai- 400 012. Maharashtra.
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are found positive in their COVID RTPCR test before their departure would not be eligible for any refund of the amount paid.

The Inspection Report along with all the documents received from Asian Bodybuilding and Physique Sports Federation are attached herewith.

Thanking you

For **Indian Body Builders Federation**

Hiral Sheth
General Secretary



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PARTICULARS

Contest	:	Selection Trial for Asian / World Championship 2022
Reception	:	Pal Royal Resort (Nav Vihar Colony, Canal Road, Paonta Sahib , Himachal Pradesh)
Date	:	21 st – 22 nd May, 2022
Place	:	Paonta Sahib, Himachal Pradesh (Shape Up Fitness, Taruwala, Rajban Road)
Organizer	:	Indian Body Builders Federation in association with Himachal Pradesh State Bodybuilding & Fitness Association and Shape UP Fitness
Nearest Railway Station	:	Ambala Station and Dehradun Station
Nearest Airport	:	1. Chandigarh Airport (distance is about 120 Kms.) 2. Dehradun Airport (distance is about 65 Kms.)

Entry Fee

Body Building : Rs.1000/- Per competitor

Physique Sports : Rs.3000/- Per competitor

Contact : Mr. Vikramjit Singh – 8386800100

Mr. Vipul Sharma - 9418147160

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

Rules for the Contest :

1. Team Managers / Officials to note that competitors who fail for weighing – in within the time limit will be eliminated from the championship.
2. All officials & competitors must arrive prior to the schedule.
3. Organizers will provide free lodging & boarding to the athletes as per the entry form and only invited officials per unit along with Executive Committee

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Members of the Indian Body Builders Federation for two nights only.

Other than the above-mentioned officials, extra officials, supporters and family members will not be provided with lodging and boarding facility.

We require affiliated unit's co-operation for the same.

4. Team Manager note - Bodybuilders using tanning products/oil will be responsible for payment in full for bed sheets & pillow covers & wall paint stained by the same and the State Association/Union Territories and Government Sports Boards will have to bear the cost of the same before departure.

As mentioned above security deposit of Rs. 5000/- is mandatory to be paid at the time of registration and if there is any damage the said security deposit will be forfeited against the same.

5. All the Officials, managers, coaches are requested to come in uniform prescribed by IBBF in all the schedules activities. Those who do not have uniform as prescribed by IBBF will not be allowed to participate in any official activities and will not be allowed to sit as a Judge.
6. Participants and officials who arrive before **21st May, 2022** and wish to stay after **22nd May, 2022** will have to bear for their own lodging & boarding.
7. Golden, Silver and Bronze color tanning cream is not allowed.
8. It is compulsory for the participants participating for Best Poser contest to bring their own Music CD. Vulgar songs, actions and dancing will not be tolerated and the said participant will be banned from the Best Posing contest.

Please note : Indian Body Builders Federation, any other organizers or any official will not be responsible for any mischief, injury or damages sustained in travel, before, during or after the competition.

Mandatory Guidelines : **ANY STATE UNITS/ UT/ GOVERNMENTS SPORTS**

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BOARD SENDING ENTRIES AFTER THE MENTIONED DUE DATE (12th May, 2022) WILL NOT BE ACCEPTED AND THEY WILL HAVE TO MANGAGE THEIR OWN LOGDING AND BOARDING. THE ORGANISERS WILL NOT PROVIDE ANY FACILITY TO THE SAID UNIT.

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.

WEIGHT CATEGORIES FOR ASIAN CHAMPIONSHIP 2022

JUNIOR MEN'S BODYBUILDING (2 EVENTS)

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

SENIOR MEN'S BODYBUILDING (11 EVENTS)

- 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.

MASTER MEN'S BODYBUILDING (5 EVENTS)

40 – 49 YEARS OLD:

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- 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

MEN'S FITNESS PHYSIQUE (2 EVENTS)

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

MEN'S ATHLETIC PHYSIQUE (5 EVENTS)

- 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

MEN'S SPORTS PHYSIQUE (4 EVENTS)

- 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

SENIOR WOMEN'S BODYBUILDING (2 EVENTS)

- a) Upto 55kg
- b) Over 55 kg

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LADIES WOMEN'S BODYBUILDING (1 EVENT)

- a) Over 30 yrs. - one open category

JUNIOR WOMEN'S FITNESS PHYSIQUE (1 EVENT)

- a) 21 yrs. and below - one open category

SENIOR WOMEN'S FITNESS PHYSIQUE (2 EVENTS)

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

SENIOR WOMEN'S ATHLETIC PHYSIQUE (2 EVENTS)

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

LADIES WOMEN'S ATHLETIC PHYSIQUE (2 EVENTS)

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

SENIOR WOMEN'S SPORT PHYSIQUE (2 EVENTS)

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

LADIES WOMEN'S SPORT PHYSIQUE (2 EVENTS)

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

JUNIOR WOMEN'S MODEL PHYSIQUE (1 EVENT)

- a) 21 yrs. and under - one open category

SENIOR WOMEN'S MODEL PHYSIQUE (5 EVENTS)

- a) Up to 155 cm
- b) Up to 160 cm
- c) Up to 165 cm

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- d) Up to 170 cm
- e) Over 170 cm

LADIES WOMEN'S MODEL PHYSIQUE (2 EVENTS)

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

MIXED PAIRS (1 EVENT)

- a) One open category

PARA BODYBUILDING (1 EVENT)

- a) One open Category

TOTAL 51 Categories

WEIGHT CATEGORIES FOR WORLD CHAMPIONSHIP 2022

1) Junior Men's Bodybuilding (2 events)

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

2) Senior Men's Bodybuilding (10 events)

- 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.

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i) Up to 100 Kg.

j) Over 100 Kg.

3) Master Men's Bodybuilding (5)

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 (2)

a) Up to 170 cm/0 kg

b) Over 170 cm/+2 kg

5) Men's Athletic Physique (5)

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 (4)

a) Up to 170 cm - 2 kg

b) Up to 175 cm/ 0 kg

c) Up to 180 cm + 2 kg

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d) Over 180 cm + 4 kg

7) Senior Women's Bodybuilding (2)

a) Up to 55 kg

b) Over 55 kg

8) Ladies Women's Bodybuilding (1)

Over 30 yrs - one open category

9) Junior Women's Fitness Physique (1)

21 yrs and below - one open category

10) Senior Women's Fitness Physique (2)

a) Up to 165 cm

b) Over 165 cm

11) Senior Women's Athletic Physique (2)

a) Up to 165 cm

b) Over 165 cm

12) Ladies Women's Athletic Physique (2)

a) 30 - 40 yrs. one open category

b) Over 40 yrs. one open category

13) Senior Women's Sport Physique (2)

a) Up to 165 cm

b) Over 165 cm

14) Ladies Women's Sport Physique (2)

a) 30 - 40 yrs. one open category

b) Over 40 yrs'

15) Junior Women's Model Physique (1)

21 yrs and under - one open category

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16) Senior Women's Model Physique (5)

- 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

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TENTATIVE SCHEDULE

Saturday, 21st May, 2022 - Day 1

- 08.00 AM : Arrival / Registration of all competitors, officials and Judges
- 10.00 AM – 8.00 PM : Weigh in of all competitors (Venue to be informed later)
- 12.00 Noon : Lunch for all athletes / Official
- 10.00 PM : Dinner for all athletes / Official

Sunday, 22nd May, 2022 - Day 2

- 09.00 AM Onwards : Commencement of Selection Trial (as per category) (Venue to be informed later)
- 01.00 PM : Lunch for all athletes / Official
- 05.00 PM : Announcement of TEAM INDIA
- 10.00 PM : Dinner for all athletes / Official

Monday, 23rd May, 2022 - Day 3

- 08.00 AM : Departure of all competitors, officials and Judges

PLEASE NOTE:

NO BUSES OR CAR WILL BE ORGANISED FROM AIRPORT, RAILWAY STATION OR BUS STAND TO REACH REGISTRATION/ RECEPTION VENUE AND BACK.

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Date: 25th April, 2022

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 54th Asian Body Building & Physique Sports Championship 2022 & 13th World Body Building & Physique Sports Championship 2022 being organized by **Indian Body Builders Federation at in association with Himachal Pradesh State Bodybuilding & Fitness Association and Shape Up Fitness** at Paonta Sahib, Himachal Pradesh; on and from 21st – 22nd May, 2022. 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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Selection Trials 2022 OFFICIAL ENTRY FORM

Please fill this entry form and return on or before 12th MAY 2022.

SR.	NAME	CATEGORY	MOBILE NO.	WEIGHT
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
1				
2				
3				
4				
5				
6				
7				
8				

TEAMMANAGER: _____ COACH: _____

JUDGE: _____ JUDGE: _____

UNIT
NAME: _____

TRAIN No. & ARRIVAL TIME: _____ TRAIN No. & DEPARTURE TIME: _____

SEAL

SIGNATURE OF PRESIDENT/SECRETARY

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LIST OF OFFICIALS

Sr No.	NAME	DESIGNATION	UNIT
1	CHETAN PATHARE	SECRETARY GENERAL, WBPF	MAHARASHTRA
2	PREMCHAND DEGRA	EXECUTIVE VICE PRESIDENT	PUNJAB
3	T V PAULY	PRESIDENT	KERALA
4	HIRAL SHETH	GENERAL SECRETARY	MAHARASHTRA
5	ATIN TIWARI	TREASURER	MADHYA PRADESH
6	SWAMY RAMESH KUMAR	VICE PRESIDENT	ANDHRA PRADESH
7	SURENDER SHARMA	VICE PRSEDENT	DELHI
8	TULSI SUJAN	VICE PRESIDENT	GUJARAT
9	ANUP SINGH	VICE PRSIDENT	HARYANA
10	NAVNEET SINGH	ASSOCIATE SECRETARY	PUNJAB
11	RATAN SINGH	ORGANISING SECRETARY	MANIPUR
12	VISHWAS RAO	ORGANISING SECRETARY	UTTAR PRADESH
13	AJIT SIDDANAVAR	ORGANISING SECRETARY	KARNATAKA
14	ARVIND SINGH	ORGANISING SECRETARY	CHHATISGARH
15	PREM SINGH YADAV	MEMBER	MADHYA PRADESH
16	SUMITRA PRIPATHY	MEMBER	ODISHA
17	LESLIE JOHN PETER	MEMBER	KERALA
18	VIKRAM ROTHE	LEGAL COUNSEL, WBPF	MAHARASHTRA
19	PRASHANT APTE	PRESIDENT, SABBF	MAHARASHTRA
20	M AARSU	JUDGES COMMITTEE CHAIRMAN	TAMILNADU
21	KISAN SINGH	JUDGES COMMITTEE SECRETARY	MANIPUR
22	RAJESH DUTTA	SELECTION COMMITTEE SECRETARY	JAMMU & KASHMIR
23	SARVESH PARADKAR	IT MANAGER	MAHARASHTRA
24	SANTOSH PAWAR		MAHARASHTRA
25	SANJAY PATIL		GOA
26	TASHI LEPCHA		SIKKIM
27	BALA MURUGAN		TAMILNADU
28	SANJAY DESHMUKH		VIDARBHA
29	BHABHAJYOTI GOSWAMI		ASSAM

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30	SUDIPTA SENGUPTA		WEST BENGAL
31	MUGUNDAN		PUDUCHERRY
32	ANAND KADIAN		HARYANA
33	SURENDER YADAV		HARYANA
34	SAZID AHMED		UTTAR PRADESH
35	GYAN SINGH		DELHI
36	SUKHDEV SINGH		PUNJAB
37	MONU SABRAWAL		PUNJAB
38	PRADEEP SINGH		CHANDIGARH
39	SURAJ BHAN		CHANDIGARH
40	ONE REPRESENTATIVE		RAILWAY SPORTS PROMOTION BORAD (RSPB)
41	ONE REPRESENTATIVE		SERVICES SPORTS CONTROL BOARD (SSCB)
42	ONE REPRESENTATIVE		CENTRAL CIVIL SERVICES CULTURAL AND SPORTS BOARD (CCSCSB)
43	ONE REPRESENTATIVE		CENTRAL REVENUE SPORTS & CULTURAL BOARD (CRSCB)
44	ONE REPRESENTATIVE		CENTRAL RESERVE POLICE FORCE (CRPF)
45	ONE REPRESENTATIVE		ORDANANCE FACTORY SPORTS BOARD PROMOTION
46	ONE REPRESENTATIVE		SASHASTRA SEEMA BAL (SSB)
47	ONE REPRESENTATIVE		ALL INDIA POLICE SPORTS CONTROL BOARD

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