



**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 : 26<sup>th</sup> November, 2019**

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

Ref. No. : IBBF/SICR/05/2019-20

**Sub. : “South India Body Building & Physique Sports Championship 2019-20 “**

**Dear Sir/Madam**

The Indian Body Builders Federation is pleased to inform you that Body Building Association of Kerala has taken initiative to organise “**SOUTH INDIA SENIOR/MASTERS/WOMEN’S BODY BUILDING & MEN’S PHYSIQUE SPORTS CHAMPIONSHIP 2019-20**”, on 15<sup>th</sup> – 16<sup>th</sup> February, 2020 at Higher Secondary School, Kadampur, Kannur, Kerala. This Championship is open only for the athletes of the affiliated state association of the South India Zone.

We, on behalf of Indian Body Builders Federation request all the affiliated State Association of the South India Zone to send their team as per the rules mentioned in the circular attached herewith to make this championship a grand success.

Your kind co-operation is solicited.

Thanking you,

**For Indian Body Builders Federation**

**Chetan M. Pathare**  
Secretary- General





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## **“South India Senior/Masters/Women’s Body Building and Men’s Physique Sports Championship 2019-20”**

### **PARTICULARS**

- Contest** : South India Sr./Masters/Women’s Body Building & Men’s Physique Sports Championship 2019-20
- Date** : 15<sup>th</sup> – 16<sup>th</sup> February, 2020
- Organizer** : Body Building Association of Kerala
- Reception / Registration** : Hotel Kannur Surya Residency  
Near Nadal railway gate, Edakkad, Kannur, Kerala 670663
- Venue for Pre-Judging & Finals** : Higher Secondary School, Kadampur, Kannur, Kerala
- Nearest Railway Stn.** : Kannur (Approx.13 KM)
- Nearest Airport** : Kannur (Approx. 25 KM)
- Weight Group** :
- Men’s Bodybuilding** : **Total Nine Weight Groups**  
1)Up to & inclusive 55 kgs, 2)Up to & Inclusive 60 kgs  
3)Up to & inclusive 65 kgs, 4)Up to & Inclusive 70 kgs  
5)Up to & inclusive 75 kgs, 6)Up to & Inclusive 80 kgs  
7)Up to & inclusive 85 kgs, 8)Up to & Inclusive 90 kgs  
9)Above 90 Kgs
- Men’s Physique Sports** : One open Group
- Men’s Masters** : Two Category : i) 40 Yrs.-50 Yrs.  
ii) 50 Yrs. and Above
- Women’s Bodybuilding** : One Open Group
- Eligibility** : All the affiliated State units of South India Zone only can Send Maximum numbers of body builders for both the competitions 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 Medals, Certificates and Memento.  
2. First THREE places in each category will receive cash Prizes of Rs. 10,000/-, Rs.7,500/-, Rs.5000/- along with Merit Certificates respectively.  
3. Fourth and Fifth place will receive Certificate & Memento.  
4. Overall Champion will receive Cash Prize of Rs.1,00,000/- Along with Merit Certificate.  
5. All the participants will receive participation certificate.

**Men's Best Physique**

- : 1. First Five places will receive Medals, Certificate and Memento.  
2. All the participants will receive participation certificates.

**Men's Masters B.B.**

- : 1. First Five places will receive Medals, Certificate and Memento.  
2. All the participants will receive participation certificates.

**Women's Bodybuilding**

- : 1. First Five places will receive Medals, Certificate and Memento.  
2. All the participants will receive participation certificates.

**Entry Fees**

Men's Bodybuilding : Rs.500/- per competitor  
Men's Best Physique : Rs.1000/- per competitor

**Last Date for Entry** : 31<sup>st</sup> January, 2020

**Contact** : 1) T.V.Pauly (Arjuna)– Gen.Secretary, BBAK – 9961352725  
2) Mahesh Babu – 9746638884 / 9447282722  
3) Shaju K.U. – 8685793080 / 9388702279

**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 and Union Territories will have to bear the cost of the same before departure.



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

### **Please Note**

:The Indian Body Builders Federation, Body Building Association of Kerala or no other organizers will be responsible for any mischief, injury or damages sustained in travel, before, during or after the championship.

## **SCHEDULE**

### **Saturday 15<sup>th</sup> February, 2020**

Upto 12.00 PM	:	Arrival of all competitors, officials and judges
12.00 pm to 2.00 pm	:	Lunch
05.00 PM	:	Annual General Meeting (At Hotel Kannur Surya Residency)
06.00 PM	:	Weighing-in (At Hotel Kannur Surya Residency)
09.00 PM	:	Dinner

### **Sunday 16<sup>th</sup> February, 2020**

8.00 AM to 9.00 AM	:	Breakfast
9.30 AM	:	March Pass
10.00 AM Onwards	:	Pre-Judging, Finals & Prize Distribution
09.00 PM	:	Dinner



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**"South India Body Building &  
Physique Sports Championship 2019-20  
OFFICIAL ENTRY FORM**

Please fill this entry form and return on or before 31<sup>st</sup> January, 2020

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

SR.	NAME	DATE OF BIRTH	CATEGORY	WEIGHT
1.				
2.				
3.				
4.				
5.				
6.				
7.				
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10.				
11.				
12.				
13.				
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17.				
18.				
19.				
20.				
21.				

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 “**SOUTH INDIA SENIOR/MASTERS/WOMEN’S BODY BUILDING & MEN’S PHYSIQUE SPORTS CHAMPIONSHIP 2019-20**”, on 15<sup>th</sup> – 16<sup>th</sup> February, 2020 at Higher Secondary School, Kadampur, Kannur, Kerala and being organize by Body Building Association of Kerala under the authority of **Indian Body Builders Federation**.

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**

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