

INDIAN BODYBUILDING & FITNESS FEDERATION



Present's

IFBB MR / MS UNIVERSE & FITNESS FESTIVAL INDIA 2023

THE HISTORICAL



22ND, 23RD & 24TH OCT 2023

CHHATRAPATI SAMBHAJI NAGAR (AURANGABAD) INDIA



UNESCO WORLD HERITAGE TITLED THE MOST FAV TOURIST DESTINATION OF INDIA



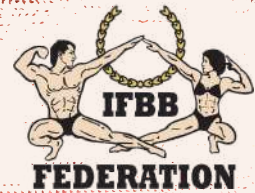
City - Chhatrapati Sambhaji Nagar (Aurangabad) INDIA

Aurangabad officially known as Chhatrapati Sambhaji Nagar, is a city in the Indian state of Maharashtra. The city is known as a major production center of cotton textile and artistic silk fabrics. Several prominent educational institutions, including Dr. Babasaheb Ambedkar Marathwada University, are located in the city. The city is also a popular tourism hub, with tourist destinations like the Ajanta and Ellora caves lying on its outskirts, both of which have been designated as UNESCO World Heritage Sites since 1983. Other tourist attractions include the Aurangabad Caves, Devagiri Fort, Grishneshwar Temple, Jama Mosque, Bibi Ka Maqbara, Himayat Bagh, Panchakki and Salim Ali Lake. Historically, there were 52 Gates in Aurangabad, some of them extant, because of which Aurangabad is nicknamed as the "City of Gates". In 2019, the Aurangabad Industrial City (AURIC) became the first greenfield industrial smart city of India under the country's flagship Smart Cities Mission.

Venue - MGM's Stadium, Aurangabad (Maharashtra)

full Information on upcoming pages.





The History of IFBB



Created in 1998 under direct supervision of IFBB Founder and Honorary Life President Mr. Ben Weider, ifbb.com provides to millions of bodybuilders fitness athletes, officials, supporters and fans, from all over the world (our statistics have recorded visits from 187 countries) accurate information on events, news, rules, history and, in general, all the activities carried on by IFBB and the affiliated continental and national federations that build together in a daily basis, the reality of our sport with over a thousand events organized each year, under IFBB logo, in the five continents.

The IFBB affiliates National Federations from 203 countries and is a member of the Sport Accord (former General Association of International Sports Federations - GAISF) and the International World Games Association (IWGA) it is recognized by the Olympic Council of Asia (OCA) and over 90 National Olympic Committees (NOCs) as well as being a member of the World Anti-Doping Agency, that has recognized the IFBB as the only authority in bodybuilding, whose anti-doping program is in full compliance with the WADA Code.

Events for young athletes (including children's fitness) and female sport are some of our most active programs.



Message From The President, **IFBB**



Dear Bodybuilding and Fitness enthusiasts,
Created in 1998 under direct supervision of IFBB Founder and Honorary Life President Mr. Ben Weider, ifbb.com provides to millions of bodybuilders fitness athletes, officials, supporters and fans, from all over the world (our statistics have recorded visits from 187 countries) accurate information on events, news, rules, history and, in general, all the activities carried on by IFBB and the affiliated continental and national federations; that build together in a daily basis, the reality of our sport with over a thousand events organized each year, under IFBB logo, in the five continents. The IFBB affiliates National Federations from 203 countries and is a member of the SportAccord (former General Association of International Sports Federations – GAISF) and the International World Games Association (IWGA); it is recognized by the Olympic Council of Asia (OCA) and over 90 National Olympic Committees (NOCs); as well as being a member of the World Anti-Doping Agency, that has recognized the IFBB as the only authority in bodybuilding, whose anti-doping program is in full compliance with the WADA Code.

IFBB plays as well an active relationship with scientific and sport international organizations; being conscience of the benefits that a bodybuilding lifestyle can play in the populations health; and the specific applications as ideal anti-aging life style for which the best examples are the legion of outstanding athletes that participate in our master categories (over 50's, 60's, 65's...).

Events for young athletes (including children's fitness) and female sport are some of our most active programs.

We are pleased to provide you with all this information, because bodybuilding is the passion for a good health and active life. Enjoy it.

Your Friend in Sport,

Dr. Rafael Santonja
IFBB President



Message from Mr. Sanjay Joshi

President, IBBFF

Ever since the establishment, we have endeavoured to contribute to the prosperity of our every ATHLETE and society from a global perspective. In addition to fulfilling our social responsibilities,

The IBBFF continues to focus all of our corporate resources to provide professional services to meet our athlete's needs. To that end, we would like to ask for your continued support and patronage to help us serve all our athletes.



Message from Dr. Sanjay More **General Secretary, IBBFF**

It gives me immense satisfaction that our Indian Bodybuilding & Fitness Federation is able to contribute to society by producing best athletes who are given sound professional training, besides enlightened by inculcating moral values in them. Adversity certainly elicits talents that often become dormant in prospectus times. Genius is the gold in the mine and talent is

the miner that works and brings it out. We are all a minefield of talents. It is only those, who dig deep and go far that are rewarded. All others fell by roadside. It is hoped that with an inbuilt Momentum, our institutions will continue to march onward to a better tomorrow in the service of the Nation and always. God Bless you all and be with you today and always.



Recognition

Indian Bodybuilding & Fitness Federation under the patronage of International Federation of Bodybuilding and Fitness, IFBB (MADRID, SPAIN) is the sport federation responsible for the management of bodybuilding and fitness worldwide. This year we have been honoured with the recognition by the International Federation of University Sports (FISU), which opens new fields of expansion and promotion of fitness and healthy lifestyle as a service and a source of enjoyment amongst students worldwide.



IFBB TODAY

IFBB considers that the combination of proper training and nutrition, supported and guided by skillful and well-prepared coaches and trainers, are essential to promote athletes, in all levels and disciplines, physical conditions and the public health, with tolerance zero to doping.

IFBB is signatory of the World Anti-Doping Agency (WADA) Code, and strongly believes and supports the sport values, and the promotion of health.

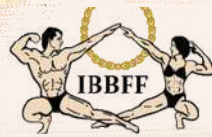
Holds competitions in the eleven following competitive sports: men's bodybuilding, men's classic bodybuilding, men's fitness, men's physique, women's physique, women's body-fitness, women's bikini fitness, women's fitness, mixed pairs, children fitness, men's wheelchair bodybuilding.

Organizes more than 8,000 local, national, regional, continental and world championships each year. Bodybuilding and Fitness are very popular sports practiced as a healthy lifestyle worldwide.

IFBB Social Media reaches a very impressive number of followers, athletes, officials and Fitness enthusiasts, multiplied by millions through the social media of its 199 national affiliated federations.



MUSCLE & HEALTH



Muscle and Health, the official IFBB magazine with printed and online editions in Spanish, English, Korean, Arab and Indian languages,

IFBB events, Photo galleries, athlete interviews, IFBB news together with Nutritional and training articles in a reader friendly design with high informative and educational values.



IFBB *India* ACADEMY,

The IFBB Academy carries out educational activities on the five continents, unifying teaching criteria's worldwide.

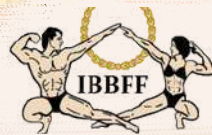
The IFBB Academy trains new generations of coaches and specialists with internationally proven training and nutrition techniques. These programs are backed by the guarantee, the prestige and experience of the International Federation of Body Building and Fitness.

These educational programs are aimed to cover the incessant demand of trainers and monitors by a society in which the awareness of the importance of a healthy life and the necessity to combat the problems of a sedentary lifestyle is continuously increasing, through the incorporation of exercise habits, lifestyle and fitness nutrition. We also cover the most specialized areas of high performance in fitness, bodybuilding and applied bodybuilding.

SCOPE

The scope of physical fitness with each having their own individual physical attributes and qualities. An international level platform to shine bright as sun and the life changing opportunity for every participant where all dreams come true.





IFBB MR / MS UNIVERSE & FITNESS FESTIVAL INDIA 2023

MR UNIVERSE CHAMPIONSHIP
MS UNIVERSE CHAMPIONSHIP
FIT MODEL CHAMPIONSHIP
FITNESS CHALLENGE GAMES
IFBB ACADEMY COURSE



Guest Appearance:

*INTERNATIONAL CELEBRITIES
Indian Cinemas Celebrities
Sports Celebrities*

ADDITIONAL SPORT EVENTS ON THE EVENT DAY

*Weightlifting,
Athletics,
Gymnastics,
Arm Wrestling,*

*Martial Arts –
Judo, Karate,
Taekwondo,
Boxing*

Fitness Festival

*of Equipment, Nutrition,
Merchandise & more.*



PRO CARD EVENT

*There will be 1000 athletes from across
the world and 100+ officials
and International Judges*



How to Reach: -

Flight option (Mumbai to Aurangabad / Delhi to Aurangabad Direct Flight).

· Road option (Mumbai to Aurangabad via Expressway Route).

By Road :

Chhatrapati Sambhaji Nagar Aurangabad enjoys excellent connectivity with neighbouring cities and towns by well-maintained network of roads.

Mumbai (350 km), and Pune (215 km) are well-linked to Aurangabad by a number of state and roadways buses. Those driving from Mumbai need to take Mumbai-Pune Expressway route & further Pune-Aurangabad, which takes barely 6 to 7 hours to cover a distance of about 350 km in total.



By Train :

Aurangabad Junction railway station connects the city with all the prime Indian destinations. There are several mail/express trains and super fast trains linking the city to various Indian destinations in south, north and west.



BY AIR (RECOMMENDED):

Aurangabad is well connected through domestic airlines with the entire country. Mumbai to Aurangabad : 1hr Flight / Delhi to Aurangabad : 2hr Flight Direct Flight The airport located at Chikalthana MIDC and is being used to carry domestic . Aurangabad located 3 km away from Official Hotel. Visitors can avail taxi services from outside the airport to reach their destination.





Official Hotel Address :-



The Ambassador Ajanta

ADDRESS : R - 4, CIDCO JALNA ROAD, OPP HIGH COURT, TOWN CENTER, CIDCO, CHHATRAPATI SAMBHAJI NAGAR (AURANGABAD) INDIA 431003

NOTE - A HOTEL SECURITY DEPOSIT OF USD \$100 PER PERSON IS REQUIRED UPON CHECK-IN FOR INCIDENTAL AND PERSONAL EXPENSES THAT MAY ARISE (TELEPHONE, MINI BAR, LAUNDRY, DAMAGE OF ROOM ETC.). THE UNUSED PORTION OF THIS DEPOSIT WILL BE REFUNDED AT CHECK- OUT IN THE SAME CURRENCY AS REMITTED. IN ORDER TO FACILITATE MATTERS, THE CHIEF DELEGATE OR TEAM LEADER WILL BE ASKED TO PROVIDE A CREDIT CARD OR CASH TO COVER THE DEPOSIT OF THE ENTIRE TEAM. THIS INDIVIDUAL WILL BE FULLY RESPONSIBLE FOR ALL EXPENSES INCURRED BY ANY MEMBER OF HIS/HER TEAM.

OFFICIAL DELEGATES PURSUANT TO IFBB RULES :

1. THREE (3) OR MORE COMPETITORS – TWO (2) DELEGATES
2. TWO (2) OR LESS COMPETITORS – ONE (1) DELEGATE
3. NATIONAL FEDERATION WITH NO ATHLETE MAY SEND ONE (1) OFFICIAL DELEGATE, WHO WILL BE RESPONSIBLE FOR ALL HIS/HER EXPENSES.

NOTE- FOOD AND ACCOMMODATION OF ONLY 2 DELEGATES FROM EACH NATIONAL FEDERATION WILL BE COVERED BY THE ORGANIZERS. IN CASE OF MORE DELEGATES, THEY WILL BE RESPONSIBLE FOR HIS/HER EXPENSES AND HAVE TO INFORM THEIR PRESENCE BEFORE THE REGISTRATION ENDS.

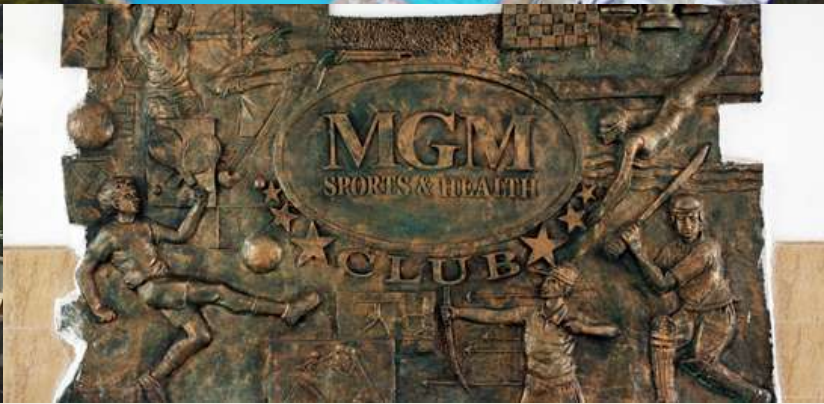
THE TERM "OFFICIAL PARTICIPANT" MEANS:

1. AN ATHLETE, WHO IS DULY AUTHORIZED BY HIS/HER NATIONAL FEDERATION AND WHO IS REGISTERED BY AFBF TO COMPETE IN THE CHAMPIONSHIPS.
2. A DELEGATE, WHO IS DULY AUTHORIZED BY HIS/HER NATIONAL FEDERATION AND WHO IS REGISTERED BY AFBF TO COMPETE IN THE CHAMPIONSHIPS PURSUANT TO AFBF AND IFBB RULES.





Championship Venue :-



MGM's Stadium

ADDRESS : MGM SPORTS COMPLEX, N-6, CIDCO, CHHATRAPATI SAMBHAJI NAGAR (AURANGABAD) INDIA 431003



REGISTRATION AND REGISTRATION FEE: -

1. Official Athlete Registration and weigh-in will take place at the official Hotel Ambassador Ajanta, Official Athlete Registration is on **Sunday, 22nd Oct 2023, from 10:00 to 21:00** All athletes will have to produce their Passports & IFBB International Cards at the registration. Any athlete who has not yet purchased or renewed his / her IFBB International Card will have to buy one at registration. At IFBB MR / MS UNIVERSE & FITNESS FESTIVAL INDIA 2023 no direct registration will be accepted from athletes, as these must be processed by their respective IFBB -affiliated National Federations.
2. Final Entry Forms with athlete names and categories will only be considered if they are sent by respective Federations or the National Federation of the athlete and directly to IFBB Head Office and IFBB Technical Committee .
3. The final decision to allow an athlete to compete in this event rests with the IFBB. You will receive your tag or wrist band for athletes and coaches at the registration. All athletes must wear their posing attire during weigh-in for inspection.
4. Female competitors must also bring their shoes for inspection. Posing attire and Tanning must be in accordance with the IFBB rules. Any Tanning which can be wiped off is not allowed.

Including IFBB REGISTRATION FEES + 3 Days Breakfast / Lunch / Dinner & Accommodations for 3 days starting from check-in on 22nd Oct 2023 to Check-out on 25th Oct 2023.

Fees :- IFBB REGISTRATION FEES Will Be * \$350 *****

PARTICIPATION :-

All IFBB Affiliated National Federation can participate at the IFBB MR UNIVERSE INDIA. It is also the FULL OBLIGATION AND RESPONSIBILITY of a National Federation to MONITOR ALL THE ATHLETES affiliated to this National Federation who are actually fulfilling a period of ineligibility due to Anti-Doping Rule Violation or any Disciplinary case, to make sure these athletes WILL NOT REGISTER/ COMPETE/ OR PARTICIPATE IN ANY CAPACITY in any event either at National or International level, Official or Invitational.

VISA :-

A valid passport is required to enter India. An Official Letter of Invitation will be made available if required. It is responsibility of National Federation to obtain an entry visa for the country organizing the championship. All National Federations could ask for an invitation letter either to the Championship Organizer or IFBB. The invitation letter does not mean you are granted your visa. IFBB and Championship organizer are not responsible of attendant's visa.

To receive invitation letter, the applicant should forward the following information to the IFBB or Championship organizer a copy (Scan) of his/her passport. If the visa is not granted, the Cancellation Policies for the championship will still apply. An athlete, who requested and received an invitation from the IFBB Head Office or the Organizing, Committee of an IFBB sanctioned event for visa purposes and use this visa to unlawful stay in the host country or any other country, will be subjected to the disciplinary proceedings and measures. The relevant National Federation is responsible to carefully control the proper, legal use of the visa by its athlete and it will be subjected to a fine and /or a suspension, in case of any misuse and /or unlawful utilization of the same visa .



RULES :-

IFBB MR / MS UNIVERSE & FITNESS FESTIVAL INDIA 2023 is arranged according to the rules set by the IFBB, AFBF and IBBFF.

AWARDS :-

Top 3 winners will be felicitated by Medal, Trophy and Certificate . 4th, 5th and 6th place winners will be felicitated by Certificates & Medal .

TANNING NEEDS :-

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off by simply wiping, the athlete will be told to remove the tan before going on stage.

JUDGES :-

Each of the participating national federations may nominate IFBB International judge. To be taken into consideration during selection of judges panels at the competition, IFBB International Judge must be included in the final entry form sent by the National Federation, according to the IFBB rules.

POSING MUSIC :-

All posing music must be on Pen drive. The posing music must also be at the start. Each competitor must affix his name on the Pen drive for easy identification. The use of profane, vulgar and offensive language is strictly prohibited in posing music.



IMPORTANT NOTICE TO COMPETITORS :-

Athletes participating at IFBB MR / MS UNIVERSE & FITNESS FESTIVAL INDIA 2023 will be given a wristband at the Official Athlete registration on **Sunday, 22nd Oct 2023**.

This wristband has to be worn during your whole stay, will allow you in and out of the backstage area, and should not be removed. Access in the competition hall will be permitted only for ticket holders available on that day!!

BACKSTAGE ACCESS :-

Access to the backstage and / or dressing room areas shall be strictly limited to essential Personnel, official Delegates/Trainers. Possessing the Backstage Pass will be allowed to enter the backstage area. These passes will be also on sale on **Sunday, 22nd Oct 2023**. At the Athlete Registration area .

Please Note: - There will be a limited number of extra Backstage Passes available at the Official Athlete Registration which can be purchased for Rs. 2000 each. This pass will allow the holder to go in and out of the venue during the weekend and will give access **ONLY** in backstage allocated seating area. This pass (wristband) has to be worn during your whole stay!!

CAMERA / VIDEO EQUIPMENT :-

Camera and or video recording equipment shall be strictly prohibited in the backstage and/or dressing room areas except when used by authorized media representatives, and in any event, these devices shall be strictly prohibited in dressing room areas.



Tentative Event Schedule: -

22nd Oct 2023: -

Arrivals

Weighing Timing (10:00 - 21:00)

Note: Registration will be at the Official Hotel Ambassador Ajanta.

23rd Oct 2023: -

Opening Ceremony

Championship Day 1 (10:00 - 21:00)

Parallel Health & Fitness Exhibition

Parallel Award Distributions

Venue:- MGM's Stadium.

24th Oct 2023: -

Championship Day 2 (10:00 - 21:00)

Parallel Health & Fitness Exhibition

Parallel Award Distributions

Venue:- MGM's Stadium.

25th Oct 2023: -

Departures for their respective countries.



CATEGORIES

WOMEN'S



Physique

Upto and incl. 163 cm
Over 163 cm

Bikini Fitness

Upto and incl. 162 cm
Upto and incl. 166 cm
Upto and incl. 172cm
Over 172 cm

FIT MODEL

Upto and incl. 163 cm
Upto and incl. 168 cm
Over 168 cm

Body Fitness

Upto and incl. 158 cm
Upto and incl. 163 cm
Upto and incl. 168 cm
Over 168 cm



Fitness Challenge Games

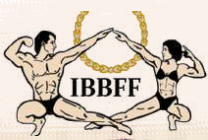
Women's Fitness Challenge
(open category)



Fitness Challenge Games

Men's Fitness Challenge
(open category)





MEN'S BODYBUILDING

SENIOR :
upto and incl. 60 kg
upto and incl. 65 kg
upto and incl. 70 kg
upto and incl. 75 kg
upto and incl. 80 kg
upto and incl. 85 kg
upto and incl. 90 kg
upto and incl. 100 kg
Above 100 kg

CATEGORIES

MEN'S

PHYSICAL CHALLENGE
(Handicap)

upto and incl. 55 kg,
Above 55 kg

MASTER MEN'S

Age 40-50yrs,
Age Above 50yrs

MEN'S PHYSIQUE

SENIOR :
upto and incl. 171 cm,
upto and incl. 175 cm,
upto and incl. 180 cm,
Above 180cm

CLASSIC BODYBUILDING

SENIOR :
upto and incl. 171 cm,
upto and incl. 175 cm,
upto and incl. 180 cm,
Above 180cm

CLASSIC PHYSIQUE BODYBUILDING

SENIOR :
upto and incl. 175 cm
Above 175 cm

JUNIOR (AGE 16-23 years)

Jr. MENS BODYBUILDING

Upto and incl. 60 kg,
Upto and incl. 70 kg,
Upto and incl. 80 kg,
Above 80kg

Jr. MENS PHYSIQUE

upto and incl. 171cm,
upto and incl. 175 cm,
Above 175 cm

Jr. WOMEN'S BODY FITNESS

upto and incl. 158 cm,
Above 158 cm



Final Entry Form (FEF) : -

The deadline for the Final Entry Form is **Tuesday, Oct 10th 2023**. National Federation must submit the actual names of all Official Participants (athletes by discipline and category, Delegates, including judges). You must also include arrival and departure information. In order to guarantee hotel accommodation for your team, the final entry form must be returned not later than the deadline. Your cooperation is essential to ensuring your accommodation at the hotel and adequate transportation for your team.

Please Note: - IF THE FINAL ENTRY FORM RETURNS TO THE ORGANIZING COMMITTEE AFTER **Tuesday, 10th 2023**. THEN THE NATIONAL FEDERATION WILL HAVE TO PAY THE FULL PACKAGE IN A DOUBLE ROOM OR IN A SINGLE ROOM FOR EACH MEMBER OF ITS NATIONAL TEAM (ATHLETES AND DELEGATES).

CORRESPONDENCE AND ENTRY FOR SENDING DETAILS:-

INDIAN BODY BUILDING & FITNESS FEDERATION

Plot. No. C3, Town Center, N-1, Aurangabad, Maharashtra.

Mob. no. +91 90110 27074

E-mail : ibbf_sanjaymore@live.com

Website - www.ibbff.com

COPY ALL CORRESPONDENCE TO: -

IFBB Technical Committee

amichalak5@gmail.com

IFBB Head Office- Madrid, Spain

Ms. Diana Mozoz

Phone: +34 915352819

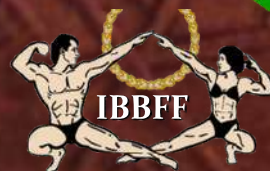
E-mail: info@ifbb.com

Please Note: - It is the responsibility of the President or General Secretary of each

participating National Federation to ensure that all National Team Members (athletes, delegates, extra delegates) are fully aware of the rules and regulations governing participation at this Championships, to include the statements contained within this inspection report. If any of your athletes and/or delegates are travelling and arriving separate from your team manager or chief delegate, you must ensure they are familiar with the rules and regulations contain within the inspection report.



WORLD'S BIGGEST BODYBUILDING & FITNESS EVENT !



Jai Hind !



FEDERATION

For more details kindly contact :



contact@ibbff.com

www.ibbff.com

ibbff_sanjaymore@live.com

www.ifbbacademyindia.com

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[@ibbff_official](https://www.instagram.com/ibbff_official)



IBBFF Indian Bodybuilding & Fitness Federation

