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**7<sup>TH</sup> SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS**  
**DATE : 4,5,6,7 JUNE, 2010; VENUE : KATHMANDU, NEPAL**

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**Official Invitation**

**INVITATION LETTER FOR THE 7<sup>th</sup> SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS –  
Kathmandu, Nepal**

The Nepal BodyBuilding and Fitness Association (NBBFA) is indeed pleased that the Asian BodyBuilding and Fitness Federation (ABBF) has given us the honour of hosting the following competitions in the city of Kathmandu, Nepal under the auspices of the South Asian Bodybuilding & Fitness Federation(SABBF) from 4-7 June, 2010.

The 7<sup>th</sup> South Asian Men's Bodybuilding Championships with nine (09) body weight categories: 55kg (Fly), 60kg (Lt. Fly.), 65kg (Bantam), 70kg (Light), 75kg (Welter), 80kg (Lt. Middle), 85kg (Middle), 90kg (Lt. Heavy) Plus 90kg (Heavy).

During this period, the Congress, Executive Committee Meeting, Judges' and Team Managers' Meetings will take place simultaneously. Our Association will provide full accommodation for the duration of (3) three nights (4 days) including Breakfast, Lunch and Dinner.

The competition venue for the Pre-judging and finals will be held at Nepal Academy Hall, Kamaladi, Kathmandu (walking distance from hotel). We enclose herewith the Rules and Regulations which will apply for these competitions and also the Preliminary and Final Entry Forms including the Programme for your kind perusal.

For the application of Visa, you may kindly produce this invitation letter to the Nepal Embassy in your country.

We look forward to your participation making these events a great success and please be assured that we will do our best to make your stay comfortable and pleasant in Kathmandu, Nepal.

With best regards,

**Rajesh Babu Shrestha**  
President

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**NEPAL BODYBUILDING & FITNESS ASSOCIATION**

National Sports Council, Tripureswor, Kathmandu

GPO Box : 3235, Kathmandu

☎00977-1-4380718; 📠 977-9851047368

Fax : 977-1-4358319

Email:nbba@gmail.com; rajesh@chitawancoe.com



**Asian Bodybuilding & Fitness Federation**

35 Tannery Road,  
Ruby Industrial Complex,  
Tannery Block  
#04-01, Singapore 347740  
☎(65)6748-6970



**SABBF**



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## 7<sup>TH</sup> SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS

**DATE : 4,5,6,7 JUNE, 2010; VENUE : KATHMANDU, NEPAL**

### Preliminary entry form

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN 31<sup>th</sup> March, 2010.**

(Please print clearly/write in Block Letters)

<b>FEDERATION NAME :</b> _____
<b>FEDERATION CONTACT PERSON :</b> _____
<b>COUNTRY :</b> _____ <b>ADDRESS :</b> _____
_____
_____
<b>FAX NUMBER :</b> _____ <b>EMAIL :</b> _____

Our Federation is planning to participate in the South Asian Bodybuilding championship. Please indicate YES or NO. Yes \_\_\_\_\_ NO \_\_\_\_\_

If Yes, please provide the estimate number of participants to us:

**COMPETITORS:** \_\_\_\_\_ **DELEGATES:** \_\_\_\_\_

**SUPPORTERS:** \_\_\_\_\_ **COACH:** \_\_\_\_\_

Please send filled form to us via Email or Fax on or before 31<sup>st</sup> March 2010 to:

Pls. Send the Preliminary Entry Form to:

Attn: Dinesh Rajbhandari  
Member  
South Asian BodyBuilding & Fitness Federation  
General Secretary  
Nepal BodyBuilding & Fitness Association  
National Sports Council, Kathmandu  
☎00977-1-4380718; ☎977-9851047368  
Fax : 977-1-4358319  
Email: nbba@gmail.com;  
dinesh.rajbhandari@gmail.com

Please copy all correspondence to:

Attn: Mr. Amit Swami  
ABBF Asst Secretary General  
SABBF Secretary General  
Ram Bhawan, Kunj Gali  
Rewari, Haryana  
India  
☎91 9812316003  
Fax: 91 1284 264463  
Email: navin\_rao2007@yahoo.ca



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## 7<sup>TH</sup> SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS

**DATE : 4,5,6,7 JUNE, 2010; VENUE : KATHMANDU, NEPAL**

# Final entry form

In order to assist in the planning and organization of these Championships, please complete the Final Entry Form and return to the Organizing Committee **AS SOON AS POSSIBLE BUT NO LATER THAN 20<sup>th</sup> April, 2010.**

(Please print clearly/write in Block Letters)

<b>FEDERATION NAME :</b> _____
<b>COUNTRY :</b> _____ <b>FAX NUMBER :</b> _____
<b>PHONE :</b> _____ <b>EMAIL :</b> _____
<i>[Please indicate the name as written in passport and the passport number]</i>

<b>COMPETITOR</b>
<b>Lt. Fly Wt. – 55 kg.</b> _____
<b>Fly Wt. – 60 kg.</b> _____
<b>Bantam Wt. – 65 kg.</b> _____
<b>Light Wt. – 70 kg.</b> _____
<b>Welter Wt. – 75 kg.</b> _____
<b>Lt. Middle Wt. – 80 kg.</b> _____
<b>Middle Wt. – 85 kg.</b> _____
<b>Lt. Heavy Wt. – 90 kg.</b> _____
<b>Heavy Wt. – 95 kg.</b> _____
<i>[Please indicate the name as written in passport and the passport number]</i>

<b>JUDGE :</b> _____ <b>JUDGE</b> _____
<i>[Please indicate the name as written in passport and the passport number]</i>

**NAME OF OFFICIALS AND SUPPORTERS**

1. DELIGATES : \_\_\_\_\_ 2. \_\_\_\_\_

COACH : \_\_\_\_\_

1. SUPPORTER : \_\_\_\_\_

2. SUPPORTER : \_\_\_\_\_

3. SUPPORTER : \_\_\_\_\_

*[Please indicate the name as written in passport and the passport number]***FLIGHT SCHEDULE**

Arrival Date &amp; Time : \_\_\_\_\_ Airline &amp; Flight#: \_\_\_\_\_

Departure Date &amp; Time : \_\_\_\_\_ Airline &amp; Flight#: \_\_\_\_\_

Each National Federation may send up to a **Maximum of NINE (9) athletes** to the Men's Bodybuilding events and **NO MORE THAN TWO (2) ATHLETES IN THE SAME CATEGORY.**

**IMPORTANT**: Three (3) or more athletes – two (2) official delegates permitted. Less than three (3) athletes – one (1) official delegate permitted. National Federation with no athletes may send one (1) official delegate; however, **this delegate will be responsible for all of his or her expenses.** Any judges, coaches, or trainers who are not official delegates **will be responsible for all of their expenses.**

Please send filled form to us via Email or Fax on or before 20<sup>th</sup> April, 2010 to:

Pls. Send the Preliminary Entry Form to:

Attn: Dinesh Rajbhandari  
Member  
South Asian BodyBuilding & Fitness Federation  
General Secretary  
Nepal BodyBuilding & Fitness Association  
National Sports Council, Kathmandu  
☎00977-1-4380718; 📠 977-9851047368  
Fax : 977-1-4358319  
Email:nbba@gmail.com;  
dinesh.rajbhandari@gmail.com

Please copy all correspondence to:

Attn: Mr. Amit Swami  
ABBF Asst Secretary General  
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### **INFORMATION, RULES AND REGULATIONS FOR THE 7<sup>th</sup> SOUTH ASIAN MEN'S BODYBUILDING CHAMPIONSHIPS IN KATHMANDU, NEPAL**

#### **1. Date - Venue and Official Hotels.**

**DATES:** 4 - 7 June, 2010 – Kathmandu, Nepal

**VENUE OF COMPETITION:** (Pre-Judging) & (Finals) – Nepal Academy Hall, Kathmandu

**HOTELS:** Official Hotel to be notified.

#### **2. Registration Fees.**

US \$ 35.00 per person per day, the total amount is US \$ 105.- for each person for the duration of 3 nights to stay in a twin bedded sharing room. This fee includes hotel accommodation, 3 meals per day, shuttle from airport to hotel vis-a-vis and to competition venue, farewell party, etc.

#### **3. Payments**

**No Credit Cards.** Only Cash payment in US Dollars and Nepalese currency will be accepted for registration fees and for other expenses including at shopping centres.

#### **4. Entry Rules**

- a) Country with less than three (3) competitors, only one (1) official will be allowed.
- b) Country with three (3) or more competitors, two officials will be allowed Exceeding number of officials as per 4 (a) and 4 (b) shall be considered as "supporters or extra delegates".

#### **5. Extra Delegates, Officials and Supporters**

All extra delegates, officials and supporters will bear their own expenses.

#### **6. Exemptions**

ABBF Executive Committee Members and Standing Committee members are exempted from paying the Registration fees, including Patrons and Honorary Life Members.

#### **6. Early Arrivals and Late Departures**

Any team or officials arriving early or departing late are required to pay for the extra days.

## **7. Entry Forms**

a) Preliminary Entry Forms must be submitted before 31<sup>th</sup> March, 2010

b) Final Entry Forms must be submitted on or before 20<sup>th</sup> April, 2010.

The Preliminary and Final Entry forms should be sent directly to:

Pls. Send the Preliminary Entry Form to:

Attn: Dinesh Rajbhandari  
Member  
South Asian BodyBuilding & Fitness Federation  
General Secretary  
Nepal BodyBuilding & Fitness Association  
National Sports Council, Kathmandu  
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Fax: 91 1284 264463  
Email: navin\_rao2007@yahoo.ca

## **8. Doping**

Dope testing will be conducted at random by the ABBF.

## **9. National Anthem/National Flag**

- a) You must bring along two (2) national flags of your country. The flags must be manufactured of dense silk and must measure no more than 2.5 meters x 1.4 meters
- b) You must also provide your National Anthem (shortened version) on CD. Video Tape no acceptable.

## **10. Posing Music**

Posing music must be on CD only and produced with good quality. The music must be at the start of the CD and must be the only music on the CD. Each competitor must affix his name on the CD for easy identification. MAKE SURE THAT VULGAR WORDS ARE NOT CONTAINED IN THE LYRICS.

## **11. Airport**

The arrival airport is the Tribhuvan International Airport, Kathmandu. The Organising Committee will pick you up at this airport on arrival and transport you to the Official Hotel. It is very important that every National Federation or Official provide to the Organising Committee complete arrival details of its team, including the number of people in its delegation.

## **12. Flight Reconfirmation**

To reconfirm your flights to and from Kathmandu, please contact the Secretariat within 24 hours before and after your arrival.

## **13. Bodyweight categories**

**ASIAN BODYBUILDING WEIGHT CATEGORIES**

Light Flyweight Up to & incl. 55 kg.

Flyweight Up to & incl. 60 kg.

Bantamweight Up to & incl. 65 kg.

Lightweight Up to & incl.70 kg.

Welterweight Up to & incl.75 kg.

Light-Middleweight Up to & incl. 80 kg.

Middleweight Up to & incl.85 kg.

Light-Heavyweight Up to & incl. 90 kg.

Heavyweight Up to & incl. 95 kg

#### **14. Training Facility**

There will be a temporary gym at Hotel.

#### **15. Photos for ID Cards**

All participants ( DELEGATES, COMPETITORS, EXECUTIVE MEMBERS AND SUPPORTERS), must send one recent passport size photo as an attachment together with the Entry Forms or by e-mail attachment with all their particulars clearly stated. This is for issuance of Identity Cards. FAILING TO PROVIDE the photo, you will be charged US\$20.- for the I.D. photo if taken in Kathmandu.

#### **16. VISA**

Please check with your travel agents or Ministry of Tourism if Visa is required to enter into Kathmandu Airport. If you need assistance from the host country, please let them know two months (60 days) in advance. LAST MINUTE REQUEST WILL BE IMPOSSIBLE FOR THE ORGANISER TO ASSIST YOU.

#### **17. Miscellaneous and any other Matters**

Any other points that are not stated in this Information sheet and of the Rules and Regulation, please refer to the ABBF Constitution and Rules which shall apply.