



Event Information

COVID-19

Due to the uncertainty with COVID-19 restrictions that could occur at the time of an event we might need to change date and times of an event. We will give you as much time as possible prior to any changes been made.

Event Dates

Saturday 29th & Sunday 30th April 2023

Entries Close

Monday 24th April 2023, Midnight

Event Times

Saturday Starts 10.30am

Check-in: 9.00am Compulsory for all competitors

**Men's Bodybuilding, Men's Physique,
Ms Fitness Model, Ms Sports Model, Ms Wellness**

Sunday Starts 10.30am

Check-in: 9.00am Compulsory for all competitors

**Ms Bikini, Ms Figure, Men's Classic Physique, Men's Fitness
Ms Swimsuit, Ms Runway**

Entry Fee

\$200 Includes up to 8 Divisions.

**This is one off flat Rate for all competitors to all
(Entry Fees are paid on day at check in) Details are on page 2.
(Max of 8 divisions in total)**

Venue

ICC - International Convention Centre Sydney
14 Darling Drive, Sydney, NSW 2000

Spectator tickets

[Discount Aus Fitness Expo Tickets](#)

COMPETITORS

Competitors Do not need to buy a ticket to enter the Expo

Event Video

All Competitors will have free access to view stage footage of the event on our ICN NSW YouTube channel courtesy of ICN NSW. We will send all competitors a link to view them once uploaded. To view past events
<https://www.youtube.com/icnsw>

All Inquires

email: nsw@icnsw.com, Phone: 0402 999 905

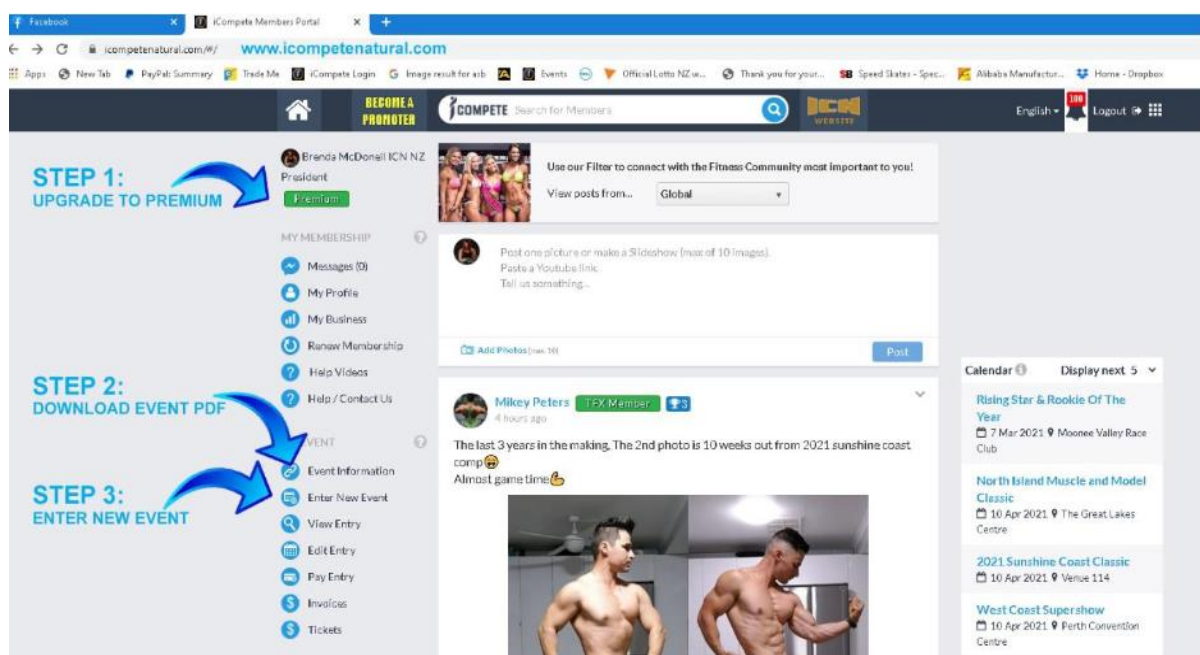
HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

Follow the simple step below

ICompete straight-to-stage technology allows you to enter and manage your entry via your personal membership portal <https://www.icompetenatural.com> which can be accessed from any device (However mobile phone is not always compatible with all aspects of the entry process).

Follow these steps to create your Membership and enter the competition:

1. Go to <https://www.icompetenatural.com> and register to become a Free member.
2. Login to ICompete using login details emailed to you upon becoming a member.
3. Upgrade to Premium Membership. You must be a Premium Member before you can enter an event. Premium Membership costs \$150.00. This allows you to compete in all events worldwide for either Season A-B or Season B-A.
4. Once you are a Premium Membership you can enter the competition. You will find the Enter New Event tab on the left-hand side of the HOME screen of the Members Portal. Click on this and use the step by step process to enter the event.



DRUG TESTING & SUPPLEMENT WARNING- You are responsible

Drug testing performance enhancing substances at ICompete Natural events is conducted via WADA standard urine analysis at international labs. Over the past 3 years approx. 80% of our positive contest day tests have occurred because of banned ingredients in USA supplements taken prior or at the event. As a general rule, don't take any supplement 3 days prior to the competition. This will avoid an inadvertent positive test from a substance only banned "in competition" which is mostly the problem we see with pre-workouts supplements. When selected for drug testing please follow the official to the test area (located in another area of the venue). Let the official know if you are competing again soon, we will let you prepare and compete first

EVENT ENTRY FEES HOW TO BRING

All entry and fees must be done like this with the **CORRECT** change and handed in at check in.



All ENTRY FEES are to be handed in at check in on comp day using the example as pictured. Please only include the CORRECT amount in an Envelope. No change will be given.

Compete in any number of divisions

With the successful development of ICN events by removing posing routines from the show format, we now have time available for competitors to compete in multiple divisions in your selected category up to a maximum of Eight (8) Divisions.

Please note: Please read and check the division's qualifications and category rules.

Division Eligibility

First Timer

First Timer means you have **never competed before in any federation - ever**. First Timer means this is your first contest. You can enter multiple First Timer divisions in your first contest. Note: First Timer does not mean this is your first time in the division –do not enter a First Timer division if you have competed previously anywhere

Rookie

Rookie is your first year of competing in a specific division. A year is 2 seasons. So, you are a Rookie for Season A and B, or Season B and A

Novice

Entry is eligible to competitors who have not won (placed first) in an Open Division (includes winning an Open Height Class). The Novice divisions suit competitors who are early in their careers or still developing their physique

Momma

You must have had at least 1 child to enter Momma Divisions. We may split height classes if division entries exceed a certain amount. This would be at the discretion of each promoter.

Age Groups

There are many age divisions a promoter may offer 23+, 30+, 40+, 50+, 60+. It is the age you are at the time of the event for these divisions. For e.g. If you are going into the 30+ div and the event is on the 18th April your birth date must be after the event day. Check website for more details.

Opens Classes

Open is the highest level of any particular Division where the best of the best is determined.

To have a chance to win an overall title you must enter in an open class.

Overall, Titles

The Open (Height Class) winners participate for the Overall Title at each event. This means if you want a chance to win the Overall Title you must enter an Open class. You may also enter into additional divisions if you choose. You can NOT enter Opens or any extra divisions on the day of the Event.

ICN Pro League

The ICN PRO League has been created due to the rapid increase and quality presented in ICN Amateur events. The ICN PRO League brings together the BEST OF THE BEST from all around the world to compete on a National and International platform to earn prize money through their efforts in selected ICN PRO Events.

ICN Pro Cards

Winning an Open Title at either the

National Championships Season A or

Australian Championships Season B.

ICN Australia offers Prize Money to ICN PRO LEAGUE Competitors at Pro Show Events.

Categories & Crossing over Rules

Competitors are allowed to compete in a Maximum of 6 divisions.

Some divisions will not run unless 3 or more competitors entered into them.

With the exception of some age groups & First Timer divisions that a competitor might not be eligible to enter into at their next event.

Ms. Fitness Model

Are allowed to crossover into Ms Sport's model, Ms Figure, Runway, Wellness, Angels & Swimwear divisions only.

Not into the Ms Bikini Divisions.

Ms. Sports Model

Are allowed to crossover into Ms. Fitness Model, Ms Figure, Runway, Wellness, Angels & Swimwear divisions only.

Not into the Ms. Bikini Divisions.

ICN Sports model outfits are compulsory. You can purchase them prior to your event at www.icnsw.com.au or on the day at registration. Pre-Purchasing your outfit before your event gives you the opportunity to try it on and practice in it.

Ms. Bikini Model

Are only allowed to crossover into Runway, Wellness, Swimwear and Angels.

Bikini Models are NOT allowed to enter into Ms Sports or Ms Fitness Model Divisions

Ms. Figure

Are allowed to crossover into Wellness, Runway, Swimwear, Angels, Ms Sports Model and Ms Fitness Model Divisions

All female competitors are allowed to enter Angels, Ms. Runway Ms. Swimwear Model divisions. Angels, Runway and Swimwear Divisions are not available at all ICN events. Please check Run Schedule for division availability.

Men's Fitness

Are allowed to crossover into the Men's Classic Physique only not into bodybuilding or Men's Physique.

ICN Men's Classic Physique Shorts are compulsory.

You must purchase them at www.icnsw.com.au or on the day of your event at registration.

Pre-Purchasing your outfit before your event gives you the opportunity to try it on and practice in it.

Mr. Physique

Are allowed to crossover into the Men's Classic Physique only not into Men's Fitness or Bodybuilding. Any type of Board Shorts is allowed to be worn as long as they are just above the knees.

Men's Classic Physique

Are allowed to crossover into one other of the Men's Categories.

ICN Men's Classic Physique Shorts are compulsory.

You must purchase them at www.icnsw.com.au or on the day of your event at registration.

Pre-Purchasing your outfit before your event gives you the opportunity to try it on and practice in it.

Men's Bodybuilding

Are allowed to crossover into the Men's Classic Physique only not into Men's Fitness or Mr. Physique.

A full description on category description and images go to link below

www.icnsw.com.au

ICN MUSCLE & MODEL SUPERSHOW DIVISION LIST 2023

Categories & Divisions Available to be entered for this event

SATURDAY

MS FITNESS MODEL

Ms Fitness Model First Timers
 Ms Fitness Model Rookie
 Ms Fitness Model Novice
 Ms Fitness Model Under 23
 Ms Fitness Model 30+
 Ms Fitness Model 40+
 Ms Fitness Model Momma
 Ms Fitness Model Open

MS SPORTS MODEL

Ms Sports Model First Timer
 Ms Sports Model Rookie
 Ms Sports Model Novice
 Ms Sports Model Under 23
 Ms Sports Model 30+
 Ms Sports Model 40+
 Ms Sports Model Momma
 Ms Sports Model Open

MEN'S BODYBUILDING

Men's Bodybuilding First Timers
 Men's Bodybuilding Rookie
 Men's Bodybuilding Novice
 Men's Bodybuilding Under 23
 Men's Bodybuilding 30+
 Men's Bodybuilding 40+
 Men's Bodybuilding 50+
 Men's Bodybuilding Open

MR PHYSIQUE

Men's Physique First Timers
 Men's Physique Rookie
 Men's Physique Novice
 Men's Physique Under 23
 Men's Physique 30+
 Men's Physique 40+
 Men's Physique Open

Ms Wellness Open

SUNDAY

MS FIGURE

Ms Figure First Timers
 Ms Figure Rookie
 Ms Figure Novice
 Ms Figure 30+
 Ms Figure 40+
 Ms Figure 50+
 Ms Classic Figure
 Ms Figure Open

MS BIKINI MODEL

Ms Bikini First Timers
 Ms Bikini Rookie
 Ms Bikini Novice
 Ms Bikini Under 23
 Ms Bikini 30+
 Ms Bikini 40+
 Ms Bikini Momma
 Ms Bikini Open

MEN'S FITNESS

Men's Fitness First Timers
 Men's Fitness Rookie
 Men's Fitness Novice
 Men's Fitness Under 23
 Men's Fitness 30+
 Men's Fitness 40+
 Men's Fitness Open

MEN'S CLASSIC PHYSIQUE

Men's Classic Physique First Timer
 Men's Classic Physique Rookie
 Men's Classic Physique Novice
 Men's Classic Physique Under 23
 Men's Classic Physique 30+
 Men's Classic Physique 40+
 Men's Classic Physique Open

Ms Swimsuit Model

Ms Runway Model

Maximum of Eight (8) Divisions allowed to be entered for this event

Event Format

All ICN NSW events run in a continuous One Show format. This means competitors will be judged and presented with their placings and awards once the judging is complete and the scores are tabulated.

Estimated Running Times

We do not run the event according to times! We can only run the event as we judge it. Times provided are only an **estimate** when a division might be on stage – it is impossible to know how long each division will take to judge. If you're giving times to spectator's, always suggest they come at least 60 minutes prior to your stage time.

ICN MUSCLE & MODEL EVENT SCHEDULE 2023

This is only an estimated Run Schedule. We will send the final copy once entries close.

Competitor Check-in 9.00am	
SATURDAY Show Starts 10.30am	
Divisions	Est. Time
Ms Fitness Model First Timers	10.30
Men's Bodybuilding First Timers	10.20
Ms Fitness Model Rookie	10.30
Men's Physique First Timers	10.40
Ms Fitness Model Novice	10.50
Men's Bodybuilding Rookie	11.00
Ms Fitness Model 23	11.10
Ms Fitness Model 40+	11.20
Men's Physique Rookie	11.30
Ms Fitness Model 30+	11.40
Men's Bodybuilding Novice	11.50
Ms Fitness Model Momma	12.00
Men's Bodybuilding 23	12.10
Ms Fitness Model Open/Overall	12.20
Intermission	12.30
Men's Physique Novice	1.00
Ms Wellness Open New Division	1.30
Men's Bodybuilding 50+	1.40
Ms Sports Model First Timer	1.50
Men's Physique 23	2.00
Ms Sports Model Rookie	2.10
Men's Bodybuilding 30+	2.20
Ms Sports Model Novice	2.30
Men's Bodybuilding 40+	2.40
Ms Sports Model Under 23	2.50
Ms Sports Model 40+	3.00
Men's Physique 40+	3.10
Ms Sports Model 30+	3.20
Men's Physique 30+	3.30
Ms Sports Model Momma	3.40
Men's Physique Open/ Overall	3.50
Ms Sports Model Open/ Overall	4.00
Men's Bodybuilding Open/Overall	4.10

Competitor Check-in 9.00am	
SUNDAY Show Starts 10.30am	
Divisions	Est. Time
Ms Swimsuit Model	10.30
Ms Figure First Timers	10.40
Men's Classic Physique First Timer	10.50
Ms Runway Model	11.00
Men's Fitness First Timers	11.10
Ms Bikini First Timers	11.20
Ms Figure Rookie	11.30
Men's Classic Physique Rookie	11.40
Ms Bikini Rookie	11.50
Men's Fitness Rookie	12.00
Ms Figure Novice	12.10
Men's Classic Physique Novice	12.20
Intermission	12.30
Men's Fitness Novice	1.00
Ms Bikini Novice	1.10
Ms Figure 50+	1.20
Men's Classic Physique Under 23	1.30
Ms Bikini Under 23	1.40
Men's Fitness Under 23	1.50
Ms Figure 30+	2.00
Men's Classic Physique 30+	2.10
Ms Bikini 30+	2.20
Men's Fitness 30+	2.30
Ms Figure 40+	2.40
Men's Fitness 40+	2.50
Ms Bikini 40+	3.00
Men's Classic Physique 40+	3.10
Ms Classic Figure	3.20
Ms Bikini Momma	3.30
Ms Figure Open/ Overall	3.40
Men's Fitness Open/ Overall	3.50
Ms Bikini Open/ Overall	4.10
Men's Classic Physique Open/ Overall	4.20

INFORMATION Rules & Etiquette

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Thongs (or similar) must be worn at all times backstage until you go on stage.
3. Competitors must wear clean cloths without tan before sitting on the furniture at the venue.
4. Do not touch or lean on walls or furniture whilst at the Venue. Fees may apply if found to damage furniture at the venue.

Your Check List

- ☐ Your Entry Fee's in an enclosed Envelope. Check example image Above.
- ☐ You're posing outfit.
- ☐ A spare outfit if possible and a small sewing kit if needed accidents happen.
- ☐ Resistance Bands (optional) to pump up with
- ☐ Plastic bag for rubbish and dirty clothes
- ☐ Baby wipes or similar to wipe off any marks that you might make by accident.

Tanning, Hair & Make up

Only ONE helper allowed backstage per competitor. Bring your own stretch bands/weights to pump up if required. ICN insist your tan be applied prior to arriving at the venue, only a final 'touch up' is required. We Have now BANNED use of transient products like **Dream Tan** and recommend using our preferred tanners.

SKINZ STAGE TEAM

SKINZ Stage Team is our Official Tanning & Beauty Team - Get your tan right with Skinz

Book through the Skinz website

www.skinzst.com/bookings

All tanning is to be done prior to arriving at the venue, unless booked with Skinz Stage Team.

Only final touch ups will be allowed backstage.

Skinz is the only Tanner, make-up and Hair Company allowed to set up tents or Table's backstage at this event.

OUTFITS- must be purchased Prior to your show or at registration. Go to: www.icnsw.com.au

Men's Fitness & Classic Physique Trunks



\$25.00

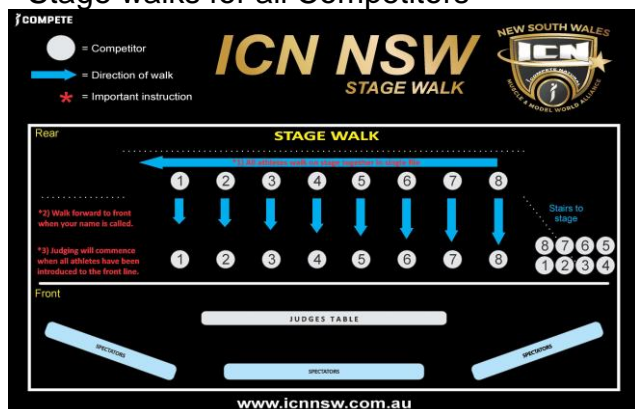
Ms Sports Model Outfits



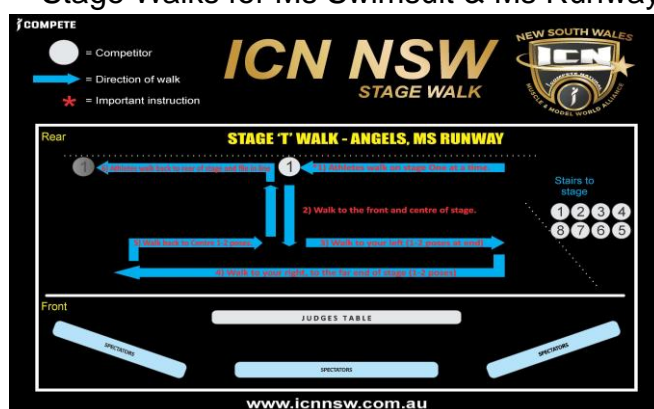
\$30.00

ICN MUSCLE & MODEL STAGE WALK

Stage walks for all Competitors



Stage Walks for Ms Swimsuit & Ms Runway



ALL MEDIA BY VISUAL LAB PRODUCTIONS

INDIVIDUAL STAGE PHOTOGRAPHY BY VISUAL LAB PRODUCTIONS

Our partner VISUAL LAB PRODUCTIONS is offering ICN competitors the opportunity to pre-book individual stage photos. The media production team will focus their lenses on all the competitors. You will receive amazing stage shots of all the hard work you have put in that will last a life time.

Your individual images will be delivered within 3 weeks of the event date.

You will receive an average of 15 images for your first division and an additional 10 images per extra division you enter.

Pre-Book individual stage images for 1st division \$70.00, and \$20.00 for each extra division entered.



HYPE REEL VIDEO BY VISUAL LAB PRODUCTIONS - \$499.00

- 30-60 secs / delivered in 16x9 and IG reel size formats
- Limited to 10 competitors per show
- Ideal for competitors that want to have a professionally curated promotional video for their social media / website.

[SAMPLE VIDEO LINK](#) <- CLICK!

FULL DAY DOCUMENTARY / YOUTUBE VLOG VIDEO & HYPE REEL PACKAGE - \$2,499.00

- Dedicated videographer will follow competitor all day.
- Entire day coverage, interview style talking heads, stage footage, coach, friends, family features.
- 3-5 mins long form video / delivered in 16x9 and IG reel size formats
- 30-60 secs / delivered in 16x9 and IG reel size formats
- All divisions & 5-10 backstage photos included
- Ideal for competitors that want to have a professionally curated in-depth full experience video for YouTube / social media / website.
- Limited to 2 competitors per show

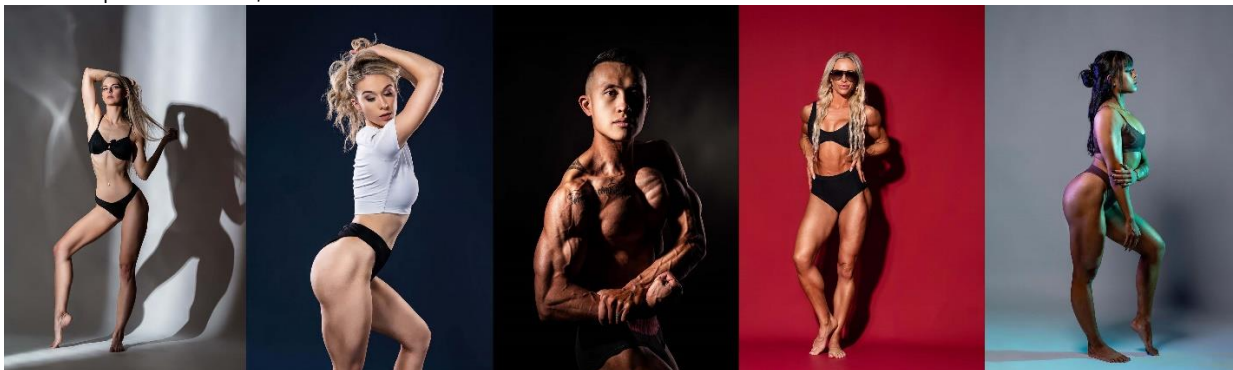
STUDIO PHOTOGRAPHY BY VISUAL LAB PRODUCTIONS

Visual Lab Productions is offering a professional studio photography in their studio located in North Strathfield.

You will have the opportunity to get professional studio images for you, family and friends.

Your studio photography images will be delivered within 3 weeks of the shoot date.

Pre-book studio photo shoot \$500



All pre-bookings can be made on the following link: <https://www.visuallab.com.au/booking>

For all inquiries contact the VISUAL LAB PRODUCTIONS team. info@visuallab.com.au

It is a condition of entry into all ICN NSW events that professional cameras with interchangeable lenses such as DSLRs and mirrorless cameras are NOT to be used. ICN NSW has the right of refusal to any persons who does not follow this rule.