

**25<sup>th</sup> MAY 2024**  
**EARN YOUR PRO CARD**  
 THE ONLY SHOW IN SEASON A 2024 TO EARN A PRO CARD




**ICN**  
**NATIONAL CHAMPIONSHIPS**

**WEST HQ - ROOTY HILL**  
 33 RAILWAY ST, ROOTY HILL NSW







**COMPETITOR ENTRIES CLOSE MIDNIGHT TUESDAY 21<sup>ST</sup> MAY**

**www.icnsw.com.au**


[www.icompeteaustralia.com.au](http://www.icompeteaustralia.com.au) | 
 [nsw@icometenatural.com](mailto:nsw@icometenatural.com) | 
 0402999905 
 

## Event Information

<b>Event Date</b>	SATURDAY 25 <sup>th</sup> MAY 2024	
<b>Entries Close</b>	MONDAY 20 <sup>th</sup> May 2024, Midnight	
<b>Entry Fee</b>	<p><b>(Entries after the closing date incur a fee of \$150 extra)</b></p> <p>\$200 Includes first division          (Entry Fees are paid on day at check in) See Envelope, Page 2          \$80 for each additional division. (Max of 10 divisions in total)</p>	
<b>Check in Times Friday</b>	<p>All Competitors can check in on Friday between 3-8pm at the Novatel          (Opposite to the club. Where the tanning will be done)</p>	
<b>Check in times Show day</b>	<p>Check-in 8.00am</p> <p>Check-in 10.30am</p> <p>Check-in 2.30pm</p> <p>Check in 5.30pm</p>	<p>Men's Bodybuilding, Ms Figure,          Ms Bikini, Men's Classic Physique          Ms Fitness Model, Men's Physique, Ms Swimsuit          Men's Fitness, Ms Sports Model, Ms Wellness</p>
<b>Venue</b>	<p>West HQ, 33 Railway St, Rooty Hill NSW 2766</p> <p><a href="https://goo.gl/maps/nC2kkB96DHFu7Deu7">https://goo.gl/maps/nC2kkB96DHFu7Deu7</a></p>	
<b>Spectator tickets</b>	<p>Ticket Cost \$50.00 full day entry.          Kids under 12yrs Enter Free  <b>(Backstage helpers and Coaches must purchase a ticket)</b>          Pre-Purchase <a href="http://www.icnsw.com.au">www.icnsw.com.au</a></p> <p>We will offer tickets to Competitors 4 weeks prior to an event. Once competitors purchase what they need for family and friends we will open ticket sales to other Spectators.</p>	
<b>Event Video</b>	<p>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</p> <p><a href="https://www.youtube.com/icnsw">https://www.youtube.com/icnsw</a></p>	
<b>All Inquires</b>	<p>email: <a href="mailto:nsw@icometenatural.com">nsw@icometenatural.com</a>, Phone: 0402 999 905</p>	

# 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

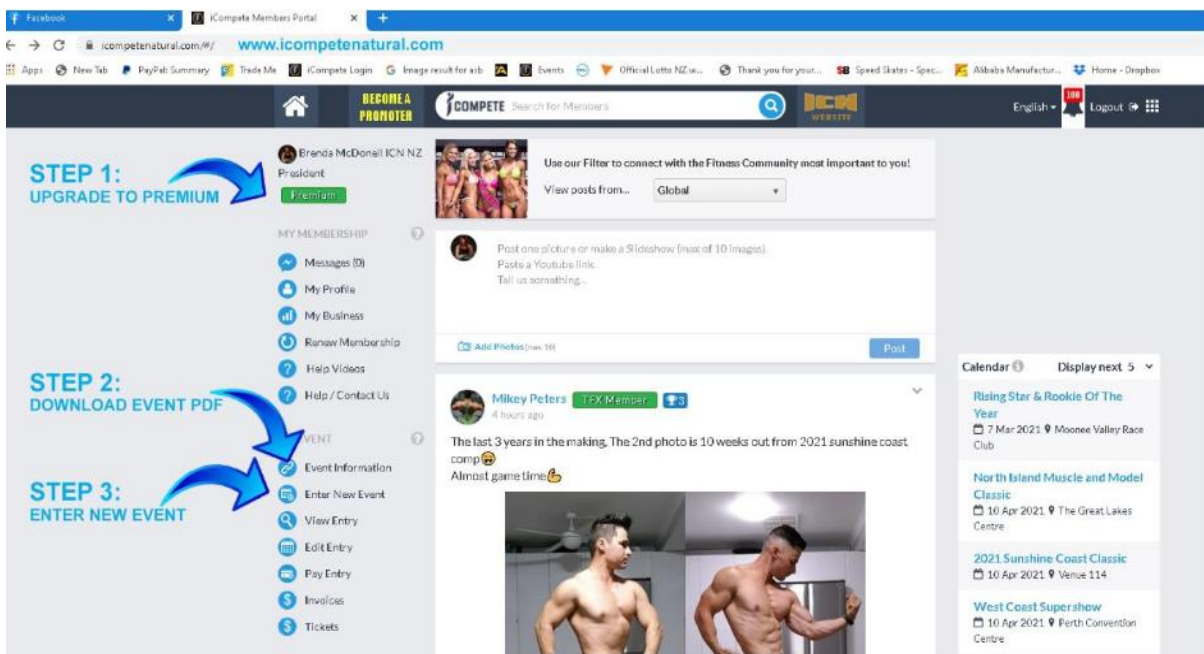
## HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

### 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

## ICN DIVISION LIST

### Categories & Divisions Available to be entered for this event

#### **MS FITNESS MODEL**

Ms Fitness Model Rookie  
Ms Fitness Model Novice  
Ms Fitness Model Under 23  
Ms Fitness Model 30+  
Ms Fitness Model 40+  
Ms Fitness Model 50+  
Ms Fitness Model Momma  
Ms Fitness Model Open

#### **MS SPORTS MODEL**

Ms Sports Model Rookie  
Ms Sports Model Novice  
Ms Sports Model Under 23  
Ms Sports Model 30+  
Ms Sports Model 40+  
Ms Sports Model 50+  
Ms Sports Model Momma  
Ms Sports Model Open

#### **MS BIKINI MODEL**

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

#### **MS FIGURE**

Ms Figure Rookie  
Ms Figure Novice  
Ms Figure 30+  
Ms Figure 40+  
Ms Figure 50+  
Ms Figure 60+  
Ms Classic Figure  
Ms Figure Open

#### **Ms Wellness**

Ms Wellness Rookie  
Ms Wellness Novice  
Ms Wellness Open

#### **Ms Swimsuit Model**

Ms Swimsuit Rookie  
Ms Swimsuit Novice  
Ms Swimsuit Open

#### **Ms Bodybuilding Open**

#### **MR PHYSIQUE**

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

#### **MEN'S FITNESS**

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 BODYBUILDING**

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

#### **MEN'S CLASSIC PHYSIQUE**

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

**Maximum of Ten (10) Divisions allowed to be entered for this event**

## Division Eligibility

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

A Maximum of Ten (10) divisions are allowed to be entered.

### 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 18<sup>th</sup> 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 the **National Championships Season A Saturday 25<sup>th</sup> May**

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



# Categories & Crossing over Rules

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Competitors are allowed to compete in a Maximum of Ten (10) divisions.

Some divisions will not run unless 2 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

## Female Divisions

### Ms. Fitness Model

Are allowed to crossover into Ms Sport's model, Ms Figure, Ms Wellness, Ms Swimsuit Model divisions only.  
Not into the Ms Bikini Divisions

### Ms. Sports Model

Are allowed to crossover into Ms. Fitness Model, Ms Figure, Ms Wellness, Ms Swimsuit Model, divisions  
Not into the Ms Bikini Divisions

### Ms. Bikini Model

Are only allowed to crossover into Ms Wellness, Ms Swimsuit Model  
Bikini Models are NOT allowed to enter into Ms Sports or Ms Fitness Model Divisions

### Ms. Figure

Are allowed to enter into Ms Wellness,  
Ms Swimsuit Model, Ms Sports Model, Ms Fitness Model

Swimsuit and Ms Wellness competitors are allowed to enter the other divisions  
All female competitors are allowed to enter Ms Swimsuit Model & Ms Wellness divisions.

## Male Divisions

### 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 Bodybuilding

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

### Men's Fitness

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

### Men's Classic Physique

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

ICN Sports Model, Men's Fitness, Men's Classic Physique Outfits are compulsory.

You must purchase them at [www.icnsw.com.au](http://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.

For details Descriptions and information follow us on the links below

[https://www.instagram.com/icn\\_nsw/](https://www.instagram.com/icn_nsw/)

<http://www.youtube.com/@ICNNSW>

<https://www.facebook.com/ICNNSW>

<https://www.theedge.com.au/icn-nsw/>

# Estimated Running Times

We do not run the event according to set 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. Always suggest to your family and friends that they arrive at least 40 minutes prior to the final schedule been sent out.

## ICN PRO/AM NATIONAL TITLES RUN SCHEDULE 2024

**THIS IS AN ESTIMATED RUN SCHEDULE. WE WILL SEND A FINAL SCHEDULE ONCE ENTRIES CLOSE**

Competitor Check-in 8:00am	
Divisions	Est. Time
Ms Figure Rookie	9.00
Men's Bodybuilding Rookie	
Ms Figure Novice	
Men's Bodybuilding Novice	
Ms Figure 60+	
Ms Figure 30+	
Men's Bodybuilding Under 23	
Ms Figure 50+	
Men's Bodybuilding 30+	
Ms Figure 40+	
Men's Bodybuilding 50+	
Ms Classic Figure	
Men's Bodybuilding 40+	
Ms Bodybuilding Open	
<b>Ms Figure Open / Overall</b>	
<b>Men's Bodybuilding Open / Overall</b>	
Competitor Check-in 10:30am	
Men's Classic Physique Rookie	
Ms Bikini Rookie	
Men's Classic Physique Novice	
Ms Bikini Novice	
Men's Classic Physique Under 23	
Ms Bikini 40+	
Ms Bikini Under 23	
Ms Bikini 30+	
Men's Classic Physique 40+	
Ms Bikini Momma	
Men's Classic Physique 30+	
<b>Ms Bikini Open / Overall</b>	
<b>Men's Classic Physique Open / Overall</b>	
PRO DIVISIONS CHECK IN 1:30pm	
<b>Ms Figure Pro</b>	
<b>Men's Bodybuilding Pro</b>	
<b>Ms Bikini Pro</b>	
<b>Men's Classic Physique Pro</b>	

Competitor Check-in 2.30pm	
Divisions	Est. Time
Ms Swimsuit Rookie	
Ms Fitness Model Rookie	
Men's Physique Rookie	
Ms Swimsuit Novice	
Ms Fitness Model Novice	
Men's Physique Novice	
<b>Ms Swimsuit Model Open / Overall</b>	
Ms Fitness Model Momma	
Men's Physique 40+	
Ms Fitness Model 40+	
Ms Fitness Model 50+	
Men's Physique 30+	
Ms Fitness Model 30+	
Men's Physique Under 23	
Ms Fitness Model Under 23	
<b>Men's Physique Open / Overall</b>	
<b>Ms Fitness Model Open / Overall</b>	
Competitor Check-in 5.30pm	
Ms Wellness Rookie	
Men's Fitness Rookie	
Ms Sports Model Rookie	
Ms Wellness Novice	
Men's Fitness Novice	
<b>Ms Wellness Open/ Overall</b>	
Ms Sports Model Novice	
Men's Fitness Under 23	
Ms Sports Model Momma	
Men's Fitness 40+	
Ms Sports Model 50+	
Ms Sports Model 40+	
Men's Fitness 30+	
Ms Sports Model Under 23	
Ms Sports Model 30+	
<b>Men's Fitness Open / Overall</b>	
<b>Ms Sports Model Open / Overall</b>	
PRO DIVISIONS CHECK IN 7:30pm	
<b>Ms Fitness Model Pro</b>	
<b>Men's Physique Pro</b>	
<b>Ms Sports Model Pro</b>	
<b>Men's Fitness Model Pro</b>	

**NOTE: Division Times will be confirmed once entries close**

## IMPORTANT INFORMATION

### ICN NSW RULES AND ETIQUETTE

1. Competitors must bring a towel to stand on when applying any touch ups or sprays
2. Thongs (or similar) must be worn at all times backstage until you go on stage.
3. Competitors must wear clean clothes without tan before sitting on the furniture at the venue.
4. Do not touch, lean or sit on furniture whilst at the Venue with tan all over you. If you are found to damage or leave stains on the venue's property fees will apply for cleaning it off.

## Your Check List

- ✓ Your Entry Fee's in an enclosed Envelope. With Name, Divisions, and Amount Inside.
- ✓ You're posing outfit.
- ✓ A spare outfit if possible
- ✓ Small sewing kit for unforeseen accidents
- ✓ Resistance Bands (optional) to pump up with
- ✓ Plastic bag for rubbish and dirty clothes
- ✓ Wipes to remove any marks that you might leave on walls by accident
- ✓ Clean clothes and towel to sit on club seats
- ✓ Slippers to walk to and from stage
- ✓ Only ONE helper backstage per competitor.

## Tanning, Hair & Make up

**We Have now BANNED use of transient products like Dream Tan and recommend using our preferred tanners.**

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

Book through the Skinz website

[www.skinzst.com/bookings](http://www.skinzst.com/bookings)

All tanning is to be done prior to arriving at the venue, unless you have 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 tanning tents or Table's backstage at this event.**

## OUTFITS

### Men's Fitness & Classic Physique Trunks



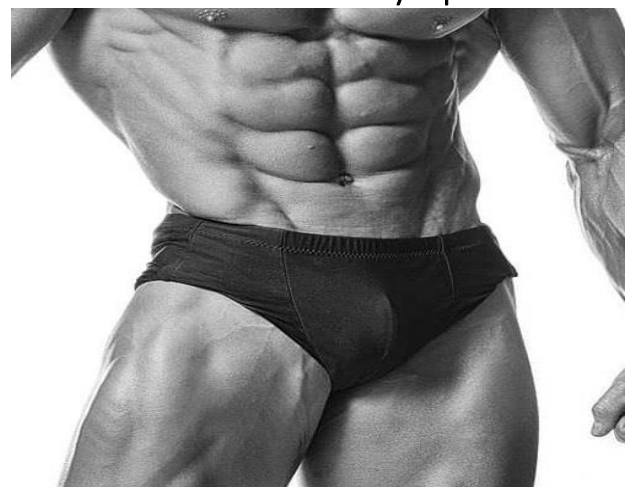
\$30.00

### Ms Sports Model Outfits



\$35.00

### Men's Classic Physique



\$30.00

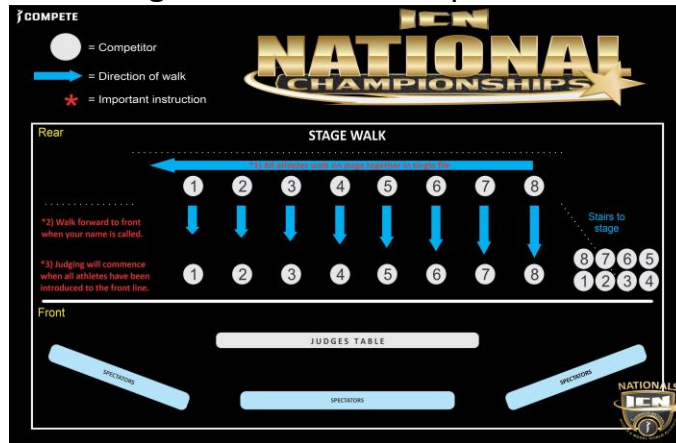
Outfits must be purchased Prior to your show or on the day at registration.

Pre-Purchase: [www.icnsw.com.au](http://www.icnsw.com.au)

Free Delivery

# ICN NATIONALS STAGE WALK

## Stage walks for all Competitors



## ACCOMMODATION

### NOVOTEL SYDNEY WEST HQ Located at the venue

Novotel Sydney West HQ is in the same complex as our venue with direct access to the function space. Complimentary perks like on-site parking, Wi-Fi, and access to the ONE55 gym add exceptional value to your stay.

**Room Bookings – Call and Mention ICN NSW to receive the discounted room rates.**

Novotel Sydney, West HQ

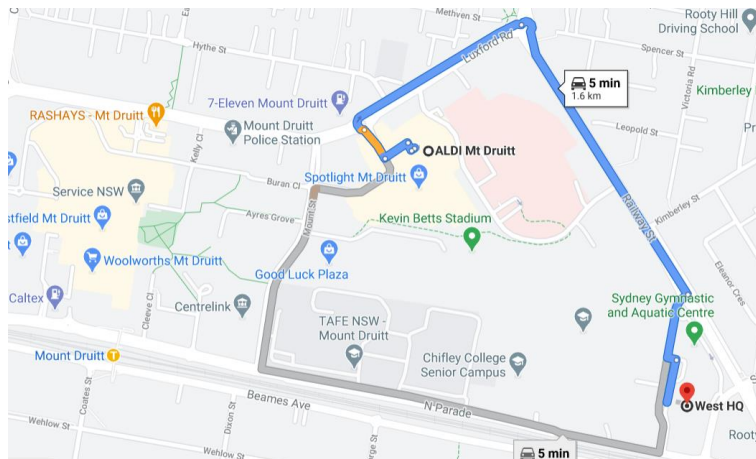
33 Railway Street NSW 2766 Australia

Phone: +61 2 9832 3888

Email: [reservations@novotelwesthq.com.au](mailto:reservations@novotelwesthq.com.au)

Website: <https://www.novotelwesthq.com.au>

Link: <https://goo.gl/maps/Xd1LsB5WNkDD8ouf7>





# 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 4 weeks of the event date.

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

- **Standard Pricing \$200**
- **Early Bird individual stage images for 1<sup>st</sup> division \$110.00, and \$20.00 for each extra division entered. (until 2 weeks prior to the show date)**
- **Post-show purchase pricing \$220**

[SAMPLE GALLERY 1](#) <- CLICK!

[SAMPLE GALLERY 2](#) <- CLICK!



## SOCIAL MEDIA HYPE REEL - \$150.00

- Short, engaging video tailored for social media
- 10-15 second video, customisable to a variety of styles
- Samples to be made available soon
- Formats suitable for both standard and Instagram reel displays

## VIDEO & PHOTO PACKAGE - \$699.00

- Comprehensive package covering all divisions plus a hype reel video
- Consistent quality across both video and photo media
- 10-15 images for the first division, +10 for each additional division

## HYPE REEL VIDEO - \$599.00

- 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!

## DELIVERY

- Photos delivered within 4 weeks of the show date
- Videos delivered within 6 weeks of the show date

**Visual Lab Productions retains the media files for 6 weeks, then deletes them. Lost files will be resent for a \$75 fee.**

All 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](mailto:info@visuallab.com.au)

*It is a condition of entry into all ICN NSW events that professional Photographers & Videographers are not allowed to shoot any material without prior consent from ICN NSW Management. ICN NSW has the right of refusal to any persons who does not comply.*