



Event Information

Event Date	Saturday 11 th May 2024
Entries Close	MONDAY 6 th May 2024, Midnight
Entry Fee	<p>(Entries after the closing date incur a fee of \$150 extra)</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>
Check in Times Friday	All Competitors can check in on Friday between 3-8pm at the Novatel (Opposite to the club. Where the tanning will be done)
Check in times Show day	<p>Check-in 8.00am Men's Bodybuilding, Ms Figure, Check-in 10.30am Ms Bikini, Men's Classic Physique Check-in 2.30pm Ms Fitness Model, Men's Physique, Ms Swimsuit Check in 5.30pm Men's Fitness, Ms Sports Model, Ms Wellness</p>
Venue	<p>West HQ, 33 Railway St, Rooty Hill NSW 2766</p> <p>https://goo.gl/maps/nC2kkB96DHFu7Deu7</p>
Spectator tickets	<p>Ticket Cost \$50.00 full day entry. Kids under 12yrs Enter Free (Backstage helpers and Coaches must purchase a ticket) Pre-Purchase www.icnnsw.com.au</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>
Event Video	<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>https://www.youtube.com/icnnsw</p>
All Inquires	email: nsw@icompetenatural.com , Phone: 0402 999 905

HOW TO BRING ENTRY FEES

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



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

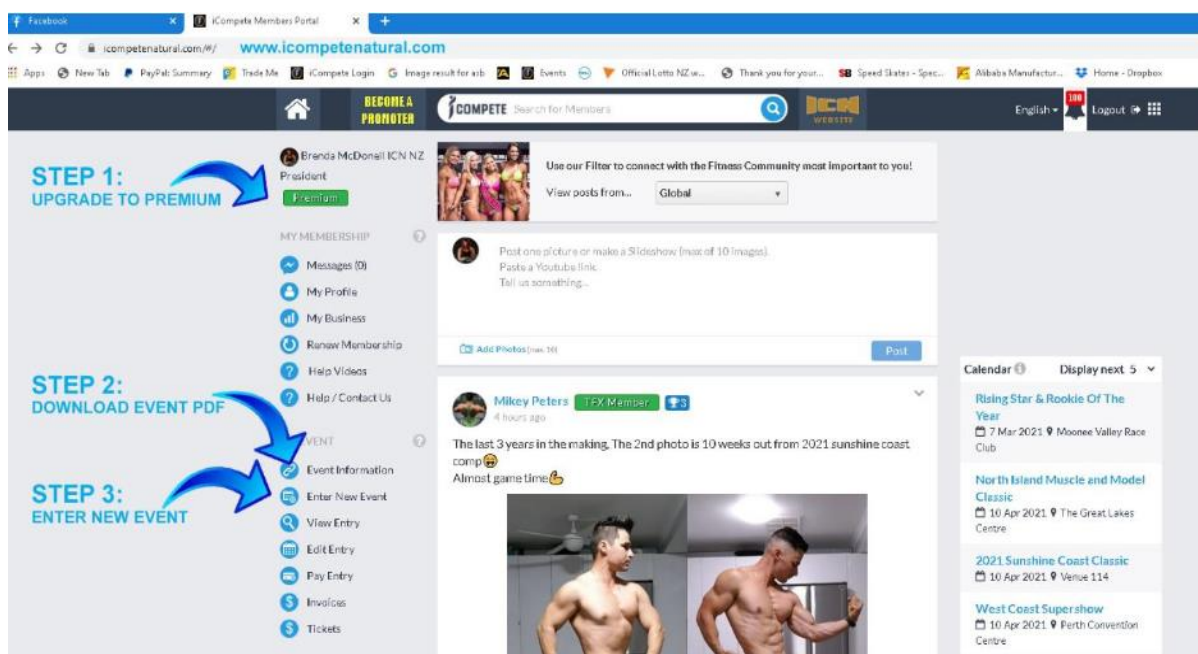
HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

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

Division Eligibility

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

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

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 the **National Championships Season A Saturday 25th May**

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

Categories & Crossing over Rules

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 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/

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

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

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

ICN DIVISION LIST

Categories & Divisions Available at this event

MS FITNESS MODEL

Ms Fitness Model First Timer
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

MS BIKINI MODEL

Ms Bikini First Timer
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 First Timer
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 First Timer
Ms Wellness Rookie
Ms Wellness Novice
Ms Wellness Open

Ms Swimsuit Model

Ms Swimsuit First Timer
Ms Swimsuit Rookie
Ms Swimsuit Novice
Ms Swimsuit Open

MR PHYSIQUE

Men's Physique First Timer
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 First Timer
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 First Timer
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 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

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

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.

ICN SYDNEY SUPERBODIES RUN SCHEDULE 2024

THIS IS AN ESTIMATED RUN SCHEDULE. WE WILL SEND A FINAL SCHEDULE 5 DAYS PRIOR TO THE EVENT

Competitor Check-in 8:00am	
Divisions	Est. Time
Ms Figure First Timer	9.00
Men's Bodybuilding First Timers	
Ms Figure Rookie	
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 Figure Open / Overall	
Men's Bodybuilding Open / Overall	
Competitor Check-in 10:30am	
Men's Classic Physique First Timers Class 1	
Men's Classic Physique First Timers Class 2	
Ms Bikini First Timer Class 1	
Ms Bikini First Timer Class 2	
Men's Classic Physique Rookie	
Ms Bikini Rookie Class 1	
Ms Bikini Rookie Class 2	
Men's Classic Physique Novice	
Ms Bikini Novice Class 1	
Ms Bikini Novice Class 2	
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+	
Ms Bikini Open Class 1	
Men's Classic Physique Open Class 1	
Ms Bikini Open Class 2	
Men's Classic Physique Open Class 2	
Ms Bikini Overall Championship Class	
Men's Classic Physique Overall Championship	

Competitor Check-in 2.30pm	
Divisions	Est. Time
Ms Swimsuit First Timers	
Ms Fitness Model First Timers	
Men's Physique First Timers	
Ms Swimsuit Rookie	
Ms Fitness Model Rookie	
Men's Physique Rookie	
Ms Swimsuit Novice	
Ms Fitness Model Novice	
Men's Physique Novice	
Ms Swimsuit Model Open/ Overall	
Ms Fitness Model Momma	
Men's Physique 40+	
Ms Fitness Model 50+	
Men's Physique 30+	
Ms Fitness Model 30+	
Men's Physique Under 23	
Ms Fitness Model Under 23	
Ms Fitness Model 40+	
Men's Physique Open Class 1	
Ms Fitness Model Open Class 1	
Men's Physique Open Class 2	
Ms Fitness Model Open Class 2	
Ms Fitness Model Overall Championship	
Men's Physique Overall Championship	
Competitor Check-in 5.30pm	
Ms Wellness First Timers	
Men's Fitness First Timers	
Ms Sports Model First Timers	
Ms Wellness Rookie	
Men's Fitness Rookie	
Ms Sports Model Rookie	
Ms Wellness Novice	
Men's Fitness Novice	
Ms Wellness Open/ Overall	
Ms Sports Model Novice	
Men's Fitness Under 23	
Ms Sports Model Momma	
Men's Fitness 40+	
Ms Sports Model 50+	
Men's Fitness 30+	
Ms Sports Model Under 23	
Ms Sports Model 30+	
Ms Sports Model 40+	
Men's Fitness Open / Overall	
Ms Sports Model Open / Overall	

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

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.

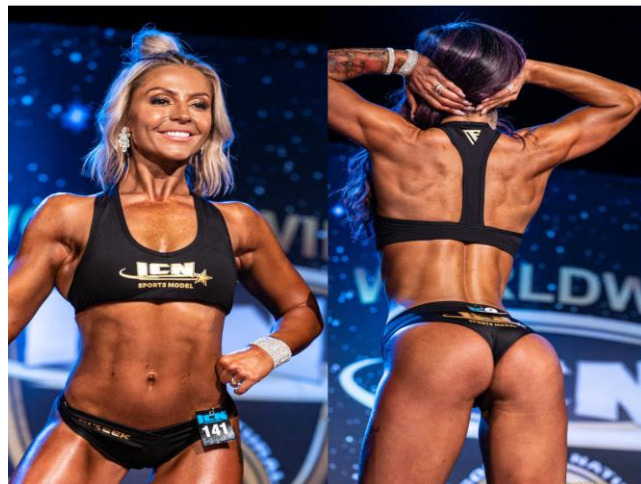
OUTFITS

Men's Fitness & Classic Physique Trunks



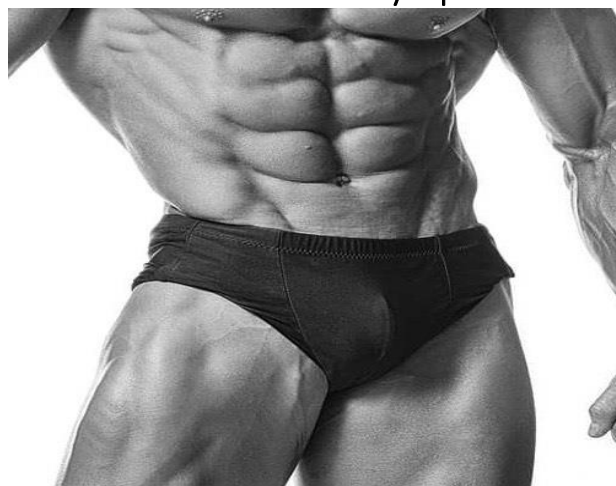
\$30.00

Ms Sports Model Outfits



\$35.00

Men's Classic Physique



\$30.00

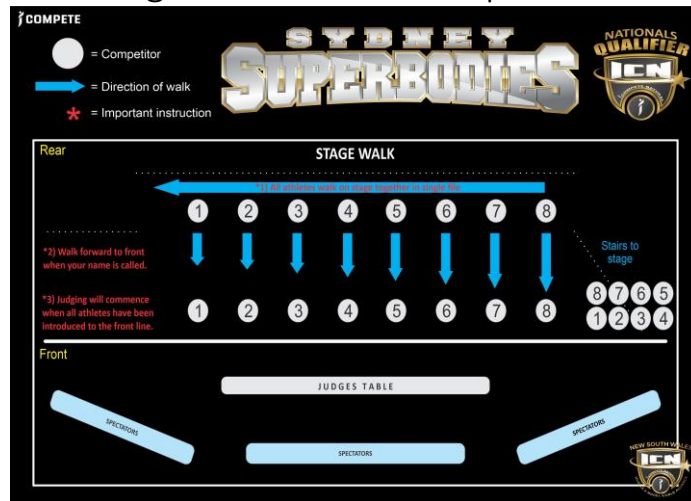
Outfits must be purchased Prior to your show or on the day at registration.

Pre-Purchase: www.icnsw.com.au

Free Delivery

ICN SYDNEY SUPERBODIES 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.

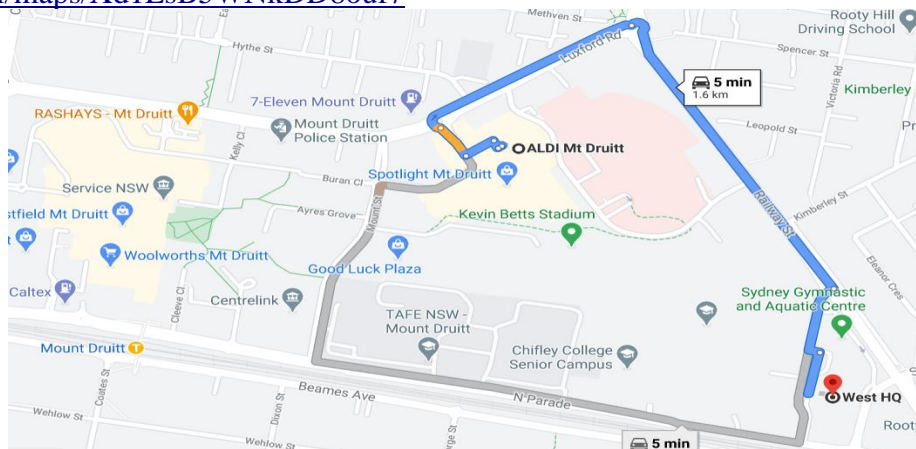
Novotel Sydney, West HQ

33 Railway Street NSW 2766 Australia

Phone: +61 2 9832 3888

Email: reservations@novotelwesthq.com.au Website: <https://www.novotelwesthq.com.au>

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



25th MAY 2024
EARN YOUR PRO CARD
THE ONLY SHOW IN SEASON A 2024 TO EARN A PRO CARD

NATIONALS ICN
NATIONAL CHAMPIONSHIPS

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

SKINZ **VISUAL LAB PRODUCTIONS** **BULK NUTRIENTS** **THE EDGE** **CLUBFITGYM**

COMPETITOR ENTRIES CLOSE MIDNIGHT TUESDAY 21ST MAY
www.icnsw.com.au
www.icompeteaustralia.com.au | nsw@icompetenatural.com | 0402999905

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 1st 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

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.