Event Information

COVID-19	*Due to the uncertainty with COVID-19 restrictions at the time of an event be aware that we might need to change the times of your divisions. We will endeavor to give you as much time as possible prior to the event.*
Date	SUNDAY 19th September 2021
Entries Close	MONDAY 13th September 2021, Midnight
Event Times	
Show 1 Starts 9:30am	Check-in: 8:30am Compulsory for all competitors in show 1 **Men's Bodybuilding, Ms Fitness Model, Ms Sports Model, Men's Physique**
Show 2 starts 2.00pm	Check-in: 12.30pm Compulsory for all competitors in show 2 **Ms Bikini, Ms Figure, Men's Classic Physique, Men's Fitness** **Ms Swimsuit Model, Ms Runway,**
Entry Fee	$200 Includes first division (Entry Fees are paid on day at check in) Details are on page 7. $75 for each additional division. (Max of 5 divisions in total)
Venue	Woonana/Bulli Rsl, 455 Princes Hwy, Woonana NSW 2517 https://goo.gl/maps/AqzwU7KyyRxjkjRCA
Spectator tickets	Ticket Cost $50.00 Per Show. Subject to change with Covid Restrictions. Kids under 12yrs Enter Free **(Backstage helpers and Coaches must purchase a ticket)** Pre-Purchase www.icnnsw.com.au With some Covid restrictions still in place we will offer tickets to Competitors about 2 weeks prior to an event. Once competitors have bought what they need we will open up ticket sales to Spectators.
Event Video	All Competitors will be able 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. Clips will be uploaded within 3 weeks of the event. https://www.youtube.com/icnnsw
All Inquires	email: nsw@icompetenatural.com, Phone: 0402 999 905

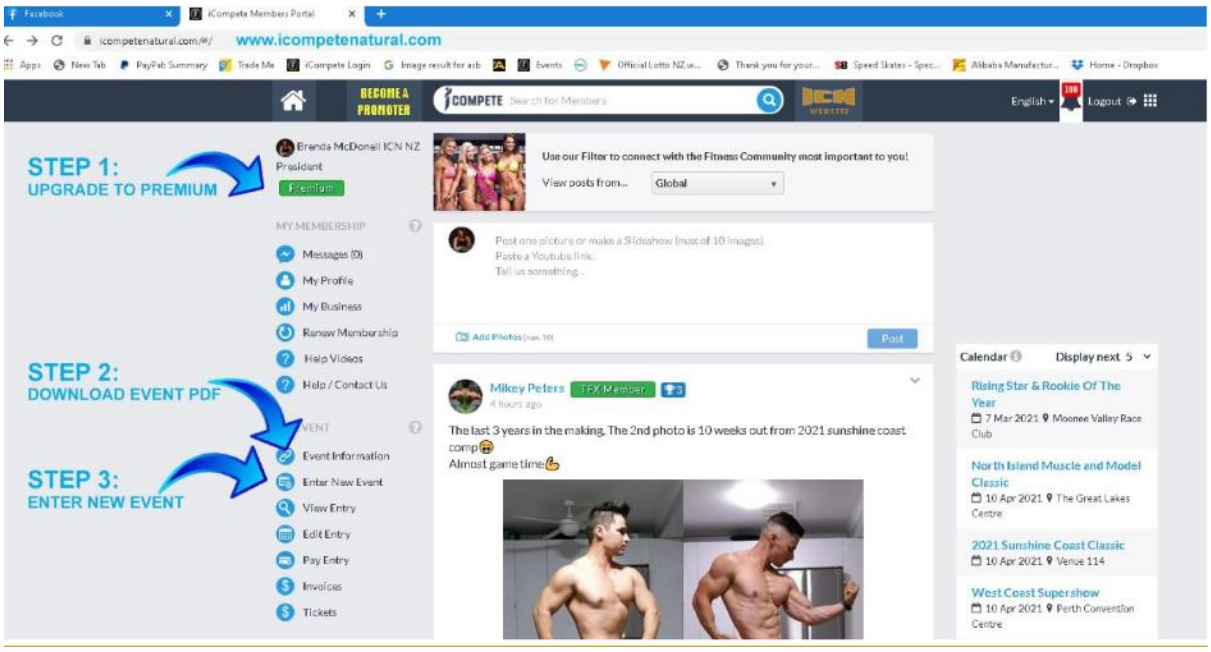
How to become an ICN Member and Enter Events

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.



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 five (5) Divisions.

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

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

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

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 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 Title

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 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** or **Australian Championships.**
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 5 divisions.

Some divisions will not run unless there is 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, Angels & Swimwear divisions only, not into the Ms Bikini Divisions.

Ms. Sports Model

Are allowed to crossover into Ms. Fitness Model, Ms Figure, Runway, Angels & Swimwear divisions only, not into the Ms. Bikini Divisions.
ICN Sports model outfits are compulsory to wear. You can purchase them prior to your event at www.icnnsw.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 allowed to crossover into Runway, Angels & Swimwear divisions only.
Not Ms Fitness, Ms Sports Model or Ms Figure.

Ms. Figure

Are allowed to crossover into Runway, Angels, Swimwear, 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 to wear. You must purchase them at www.icnnsw.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 the other Men's Categories.
ICN Men's Classic Physique Shorts are compulsory to wear. You must purchase them at www.icnnsw.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.icnnsw.com.au

ICN SOUTH COAST CLASSIC DIVISION LIST 2021

These are the divisions that are available to be entered for this event

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 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 FIGURE
Ms Figure First Timers
Ms Figure Rookie
Ms Figure Novice
Ms Figure 30+
Ms Figure 40+
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

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 SOUTH COAST CLASSIC EVENT SCHEDULE 2021

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

Competitor Check-in 8.30am	
Show 1 Starts 9.30am	
Divisions	Est. Time
Ms Fitness Model First Timer	
Men's Bodybuilding First Timer	
Ms Fitness Model Rookie	
Men's Physique First Timer	
Ms Fitness Model Novice	
Men's Bodybuilding Rookie	
Men's Physique Rookie	
Ms Fitness Model Momma	
Ms Fitness Model 23	
Men's Bodybuilding Novice	
Ms Fitness Model 40+	
Men's Physique Novice	
Ms Fitness Model 30+	
Men's Bodybuilding 23	
Ms Fitness Model Open	
Men's Physique 23	
Ms Sports Model First Timer	
Men's Bodybuilding 30+	
Ms Sports Model Rookie	
Men's Physique 40+	
Ms Sports Model Novice	
Men's Bodybuilding 40+	
Ms Sports Model Momma	
Ms Sports Model 23	
Men's Physique 30+	
Ms Sports Model 40+	
Men's Bodybuilding Open	
Ms Sports Model 30+	
Men's Physique Open	
Ms Sports Model Open	

Competitor Check-in 12.30pm	
Show 2 Starts 2.00pm	
Divisions	Est. Time
Ms Swimsuit Model	
Men's Classic Physique First Timer	
Ms Figure First Timer	
Men's Fitness First Timer	
Ms Bikini First Timer	
Men's Classic Physique Rookie	
Ms Figure Rookie	
Men's Fitness Rookie	
Ms Bikini Rookie	
Men's Classic Physique Novice	
Ms Figure Novice	
Ms Runway	
Men's Fitness Novice	
Ms Bikini Novice	
Men's Classic Physique 23	
Ms Figure 30+	
Men's Fitness 23	
Ms Bikini 23	
Men's Classic Physique 40+	
Men's Fitness 40+	
Ms Bikini 40+	
Ms Figure 40+	
Ms Bikini Momma	
Men's Classic Physique 30+	
Ms Figure Classic	
Men's Fitness 30+	
Ms Bikini 30+	
Men's Classic Physique Open	
Ms Figure Open	
Men's Fitness Open	
Ms Bikini Open	

INFORMATION

Backstage Guidelines

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 discourage the use of transient products like *Dream Tan* and recommend using our preferred tanners.

SKINZ STAGE TEAM. www.skinzst.com/bookings

Competing has four conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue.
4. Do not touch or lean on walls or furniture whist at the Venue. Fees may apply if found to damage furniture at the venues.

Your Check List

Fees -Must be brought like this at check in on the day of your event.

All payments 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.

What to Bring

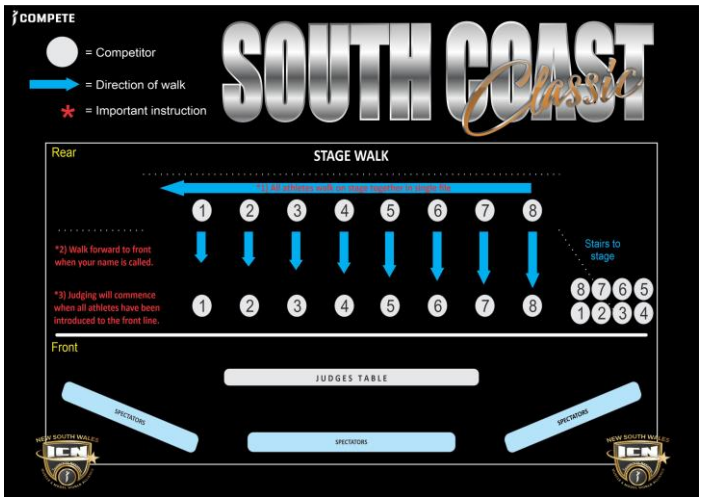
- ☐ You're posing outfit.
- ☐ A spare outfit if possible and a small sewing kit if needed accidents happen.
- ☐ A towel (to stand on while preparing to go on stage)
- ☐ Thongs must be worn at all times until you go on stage
- ☐ Extra Clean Clothes (Competitors must be fully clothed before sitting on chairs in venue.
- ☐ 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.

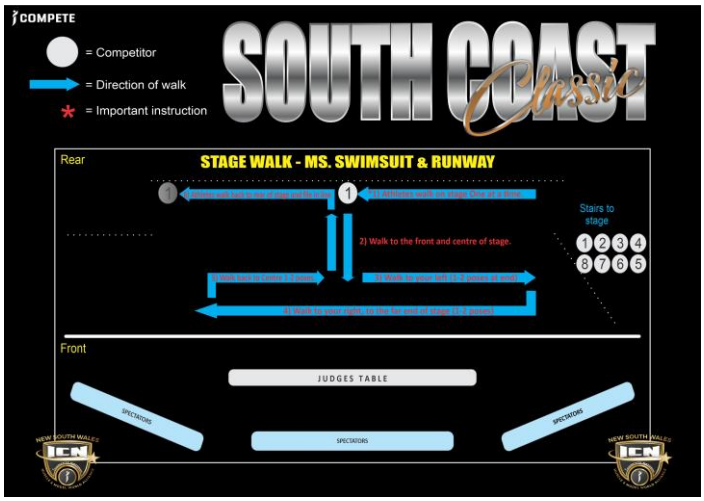
Tanning, Hair & Make up

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.

www.icnnsw.com.au

SOUTH COAST CLASSIC STAGE WALK





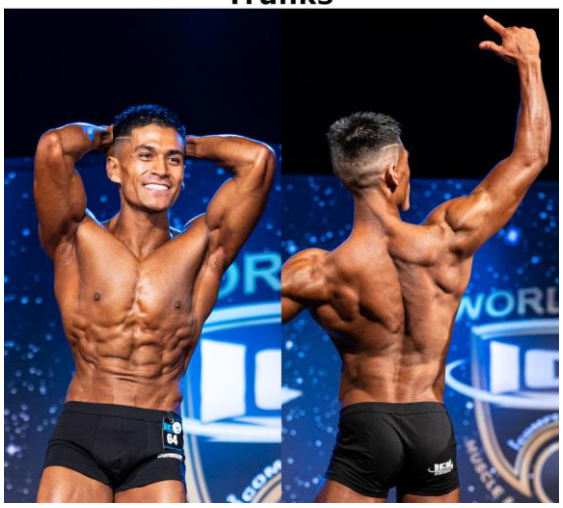
OUTFITS

Outfits must be purchased Prior to your show or on the day of your show registration.
Go to: www.icnnsw.com.au

Men's fitness, Men's Classic Physique $20

Ms. Sports Model $30

Men's Fitness & Classic Physique Trunks



Ms Sports Model Outfits

ACCOMMODATION

QUALITY SUITES PIONEER SANDS
Address: 19 Carters Lane, Towradgi, NSW 2518
Phone: 02 4252 1111
Email: reservations@pioneersands.com.au
www.pioneersands.com.au

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 pre-booked 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 10 to 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.

Bookings will close on the same date as ICN NSW event entry dates close.
BACKSTAGE STUDIO PHOTOGRAPHY BY VISUAL LAB PRODUCTIONS.

Visual Lab Productions will have a professional studio set up in the pump-up / backstage area of the event. You will have the opportunity to get professional studio images with family & friends.

Your backstage images will be delivered within 2 weeks of the event date.
Pre-Book backstage studio shoot images $70.00

All pre-bookings can be made on the following link: Visuallab.com.au

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 no use of professional cameras with interchangeable lenses such as DSLRs and mirrorless cameras are to be used. ICN NSW has the right of refusal to any persons who they see not following the rules of the event.