



## 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 Date

**SATURDAY 16<sup>th</sup> September 2023**

### Entries Close

Monday 11<sup>th</sup> September 2023, Midnight

### Event Times Show 1

**Show 1 Starts 9.00am**

Check-in: 8:00am Compulsory for all competitors in Show 1  
Men's Bodybuilding, Men's Physique,  
Ms Fitness Model, Ms Sports Model, Ms Wellness

### Event Times Show 2

**Show 2 Starts 2.30pm**

Check-in: 1.00pm Compulsory for all competitors in Show 2  
Ms Bikini, Ms Figure, Men's Classic Physique, Men's Fitness  
Ms Swimsuit, Ms Runway

### Entry Fee

\$200 Includes first division  
(Entry Fees are paid on day at check in) See Envelope, Page 2  
\$80 for each additional division. (Max of 8 divisions in total)

### Venue

Opal Cove Resort, Opal Boulevard, Coffs Harbour NSW 2450  
<https://goo.gl/maps/LJFFdEk25spmsR6u9>

### Spectator tickets

**Ticket Cost \$50.00 full day.**  
Kids under 12yrs Enter Free  
**(Backstage helpers and Coaches must purchase a ticket)**  
Pre-Purchase [www.icnnsww.com.au](http://www.icnnsww.com.au)

### 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/icnnsww>

### All Inquires

email: [nsw@icmpetenatural.com](mailto:nsw@icmpetenatural.com), Phone: 0402 999 905

## 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.

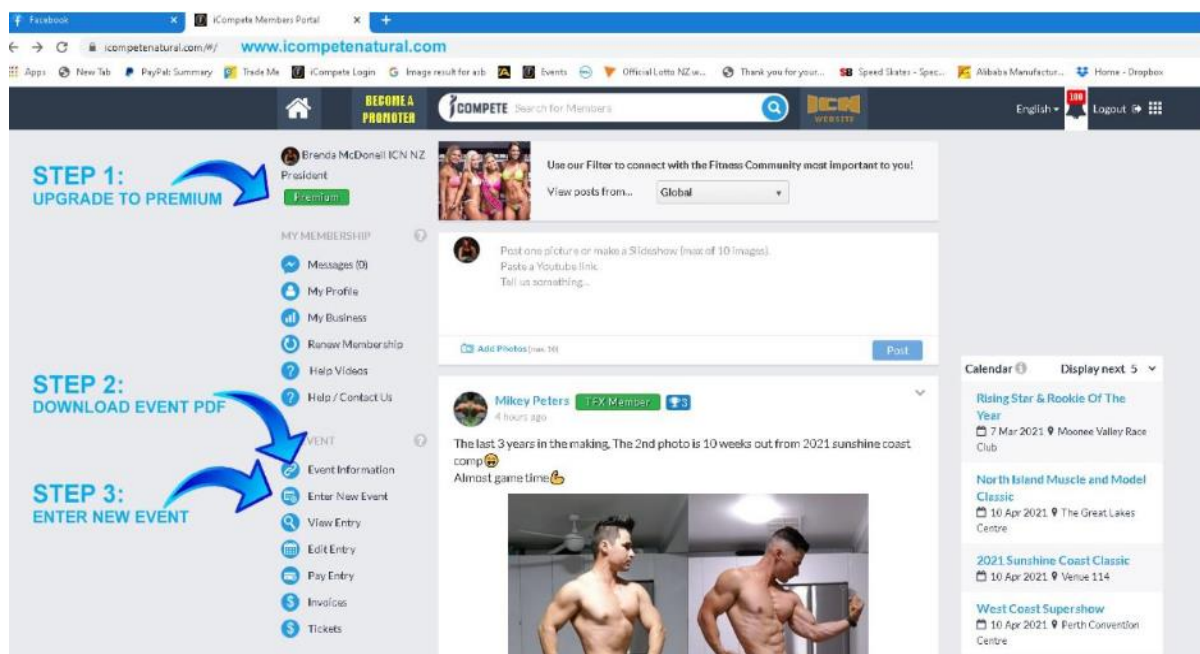
## HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

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

## Division Eligibility, maximum of Eight (8) Divisions.

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

### 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 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 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

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Competitors are allowed to compete in a Maximum of 8 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.

### 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](http://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.  
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](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.*

### 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](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.*

### 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](http://www.icnsw.com.au)

# ICN DIVISION LIST 2023

## Categories & Divisions 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 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

### 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 COFFS HARBOUR CLASSIC EVENT SCHEDULE 2023

This is an estimated Run Schedule. We will send a final Schedule once entries are finalised.

Competitor Check-in 8.00am	
Show 1 Starts 9.00am	
Divisions	Est. Time
Ms Fitness Model First Timers	9.00
Men's Bodybuilding First Timers	9.10
Ms Fitness Model Rookie	9.20
Men's Physique First Timers	9.30
Ms Fitness Model Novice	9.40
Men's Bodybuilding Rookie	9.50
Ms Fitness Model Under 23	10.00
Ms Fitness Model 40+	10.10
Men's Physique Rookie	10.20
Ms Fitness Model 30+	10.30
Men's Bodybuilding Novice	10.40
Ms Fitness Model Momma	10.50
Men's Bodybuilding Under 23	11.00
<b>Ms Fitness Model Open/Overall</b>	<b>11.10</b>
Men's Physique Novice	11.20
Ms Wellness Open      New Division	11.30
Men's Bodybuilding 50+	11.40
Ms Sports Model First Timer	11.50
Men's Physique Under 23	12.00
Ms Sports Model Rookie	12.10
Men's Bodybuilding 30+	12.20
Ms Sports Model Novice	12.30
Men's Bodybuilding 40+	12.40
Ms Sports Model Under 23	12.50
Ms Sports Model 40+	1.00
Men's Physique 30+	1.10
Ms Sports Model 30+	1.20
Men's Physique 40+	1.30
Ms Sports Model Momma	1.40
<b>Men's Physique Open/ Overall</b>	<b>1.50</b>
<b>Ms Sports Model Open/ Overall</b>	<b>2.00</b>
<b>Men's Bodybuilding Open/Overall</b>	<b>2.10</b>

Competitor Check-in 1.00pm	
Show 2 Starts 2.30pm	
Divisions	Est. Time
Ms Runway Model	2.30
Ms Figure First Timers	2.40
Men's Classic Physique First Timer	2.50
Ms Swimsuit Model	3.00
Ms Figure Rookie	3.10
Ms Bikini First Timers	3.20
Ms Figure Novice	3.30
Men's Fitness First Timers	3.40
Ms Figure 50+	3.50
Ms Bikini Rookie	4.00
Men's Classic Physique Rookie	4.10
Ms Figure 30+	4.20
Men's Fitness Rookie	4.30
Ms Figure 40+	4.40
Men's Fitness Novice	4.50
Ms Classic Figure	5.00
Ms Bikini Novice	5.10
<b>Ms Figure Open/ Overall</b>	<b>5.20</b>
Men's Classic Physique Novice	5.30
Ms Bikini Under 23	5.40
Men's Fitness Under 23	5.50
Men's Classic Physique Under 23	6.00
Men's Fitness 30+	6.10
Men's Classic Physique 30+	6.20
Ms Bikini 30+	6.30
Men's Fitness 40+	6.40
Ms Bikini 40+	6.50
Men's Classic Physique 40+	7.00
Ms Bikini Momma	7.10
<b>Men's Fitness Open/ Overall</b>	<b>7.20</b>
<b>Ms Bikini Open/ Overall</b>	<b>7.30</b>
<b>Men's Classic Physique Open/ Overall</b>	<b>7.40</b>

# INFORMATION

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## ICN NSW RULES AND 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](http://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

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### Men's Fitness & Classic Physique Trunks



\$25.00

### Ms Sports Model Outfits



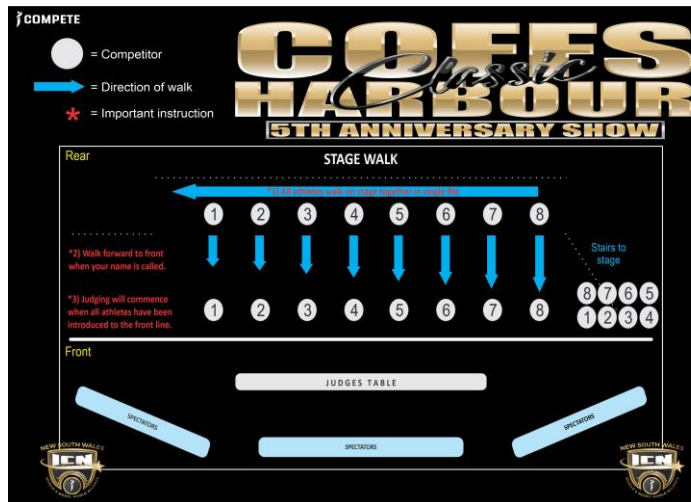
\$30.00

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

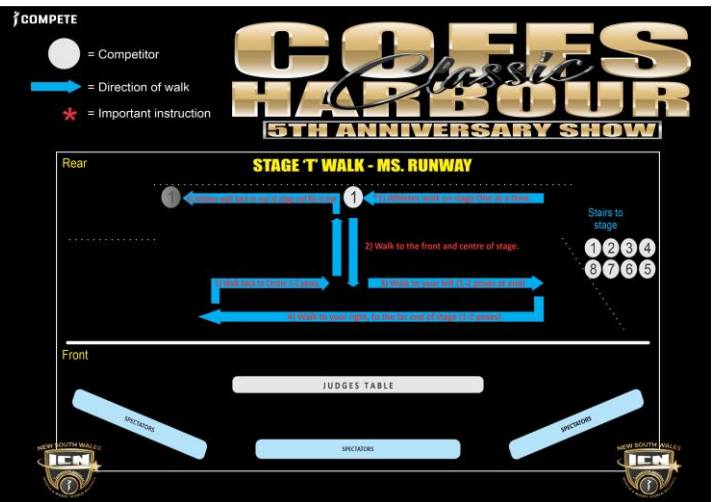
Go to: [www.icnns.com.au](http://www.icnns.com.au)

# ICN NSW STAGE WALK

## Stage walks for all Competitors



## Stage Walks for Ms Swimsuit & Ms Runway



## ACCOMMODATION

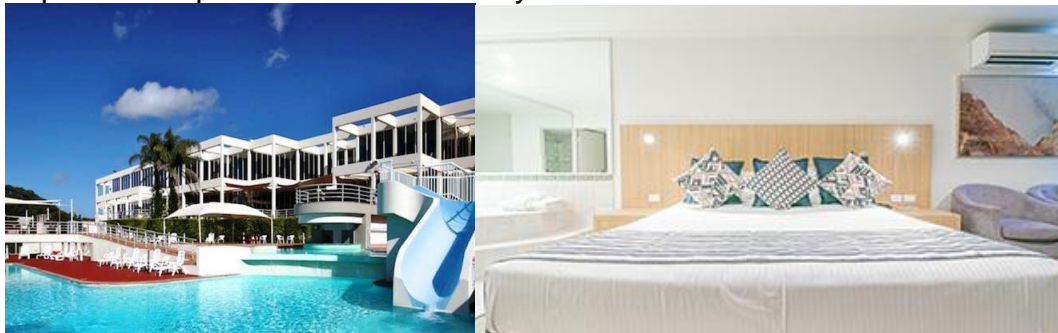
### OPAL COVE RESORT – COFFS HARBOUR

Address: Opal Boulevarde, Coffs Harbour NSW 2450

Phone: [\(02\) 6651 0510](tel:0266510510) (Call directly and mention ICNNSW to get your competitor discount)

Email: [res@opalcove.com](mailto:res@opalcove.com)

<https://www.opalcove.com.au/holiday-accommodation/>





## 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 1<sup>st</sup> 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

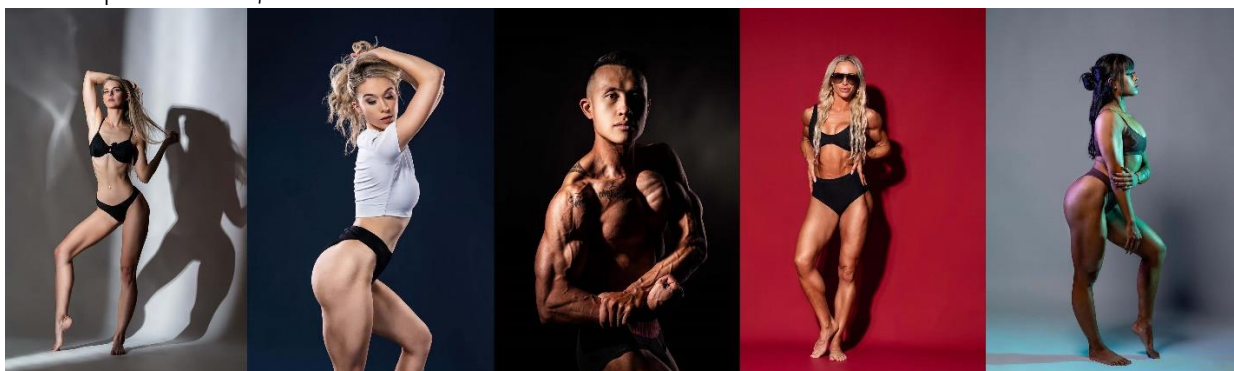
### STUDIO PHOTOGRAPHY BY VISUAL LAB PRODUCTIONS

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](mailto: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.*