



Event Information

Event Date	SATURDAY 25 th MAY 2024	
Entries Close	MONDAY 20 th May 2024, Midnight	
CHECK IN TIMES	Check-in: 8:00am	Men's Bodybuilding, Ms Figure
	Check in: 11.00am	Ms Swimsuit, Ms Bikini, Men's Classic Physique
	Check in: 2.00pm	Ms Fitness Model, Men's Physique
	Check in: 4.30pm	Ms Sports Model, Men's Fitness, Ms Wellness
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	West HQ, 33 Railway St, Rooty Hill NSW 2766 https://goo.gl/maps/nC2kkB96DHFu7Deu7	
Spectator tickets	Ticket Cost \$50.00 full day entry Kids under 12yrs Enter Free (Backstage helpers and Coaches must purchase a ticket) Pre-Purchase www.icnsw.com.au 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.	
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@icometenatural.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

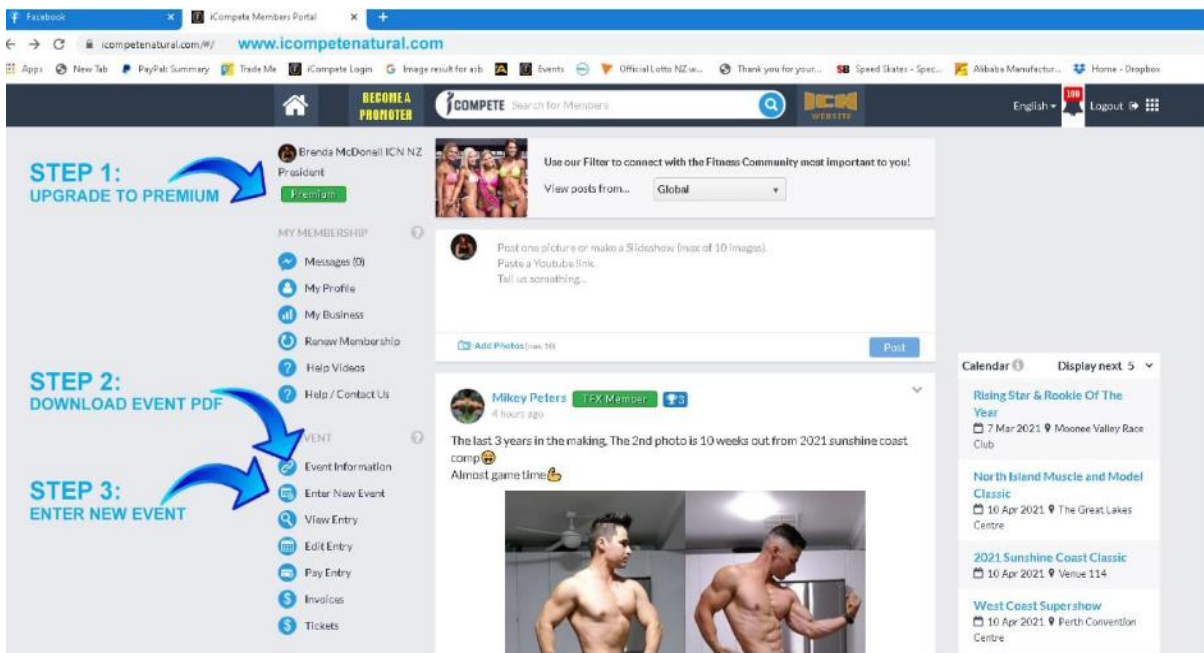
HOW TO BECOME AN ICN MEMBER & ENTER EVENTS

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.



The screenshot shows the ICompete Members Portal interface. On the left, there are three steps highlighted with blue arrows: STEP 1: UPGRADE TO PREMIUM, STEP 2: DOWNLOAD EVENT PDF, and STEP 3: ENTER NEW EVENT. The main content area shows a user profile for Brenda McDonald, ICN NZ President, with a Premium membership status. Below the profile, there are options for 'MY MEMBERSHIP' (Messages, My Profile, My Business, Renew Membership, Help Videos, Help / Contact Us) and 'EVENT' (Event Information, Enter New Event, View Entry, Edit Entry, Pay Entry, Invoices, Tickets). A post by Mikey Peters, a 15X Member, is visible, mentioning a 2021 Sunshine Coast comp. On the right, there is a calendar showing upcoming events like 'Rising Star & Rookie Of The Year' and '2021 Sunshine Coast Classic'.

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

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 Saturday 25th May** 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 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, 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

All female competitors are allowed to enter Ms Swimsuit Model & Ms Wellness 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 other of the Men's categories

ICN Sports Model, Ms Wellness, 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 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 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 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 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

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

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 PRO/AM NATIONAL TITLES RUN SCHEDULE 2024

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

Competitor Check-in 8:00am	
Divisions	Est. Time
Ms Figure Rookie	9.00
Men's Bodybuilding Rookie	9.10
Ms Figure Novice	9.20
Men's Bodybuilding Novice	9.30
Ms Figure 30+	9.40
Men's Bodybuilding Under 23	9.50
Ms Figure 50+	10.00
Men's Bodybuilding 30+	10.10
Ms Figure 40+	10.20
Men's Bodybuilding 50+	10.30
Ms Classic Figure	10.40
Men's Bodybuilding 40+	10.50
Ms Figure Open / Overall	11.00
Men's Bodybuilding Open / Overall	11.10
Competitor Check-in 11:00am	
Men's Classic Physique Rookie	11.30
Ms Bikini Rookie	11.40
Men's Classic Physique Novice	11.50
Ms Bikini Novice	12.00
Men's Classic Physique Under 23	12.10
Ms Bikini 40+	12.20
Ms Bikini Under 23	12.30
Ms Bikini 30+	12.40
Men's Classic Physique 40+	12.50
Ms Bikini Momma	1.00
Men's Classic Physique 30+	1.10
Ms Bikini Open / Overall	1.20
Men's Classic Physique Open / Overall	1.30
PRO DIVISIONS CHECK IN 1:30pm	
Ms Figure Pro	2.30
Men's Bodybuilding Pro	2.40
Ms Bikini Pro	2.50
Men's Classic Physique Pro	3.00

Competitor Check-in 2.00pm	
Divisions	Est. Time
Ms Swimsuit Rookie	3.10
Ms Fitness Model Rookie	3.20
Men's Physique Rookie	3.30
Ms Swimsuit Novice	3.40
Ms Fitness Model Novice	3.50
Men's Physique Novice	4.00
Ms Swimsuit Model Open / Overall	4.10
Ms Fitness Model Momma	4.20
Men's Physique 40+	4.30
Ms Fitness Model 40+	4.40
Men's Physique 30+	4.50
Ms Fitness Model 30+	5.00
Men's Physique Under 23	5.10
Ms Fitness Model Under 23	5.20
Ms Fitness Model Open / Overall	5.30
Men's Physique Open / Overall	5.40
Competitor Check-in 4.30pm	
Ms Wellness Rookie	5.50
Men's Fitness Rookie	6.00
Ms Sports Model Rookie	6.10
Ms Wellness Novice	6.20
Men's Fitness Novice	6.30
Ms Wellness Open/ Overall	6.40
Ms Sports Model Novice	6.50
Men's Fitness Under 23	7.00
Ms Sports Model Momma	7.10
Men's Fitness 40+	7.20
Ms Sports Model 40+	7.30
Ms Sports Model Under 23	7.40
Ms Sports Model 30+	7.50
Men's Fitness 30+	8.00
Ms Sports Model Open / Overall	8.10
Men's Fitness Open / Overall	8.20
PRO DIVISIONS CHECK IN 7:30pm	
Ms Fitness Model Pro	9.00
Men's Physique Pro	9.10
Ms Sports Model Pro	9.20
Men's Fitness Model Pro	9.30

NOTE: These times will definitely change once we finalise the final run schedule

IMPORTANT INFORMATION

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.

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
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

Men's Fitness & Classic Physique Trunks



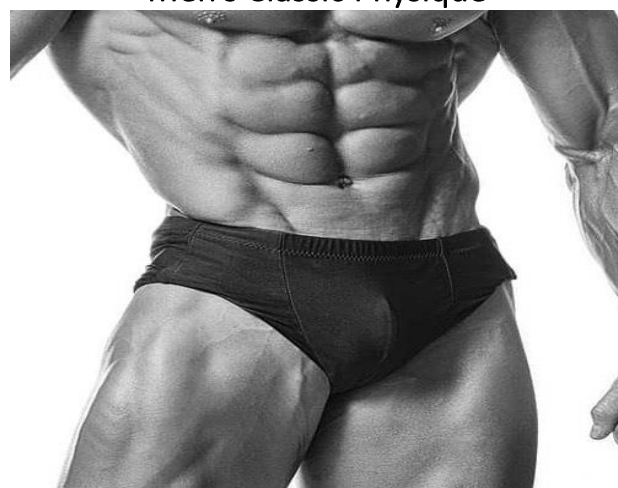
\$30.00

Ms Sports Model Outfits



\$35.00

Men's Classic Physique



\$30.00

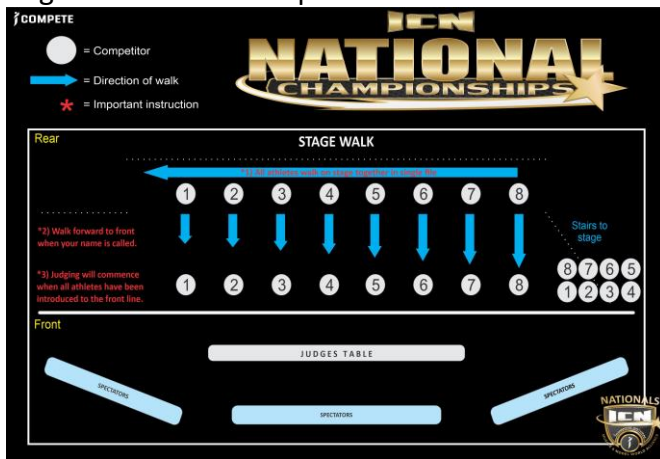
Outfits must be purchased Prior to your show or on the day at registration.

Pre-Purchase: www.icnnsw.com.au

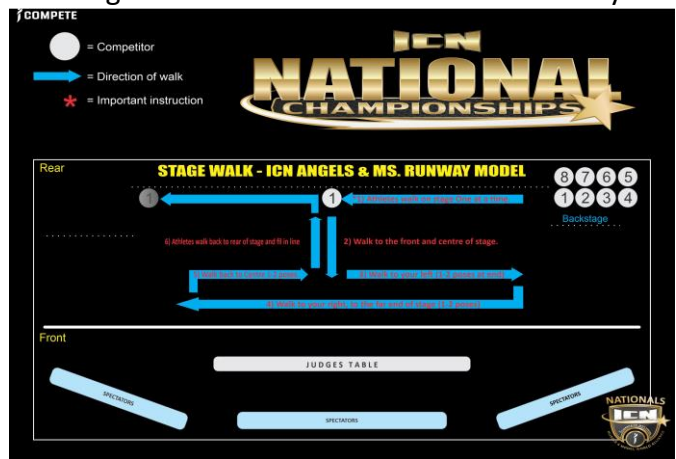
Free Delivery

ICN NSW STAGE WALK

Stage walks for all Competitors



Stage Walks for Ms Swimsuit & Ms Runway



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 Quote ICN1821 for 10% discount off the flexible rate of the day

- Credit Card details are required to secure the reservation
- Payment upon arrival as well as a pre-authorization of \$50 for any extras (n.b 1.3% surcharge applies on all credit card payments)
- Upon arrival guests are required to provide their valid ID, credit card, and fill in a covid declaration form
- Maximum in a room is two adults (and 2 children under the age of 16, using existing bedding) Due to Covid restrictions
- 24hr cancellation policy

CONTACT & LOCATION

Novotel Sydney, West HQ

33 Railway Street NSW 2766 Australia

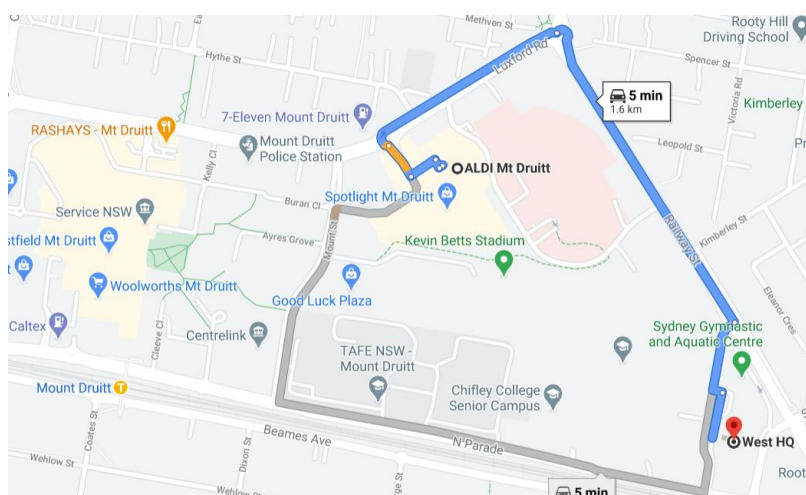
Phone: +61 2 9832 3888

Email: reservations@novotelwesthq.com.au

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

Shopping centres are only a 5min drive or bus trip, or if you want to do some last-minute cardio it takes about 20mins to walk from the venue hotel.

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 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.