



www.icnnsw.com.au

Event Information

Event Date	SATURDAY 31 st October 2020
Entries Close	Tuesday 20 th October 2020, Midnight
Event Time	<p>Show 1: 9am (Check in 8:00-8:30am) Ms. Figure & Men's Bodybuilding</p> <p>Show 2: 12pm (Check in 11:00-11:30am) Ms. Bikini Model, Men's Classic Physique, Ms. Swimsuit Model</p> <p>Show 3: 3pm (Check in 2:00-2:30pm) Ms. Fitness Model, Men's Fitness Model</p> <p>Show 4: 5:30pm (Check in 4:30-5:00pm) Ms. Sports Model, Men's Physique</p> <p>**You can only check-in at your allocated timeslot.</p>
Entry Fee	<p>\$200 Includes first division (Entry Fees are paid on day at check in) \$75 for each additional division. (Max of 5 divisions in total)</p>
Individual Photo's	<p>Visual Lab Productions (formerly i3 Square) are offering competitors individual stage photos. You will receive images of you on stage. These are close up images from different angles. Your first division is \$70 all extra divisions are \$20 each. Visual Lab Productions will also offer professional backstage studio photo shoots for \$70. Once you confirm your entry book online: https://www.visuallab.com.au Find us on Instagram @visuallab_ig</p>
Video	<p>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.</p>
Venue	<p>West HQ 33 Railway St, Rooty Hill NSW 2766 https://goo.gl/maps/nC2kkB96DHFu7Deu7</p>
Spectator tickets	<p>Pre-Purchase www.icnnsw.com.au No ticket sales at the door All Children must pay entry (Backstage helpers must purchase a ticket)</p>
All Inquires	<p>email: nsw@icompetenatural.com, Phone: 0402 999 905</p>

How to Enter

I compete straight-to-stage technology that allows you to enter and manage your entry via your personal membership portal. Log into ICompete www.icompetenatural.com from any device and go to MY ENTRY. It only takes moments to join/renew enter or change your personal details.

ICOMPETE NATURAL is a paperless and digital organization. You will absolutely love the speed, control and convenience of entering an event. Welcome to the future.

1. Go to <http://www.icompetenatural.com> and register to become a **Premium member**.
2. Login to ICompete using login details emailed to you upon becoming a member.
3. Use the step by step process on <http://www.icompetenatural.com> to enter any event.

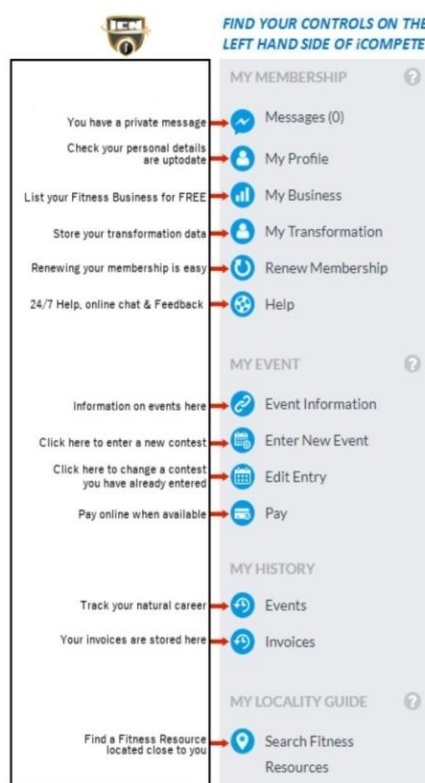
Below is an example on how to become a Member

Membership

To enter a contest, you must be a financial member (now called a PREMIUM Member and costs AUD\$150). Note to those joining to compete for the first time, when you go to www.icompetenatural.com, please complete the details in the “Sign in” section. You will then login. Once inside the new iCompete, all function controls run down the Left Hand of the site. Click on UPGRADE TO PREMIUM red button and complete your profile information and save.

Easy Steps

- 1) Sign up to www.icompetenatural.com
- 2) Upgrade to a Premium Membership
- 3) Complete you Profile accurately (gender, and height will be used for division selections later so make sure it is accurate)
- 4) Click “Enter New Event” and follow the prompts to complete your entry.
- 5) Payment for your contest will be done as specified in “Pay”



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 on event day. 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 children, we may split the division by time since birth of last child, as in less than 2 years, 2-5 year's, 5+ years at the discretion of the promoter. This would only happen if line ups, we very large.

Age Groups

There are many age divisions a promoter may offer **Under 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 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 City 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 group & Rookie divisions that a competitor might not be eligible to enter into at their next event.

Ms. Fitness Models

Are allowed to crossover into Ms Sport's model, Ms Figure, Runway, Angels & Swimwear divisions only, But not into the Ms Bikini Divisions.

Ms. Sports Models

Are allowed to crossover into Ms. Fitness Model, Ms Figure, Runway, Angels & Swimwear divisions only, But Not into the Ms. Bikini Divisions.

ICN Sports model outfits are compulsory to wear and will be supplied free at registration.

Ms. Bikini Model

Are allowed to crossover into Runway, Angels & Swimwear divisions only Not Fitness or Sports Model divisions or Figure.

Ms. Figure

Are allowed to crossover into Runway, Angels, Swimwear, Ms Sports Model, Ms Fitness Model Divisions.

All female competitors are allowed to enter Angels, Ms. Runway Ms. Swimsuit Model divisions.

Angels, Runway and Swimwear Divisions are not available at all ICN events. Please check Run Schedule for divisions Available.

Men's Fitness

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

ICN Men's Fitness shorts are compulsory to wear and will be supplied free at registration.

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 to be worn just above the knees.

Men's Classic Physique

Are allowed to crossover into one other Men's Category.

ICN Men's Classic Physique Shorts are compulsory to wear and will be supplied free at registration.

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.icnns.com.au

<p>Check in 8:00-8:30am Show 1 Starts 9.00am</p>	<p>Check in 2.00-2:30pm Show 3 Starts 3:00pm</p>
<p>MS FIGURE Ms Figure First Timers Ms Figure Rookie Ms Figure Novice Ms Figure 30+ Ms Figure 40+ Ms Classic Figure Ms Figure Open</p> <p>MEN'S BODYBUILDING Men's Bodybuilding First Timers Men's Bodybuilding Rookie Men's Bodybuilding Novice Men's Bodybuilding 23 Men's Bodybuilding 30+ Men's Bodybuilding 40+ Men's Bodybuilding Open</p>	<p>MS FITNESS MODEL Ms Fitness Model First Timers Ms Fitness Model Rookie Ms Fitness Model Novice Ms Fitness Model Momma Ms Fitness Model 30+ Ms Fitness Model 40+ Ms Fitness Model Open</p> <p>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</p>
<p>Check in 11:00-11:30am Show 2 Starts 12.00pm</p>	<p>Check in 4:30-5:00pm Show 4 Starts 5.30pm</p>
<p>MS BIKINI MODEL Ms Bikini First Timers Ms Bikini Rookie Ms Bikini Novice Ms Bikini Momma Ms Bikini Under 23 Ms Bikini 30+ Ms Bikini 40+ Ms Bikini Open</p> <p>MS SWIMSUIT MODEL</p> <p>MEN'S CLASSIC PHYSIQUE Men's Classic Physique First Timer Men's Classic Physique Rookie Men's Classic Physique Novice Men's Classic Physique Open</p>	<p>MS SPORTS MODEL Ms Sports Model First Timer Ms Sports Model Rookie Ms Sports Model Novice Ms Sports Model Momma Ms Sports Model Under 23 Ms Sports Model 30+ Ms Sports Model 40+ Ms Sports Model Open</p> <p>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 Fitness 40+ Men's Physique Open</p>
<p>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.</p>	

Estimated Running Times

We do not run the event according to times! We can only run the event as we can 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 for friends to watch you, always suggest they come 30 minutes prior to your estimated stage time.

ICN NSW STATE CHAMPIONSHIPS EVENT SCHEDULE 2020

This is only an estimated Run Schedule.

Session 1	Est Time	Session 3	
Ms Figure First Timers	9.00	Ms Fitness Model First Timers	3.00
Men's Bodybuilding First Timers	9.10	Men's Fitness First Timers	3.10
Men's Bodybuilding Rookie	9.20	Ms Fitness Model Rookie	3.20
Ms Figure Rookie	9.30	Men's Fitness Rookie	3.30
Ms Figure 30+	9.40	Ms Fitness Model Novice	3.40
Men's Bodybuilding Novice	9.50	Men's Fitness Novice	3.50
Ms Figure Novice	10.00	Ms Fitness Model 30+	4.10
Men's Bodybuilding 23	10.10	Men's Fitness 30+	4.20
Ms Figure 50+	10.20	Ms Fitness Model 40+	4.20
Men's Bodybuilding 50+	10.30	Men's Fitness 40+	4.30
Ms Figure 40+	10.40	Ms Fitness Model Momma	4.40
Men's Bodybuilding 40+	10.50	Men's Fitness Open	4.50
Ms Classic Figure Open	11.00	Ms Fitness Model Open Class 1	5.00
Men's Bodybuilding Open Class 1	11.10	Ms Fitness Model Open Class 2	5.10
Men's Bodybuilding Open Class 2	11.20	Ms Fitness Model Open Class 3	
Ms Figure Open	11.30		
Session 2		Session 4	
Ms Bikini First Timers	12.00	Men's Physique First Timers	5.20
Men's Classic Physique First Timer	12.10	Ms Sports Model First Timer	5.30
Ms Bikini Rookie Class 1	12.20	Men's Physique Rookie	5.40
Ms Bikini Rookie Class 2	12.30	Ms Sports Model Rookie	5.50
Men's Classic Physique Rookie	12.40	Ms Sports Model 23	6.00
Ms Bikini Novice Class 1	12.50	Men's Physique 23	6.10
Ms Bikini Novice Class 2	1.00	Ms Sports Model Novice	6.20
Ms Bikini 30+	1.10	Men's Physique Novice	6.30
Men's Classic Physique Novice	1.20	Ms Sports Model 30+	6.40
Ms Bikini Momma	1.30	Men's Physique 30+	6.50
Ms Bikini 23	1.40	Ms Sports Model 40+	7.00
Ms Bikini 40+	1.50	Ms Sports Model Momma	7.10
Ms Bikini Open Class 1	2.00	Men's Physique 40+	7.20
Ms Bikini Open Class 2	2.10	Ms Sports Model Open Class 1	7.30
Ms Bikini Open Class 3	2.20	Ms Sports Model Open Class 2	7.40
Men's Classic Physique Open	2.30	Men's Physique Open Class 1	7.50
Ms Swimsuit Model	2.40	Men's Physique Open Class 2	8.00

THIS IS ONLY A DRAFT RUNNING ORDER

A final running order will be sent out once entries close.

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



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

ICN 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 or Leigh at Skinz HQ on 0432 902 369

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 Tables backstage at this event.

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 2 weeks of the event date.

You will receive a minimum of 20 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.

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.

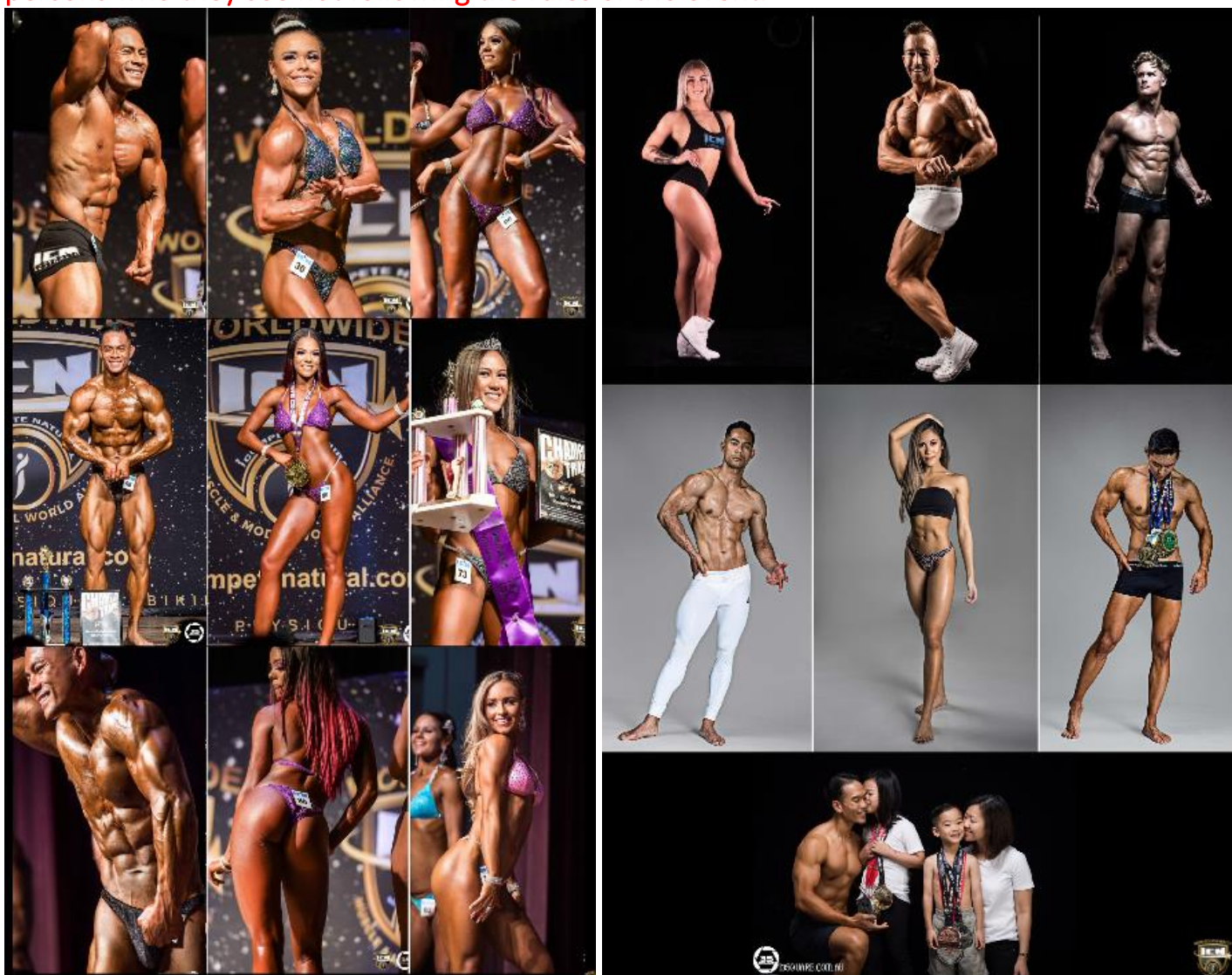
Your backstage images will be delivered within 2 weeks of the event.

Pre-Book backstage studio shoot images \$70.00

All pre-bookings can be made on the following link: <https://www.visuallab.com.au/icn-nsw-bookings>

For all inquiries contact the Visual Lab Productions team on: 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.



NSW STATE CHAMPIONSHIPS STAGE WALK



ACCOMMODATION

NOVOTEL SYDNEY WEST- 55 Sherbrooke St, Rooty Hill NSW

A 12-minute walk from Rooty Hill train station, this modern hotel in Sydney's western suburbs is also 3 km from Blacktown International Sports park and 6 km from Featherdale Wildlife Park zoo.

Streamlined rooms with mood-lit headboards provide Wi-Fi and flat-screen TVs, as well as tea and coffeemaking facilities. Upgraded rooms add sitting areas with sofas, while suites have kitchenettes. An apartment offers a living room, a balcony and a sofabed. Room service is available.

Parking is available. A vibrant restaurant serves regional fare, and features a terrace and a trendy bar. There's also a fitness room, a business centre and event space.

