



NORTH COAST CLASSIC 2025

SUNDAY
4TH MAY 2025



VISUAL LAB
PRODUCTIONS



CLUBFITGYM



NEX, 309 KING ST, NEWCASTLE WEST 2302

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ICN NSW

EVENT

INFORMATION

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ESSENTIAL EVENT INFORMATION

DATE	Sunday 4th May, 2025
EVENT START	9:00am
VENUE	Nex, 309 King St, Newcastle West 2302 https://goo.gl/maps/R5QLANUpPMAJs33x8
ENTRIES CLOSE	TUESDAY, 29th April 2025
ENTRY & DIVISION FEE	Competition Entry Fee: \$200 (Includes first division) Additional Divisions: \$90 each (Rules apply, see: "Conditions and Rules" pg.4)
SPECTATOR TICKETS	Ticket Cost \$50.00 Children 12yrs & under enter FREE (Backstage helpers MUST purchase a Ticket) Purchase at - www.theedge.com.au/icn-nsw/
CONTACT	Email: nsw@icompetenatural.com Phone: 0402 999 905
Competition Video	All Competitors will be able to view stage footage of the event courtesy of ICN NSW via the ICN NSW Youtube page.

ESSENTIAL EVENT INFORMATION

ICN AUSTRALIA 2025 NATIONAL CHAMPIONSHIPS & PRO SHOW
31st May - 1st June Perth Convention and Exhibition Centre

For more info DM the ICN WA Team or email
ryan.fredericks@icompetenatural.com

For the FIRST TIME in Australian Natural Bodybuilding HISTORY - The pinnacle of natural bodybuilding in Australia's Season A calendar will be hosted by ICN WA in PERTH, Western Australia.

Compete at the NORTH COAST CLASSIC to Qualify

TEAM NSW - \$15,000 in travel sponsorships will be awarded to travel to the Nationals in WA.



HOW TO ENTER EVENT & PAYMENT

How to Enter Event

1. Join as a FREE member of icompetenatural (ICN) www.icompetenatural.com
2. Join/Become a Premium Member to register yourself as an ICN ATHELTE (Make sure your member details are accurate)
3. Once a premium member you can enter Events/Shows. Go to “Enter New Event” on left hand side of the Home-screen (when menu is opened)
4. Click drop down list titled “Select Domestic Event” Scroll down to – 2025 NORTH COAST CLASSIC Enter the divisions you’d like to enter
5. Press Submit to finish entry into the show

Event Entry Payment

ALL Event Entry and Division Fees are to be paid at Athlete check-in on the date of the show.

Payments are to be made in cash. To help with the smooth running of check-in we ask that you please provide your entry fees as shown below.



JOHN SMITH	
Bodybuilding 1st Timer	\$200
Bodybuilding Novice	\$90
Bodybuilding Open	\$90
....	...
TOTAL	\$380

DIVISIONS: DESCRIPTIONS & ELIGIBILITY 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

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

Mumma

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 23, 30+, 40+, 50+, 60+.

23 division takes your age on the 1st of Jan and all other divisions is your age on the day of competition. Check website for more details

Open Classes

Open is the highest level of any 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 to support 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 Awarding 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 AND CROSSOVER RULES

Competitors are allowed to compete in a maximum of 8 divisions.

Ms. Fitness Model

Are allowed to crossover into Ms Sport's model, Ms Classic Figure, Swimsuit divisions only.

Ms. Sports Model

Are allowed to crossover into Ms. Fitness Model, Ms Wellness, Ms Classic Figure & Swimsuit divisions only. ICN Sports model outfits are compulsory. You must purchase them prior to your event at 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 for fit and do your posing practise in.

Ms. Bikini Model

Are allowed to crossover into Ms Wellness & Swimsuit divisions only.

Ms Wellness

Are allowed to crossover into Ms Sports Model, Ms Bikini, Ms Classic Figure & Swimsuits Divisions Only

Ms. Figure

Are allowed to crossover into Ms Classic Figure

Men's Fitness

Are allowed to crossover into the Men's Classic Physique only. ICN Men's Fitness Shorts are compulsory. You must purchase them prior to your event at 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 for fit and do your posing practise in.

Men's Physique

Are allowed to crossover into the Men's Classic Physique only. Attire is; any type of Board Shorts (length to just above knees).

Men's Classic Physique

Are allowed to crossover into one of any of the other Men's Categories. ICN Men's Classic Physique Trunks are compulsory. You must purchase them prior to your event at 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 for fit and do your posing practise in.

Men's Bodybuilding

Are allowed to crossover into the Men's Classic Physique only.

NORTH COAST CLASSIC

ESTIMATED EVENT SCHEDULE (RUNNING ORDER)

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.

North Coast Classic 2025

This is not a Final Run schedule. We will send a final schedule once entries close.

Competitor Check-in 8:00am	
Divisions	Est. Time
Ms Figure First Timers	9.00
Men's Bodybuilding First Timers	
Ms Figure Rookie	
Men's Bodybuilding Rookie	
Ms Figure Novice	
Men's Bodybuilding Novice	
Ms Figure 50+	
Ms Figure 40+	
Men's Bodybuilding 50+	
Ms Classic Figure	
Men's Bodybuilding 40+	
Ms Swimsuit First Timers	
Men's Bodybuilding Under 23	
Ms Swimsuit Rookie	
Ms Figure 30+	
Ms Swimsuit Novice	
Men's Bodybuilding 30+	
Ms Swimsuit Model Open	
Ms Figure Open	
Men's Bodybuilding Overall	
Competitor Check-in TBC	
Ms Bikini First Timers	
Men's Classic Physique First Timers	
Ms Bikini Rookie	
Men's Classic Physique Rookie	
Ms Bikini Novice	
Men's Classic Physique Novice	
Ms Bikini 40+	
Men's Classic Physique 40+	
Ms Bikini Momma	
Men's Classic Physique 30+	
Ms Bikini 30+	
Men's Classic Physique Under 23	
Ms Bikini Under 23	
Men's Classic Physique / Open Overall	
Ms Bikini Open / Overall	

Competitor Check-in TBC	
Divisions	Est. Time
Ms Fitness Model First Timers	
Men's Physique First Timers	
Ms Fitness Model Rookie	
Men's Physique Rookie	
Ms Wellness First Timers	
Ms Fitness Model Novice	
Men's Physique Novice	
Ms Wellness Rookie	
Men's Physique 40+	
Ms Fitness Model 40+	
Men's Physique 30+	
Ms Wellness Novice	
Ms Fitness Model Momma	
Men's Physique Under 23	
Ms Fitness Model Under 23	
Ms Fitness Model 30+	
Ms Wellness Open/ Overall	
Ms Fitness Model Open / Overall	
Men's Physique Open Overall	
Competitor Check-in TBC	
Men's Fitness First Timers	
Ms Sports Model First Timers	
Men's Fitness Rookie	
Ms Sports Model Rookie	
Men's Fitness Novice	
Ms Sports Model Novice	
Men's Fitness 40+	
Ms Sports Model 40+	
Men's Fitness 30+	
Ms Sports Model 30+	
Men's Fitness Under 23	
Ms Sports Model Under 23	
Ms Sports Model Momma	
Ms Sports Model Open / Overall	
Men's Fitness Open / Overall	

STAGE WEAR
BIKINIS/TRUNKS

ICN STAGE OUTFITS

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

Pre-Purchase: www.icnns.com.au Free Delivery

MEN'S FITNESS ANS CLASSIC PHYSIQUE TRUNKS

\$35.00 each



MS SPORTS MODEL OUTFITS

\$45.00



ICN NSW RULES AND WHAT TO BRING

ICN NSW RULES AND ETTIQUETTE

- Cream Based tans (Dream Tan etc) are 100% banned.
- Athletes will be requested to have tans of that type removed before entering the venue and stepping on stage which you will risk missing your divisions.
- Thongs (or similar) must be worn at all times backstage until you go on stage.
- Competitors must wear clean clothes without tan before sitting on the furniture at the venue.
- **ATTIRE AND CLOTHING**
 1. Competitors must bring a towel (or similar) to stand on when they are applying any GLAZE/SHIMMER/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.

WHAT TO BRING

- ☐ You're posing outfit(s) (A spare outfit if possible)
- ☐ 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.

SHOW INFORMATION: ICN NSW STAGE WALKS

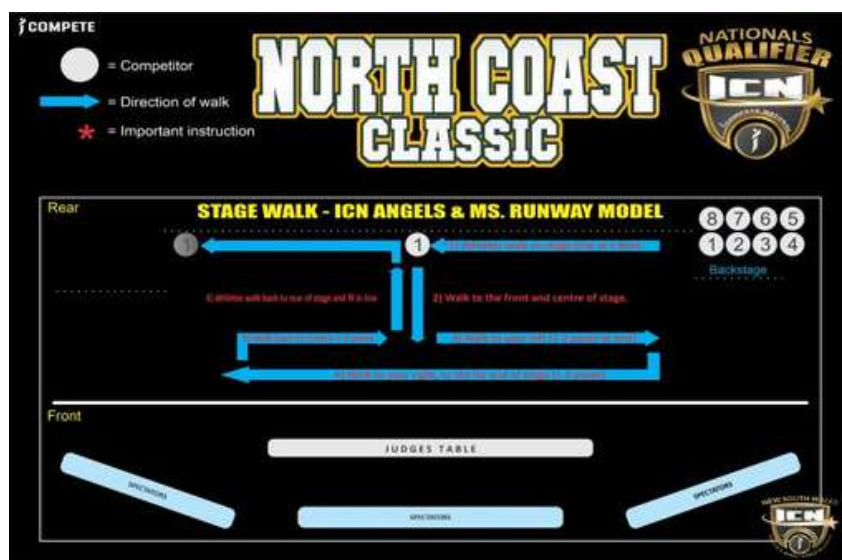
ICN NSW STAGE WALK

Stage Walk for all competitors



ICN NSW STAGE WALK

Stage Walks for Ms Swimsuit



EVENT CAMERA POLICY DRUG TESTING

Event Camera Policy We DO NOT Permit

Any cameras other than mobile phone cameras and no additional attachments within the - theatre and designated tanning/MUA zones.

This includes: lens'; tripods; Selfie Sticks or any photographic carry/cradle devices/accessories.

We reserve the right to ask an athlete or any person in attendance to delete any footage found to be in breach of the camera and recording policy.

We DO Permit

Media and photography to be taken in any areas outside of the theatre and within backstage/pump-up areas.

DRUG TESTING & SUPPLEMENT WARNING

You THE ATHLETE are responsible

Drug testing performance enhancing substances at iCompeteNatural events is conducted via WADA standard urine analysis at international labs. For further and more comprehensive information see: [ICN ANTI-DRUG POLICY](#)

When selected for drug testing you are required to listen to the instructions of the Testing official and read all paper work carefully. Follow the official to the test area (located in another area of the venue). Let the official know if you are competing again soon, they will let you prepare and compete in your next event and complete your selected testing at the end of your days competition

KEY BOOKINGS:

HAIR/TAN/MAKE-UP, MEDIA PACKS

Our event partners are dedicated to make sure the extra components of your experience are seamless with your experience with ICN NSW. It is NEVER too early to book these services to make sure your prep is stress free.

HAIR, TAN & MAKE-UP

The Official HMUA Team for ICN NSW Events is [Skins Stage Team](#)



skinzst.com

MEDIA PACKS - PHOTOS, REELS AND VIDEO

The Official Media Team For ICN NSW Events is [Visual Lab](#)



visuallab.com.au