

MELBOURNE

Muscle & Model

NATURAL CHAMPIONSHIPS

PLEASE
RETAIN FOR
YOUR
INFORMATION

Subject to
updates. This
version current
as at

15/02/2024

DATE:	Sunday 19th May 2024
CONTEST TIME:	Show starts at 10AM
ENTRY PACKAGE:	\$249 includes Entry & ICN Competitor Gift
ADDITIONAL:	To enter additional divisions is only \$99 per division
ENTRIES CLOSE:	Midnight Tuesday 14th May
PHOTOS:	On Stage @12 photographs of <u>each</u> division are \$49 Onsite Studio. 10 hi-resolution studio images for \$75
PAYMENT DUE:	Pay in iCompete between Midnight 12 -14 th May with a credit or debit card or PayPal. Or at Check-in on Contest Day (cash preferred)
VENUE:	Catholic Regional College Performing Arts Centre, 10 College St Caroline Springs.
PROMOTER:	Tony Lanciano, Australian President
CONTACT:	0402 555 505
TICKETS:	General Entry \$50. 'Cash Preferred' due to internet limitations for card transactions High School Students \$25. Primary Students & younger are FREE.

TICKET PURCHASES Available from the Ticketing Table on Contest Day from 9.30AM.

General Admission \$50. High School children \$25 and Primary School & younger are Free. Tickets only available on the Contest Day itself at the Door. Onsite car parking is free. Limited card facilities are available.

- * *We allow the competitor's trainer or helper to go backstage with them without needing passes. However, everyone must purchase a general admission ticket.*

MELBOURNE MUSCLE & MODEL CLASSIC HIGHLIGHTS

- + Awards Trophy for Overall Winners
- + Achievement Medallions
- + No Registration Day to attend
- + SportsModels outfits supplied FREE
- + Men's Fitness shorts supplied FREE
- + Men's Classic Physique shorts supplied FREE
- + Competitors may enter multiple divisions
- + Free car parking.
- + Big Qualifying event! Last chance to qualify and compete next weekend in Korea at the ICN Natural Universe.



VENUE: Catholic Regional College Performing Arts Centre, 10 College St Caroline Springs

Welcome to our modern, newly completed state of the art CRC Performing Arts Centre. Spectators will enjoy theatre seating, climate control comfort, professional sound and lighting system. FREE onsite parking or ample street parking. Competitors have a basketball-sized backstage area to prep before marshalls escort your division to a mirrored posing room prior to competing on stage!



CHECK-IN – 60 minutes prior to your estimated stage time.

iCompete greatly simplified the effort required to compete. Enter and manage your contest via your Membership portal on any device and arrive 60 minutes before your Estimated Stage Time. When you arrive on contest day, go to the backstage area and check-in and collect your competitor gifts before going on stage. Stress-free and easy!

AMAZING TOP 5 MEDALS



ICN COMPETITOR ACHIEVEMENT MEDALS (Equal 6th Placings)

iCompete Victoria believes competitors who take up the challenge of competing but do not place in the Top 5 have often achieved as much as those placing higher. As such, we produce an Achievement Medal as striking as our Top 5 awards to recognise the remarkable achievement to make it through all the challenges and preparation to step onto the contest stage. Our sport is also a unique journey. The road to the podium may take many attempts, and during each, a competitor is constantly achieving remarkable things, evolving as an individual, learning and growing. The Achievement Medals represent these many tests, trials and achievements, which all contribute to success further down the path both in sport and personally.



(L)
Front of
Achievement
medals

(R)
Back of Medal

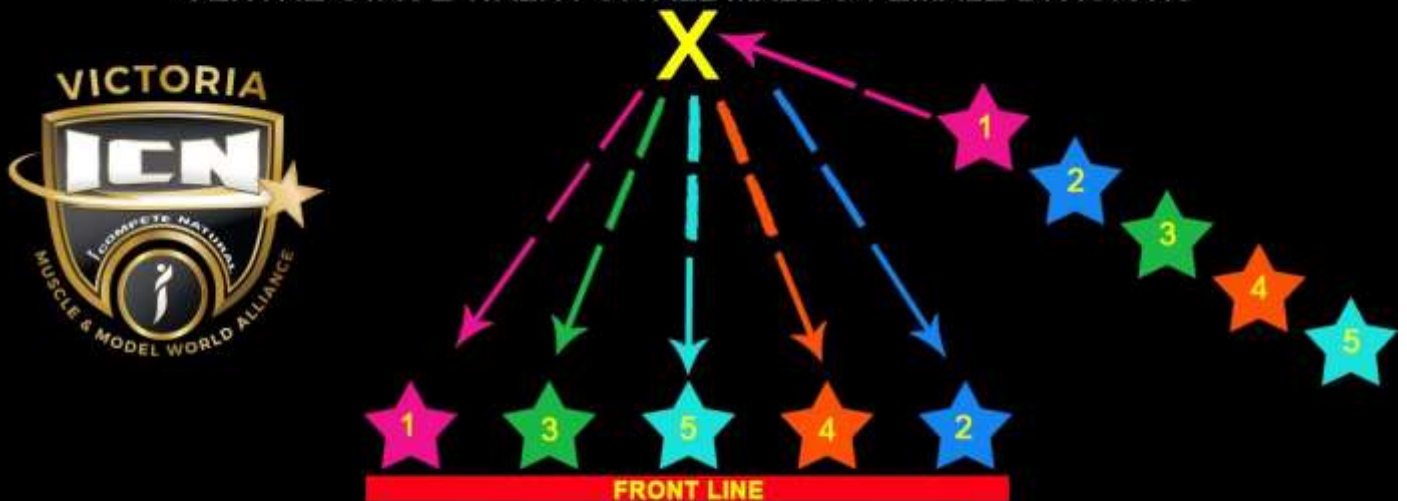


MELBOURNE OVERALL CHAMPIONS

Overall winners will receive the ICN Victorian Overall Champion Trophy with their specific division.



CENTRE STAGE WALK FOR ALL MALE & FEMALE DIVISIONS



*As competitors are introduced from side stage please walk to the back centre stage marked X and hit 1 pose only

*Next walk to the front line each competitor alternating sides and hit 2 poses of your choice.

*Centre stage is always clear to allow a competitor to add their own creativity and style as they walk to the front line.

*Once all competitors are on the front line formal judging will begin.

*Keep the walk flowing - Do not curtsy - Work with your posing coach to showcase your physique to highlight all your strengths

MELBOURNE

MUSCLE & MODEL CHAMPIONSHIPS



Sunday 19th May 2024

CRC Performing Arts Centre - 10 College St Caroline Springs

TICKETS \$50 HIGH SCHOOL \$25 KIDS U12 FREE

TICKETS ONLY AVAILABLE AT THE DOOR

10:00 Mens Bodybuilding First Timer	2:00 FitnessModel Mamma
10:10 Mens Bodybuilding 23	2:10 FitnessModel Rookie
10:20 Mens Bodybuilding Novice	2:20 FitnessModel Novice
10:30 Men's Bodybuilding Open	2:30 FitnessModel Open
10:40 Classic Physique First Timer	2:40 Swimsuit Model
10:50 ClassicPhysique Rookie	2:50 SportsModel First Timer
11:00 ClassicPhysique Novice	3:00 SportsModel 40
11:10 Classic Physique Open	3:10 SportsModel 30
11:20 Mens Physique First Timer	3:20 SportsModel 23
11:30 Mens Physique Rookie	3:30 SportsModel Mamma
11:40 Mens Physique Novice	3:40 SportsModel Rookie
11:50 Mens Physique u70kg	3:50 SportsModel Novice
12:00 Mens Physique 70kg +	4:00 SportsModel Open
12:10 Mens Physique Open	4:10 BikiniModel First Timer
12:20 Mens Fitness First Timer	4:20 BikiniModel 40
12:30 Mens Fitness 23	4:30 BikiniModel 30
12:40 Mens Fitness Rookie	4:40 BikiniModel 23
12:50 Mens Fitness Novice	4:50 BikiniModel Mamma
1:00 Mens Fitness Open	5:00 BikiniModel Rookie
1:20 Ms. Figure Open	5:10 BikiniModel Novice
1:30 FitnessModel First Timer	5:20 BikiniModel Open
1:40 FitnessModel 23	5:30 Ms Gym Model
1:50 FitnessModel 30+	

These are only Approximate Stage Times

Please tell family & friends to get there at least an 1 hour beforehand



LIVE RESULTS & PHOTOS
ICN VICTORIA



BACKSTAGE

A significant benefit of our backstage area is the size. There is no restriction on how many people can help you get ready, and after competing, they can return backstage with you for photos against our ICN backdrops. Bring your own pump-up accessories if needed.

Competing at this venue has 7 compulsory conditions:

- 1 **Do not oil** by hand or spray in the side holding area before going on stage. A slippery floor is hazardous for everyone.
- 2 Competitors must bring a **towel (or similar) to stand** on when applying any tan/oil backstage.
- 3 Always **wear sandals** (or similar) backstage until you go on stage.
- 4 Competitors must be **fully clothed before sitting on chairs** in the venue.
- 5 Do not touch or lean on WALLS. If you accidentally do please **wipe off tan marks with baby wipes** or similar to remove all traces.
- 6 **Do not sit directly on the toilets seat** if you are tanned.
- 7 Do not touch the black drapes and curtains in the stage area.

DRUG TESTING & SUPPLEMENT WARNING

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 supplements 3 days before 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-workout supplements. When selected for drug testing, please follow the official to the testing area and let the official know if you are competing again soon; we will let you prepare and compete first.

COMPETITOR'S PHOTOGRAPHS

Onstage Photos: You receive all the photographs taken of you and your division for \$49. You can edit and print all the pictures. A link to your photos is emailed @ 2 weeks after the event.

Backstage Studio Photos: A Backstage Studio will be created providing you 10 high resolution studio images \$75. A link to download your Pics usually arrives 1 week after the event. Our popular Backstage Studio Photography is supplied by Key Light Images (Warwick Marcakis Photography). You are entitled to ten (10) high resolutions studio images and that can include with family and friends, trophies won, favourite poses and in different outfits. To register you simply tick the Studio Images box as part of your online registration. If you forget to tick the box then you can pay and book when you register on comp day. You will be sent emails prior to your event explaining the full process and you can also pick up a brochure on your comp day, which contains all the information you need to know. If you have any questions you can contact Warwick directly on 0414447399 or marcakisw@gmail.com

SPORTSMODELS OUTFITS, AND MENS FITNESS SHORTS AND CLASSIC PHYSIQUE SHORTS SUPPLIED FOR COMPETITORS.

Collect at Check-in table on the day.



Tan Out Of Tan 0403 692 448
LSR 0433 560 054
CW 0402 632 563
Tans By Tanna 0458 009 668

Ms Gym Model

Ms Gym Model division is a second option for bikini-level competitors, wearing Gym Fashion. As a new division, Gym Model Attire will be open for competitors to decide what style and colour they wear. We are looking for muscularity on the smaller side, while carrying just enough bodyfat to avoid muscle separation. Nice toned body with a flat midsection. A Gym Model should deliver a combination of overall beauty and the physical appeal of a shapely toned body. Very important is striking (fitness) fashion poses together with stage presence and self-confidence.

Gym Model Attire

1. Open choice. You may wear two-piece, one-piece, with short legs or long.
2. White runners (optional with socks).
3. No jewellery.



Stage Presentation and Posing

Athletes will come onstage together and perform their posing as a group. Note: *In any ICN event the presentation of a division may vary and you could be asked perform your 360 degree transition/posing routine, individually.*

- A. Competitors start in any stage pose/position, called their 'signature pose'
- B. Judging will start with competitors asked to "transition" to their first quarter turn pose (angled towards the right-hand of stage).
- C. During the 90 degree transition between poses, athletes can perform additionally poses to accentuate their stage presence and physique.
- D. When striking your quarter turn pose, it should be a static fashion pose with your face or face profile (side) in view for the judges. TIP: *If you hear the Head Judge say "strike" stop any transition pose and hit your static pose.*
- E. Head Judge will ask you to transition to the next quarter tune (body pointing to the rear of stage), followed by the next quarter turn to the right (body towards the left side of stage) and finally facing the judges and striking your front pose. When you hear the Head Judge ask you to 'relax' you can return to your signature pose.

Judging Points

1. Gym Models will accentuate their shape, symmetry and toned condition, not muscular.
2. Presence, like a fashion model, is the cornerstone of GymModel. Lots of energy, confidence, boldness and sass.
3. Posing is the key. A Gym Model will reveal their true beauty through their posing.
4. Hair and Gym wear to showcase their natural beauty and immaculate physical presentation

Posing Guidelines

As a 'fashion model' division you are allowed a lot of freedom during the presentation/judging to create posing your best poses. Following are some sample photos of poses you might use during your transition and actual static pose.

Side Pose Examples:



Rear Pose Examples:



Front Pose Examples:



ICN DEFINITION OF DIVISIONS:

First Timer

First Timer means you have never competed before in any federation.

First Timer means this is your first contest.

However you can enter multiple divisions on the day of your first contest.

Note: First Timer does not mean this is your first time in the division - so do not enter a First Timer division if you have competed previously.

Rookie

Rookie is your first year of competing in that specific division.

This means enter any division for the first time between January 1 and June 30 (Season A) and your Rookie status in that division continues until December 31 (Rookie for Season A and B) Or enter after July 1 (season B) and you are a Rookie in that division until June 30 the following year. (Rookie for Season B and A))

Exception - The Rising Star and Rookie of the Year show is not a 'standard' event and its unique divisions and definitions to protect new and inexperienced competitors will remain unchanged.

Novice

Entry is eligible to competitors who have not won (placed first) in a Novice or Open Division includes Height Classes in that specific division.

Open

Open is the highest level of any particular Division where the best of the best is determined.

Height Class

Simply divide equally by number of entries according to height