

Subject to updates. This version was updated on 12/02/2024.



Novice Rising Star Rookie of the Year

iCompete *Straight-to-Stage* Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompetenatural.com from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details. NOTE: ICOMPETE NATURAL is a paperless and digital organisation. You will absolutely love the speed, control and convenience of entering vents via iCompete! Welcome to the future!

- DATE:** Sunday 7th April 2024
CONTEST TIME: Show starts at 11am
ENTRY: \$249 includes Entry and ICN Headphones or Meal Bag.
ADDITIONAL: To enter additional divisions is only \$99 per division.
ENTRIES CLOSE: Midnight Tuesday 2nd April
PHOTOGRAPHS: On Stage photographs per division \$49 @ 12 images
Backstage Studio. 10 hi-resolution studio images for \$75
PAYMENT DUE: Pay via iCompete from 2–3 April Midnight (cards & PayPal)
or at Check-in on Contest Day (cash only)
VENUE: CRC Performing Arts Centre
10 College Street Caroline Springs
0402 555 505
CONTACT:
TICKETS: **Sold Only at the Door on the Day.** Adult Ticket \$50
High School Students \$25. Primary Students & Under FREE
PROMOTER: Tony Lanciano, ICN Australian President

TICKET PURCHASES

Available from the [Ticketing Table on Contest Day, Sunday 5th March 8.30AM onwards](#). General Admission \$50. High School children \$25. Primary School & under are free. Tickets only available on the Contest Day itself at the Door. Cash is preferred due to internet limitations for card transactions. Free car parking at the venue.

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

ICN RISING STAR & ROOKIE OF THE YEAR SHOW HIGHLIGHTS



- + No Registration Day to attend
- + SportsModels outfits supplied FREE
- + Men's Fitness shorts supplied FREE
- + Men's Classic Physique shorts supplied FREE
- + ICN FREE GIFT – Headphones or Meal Bag
- + Competitors may enter multiple divisions
- + Free Car parking.
- + Qualifier for Nationals Sydney
- + Qualifier for Team Australia to compete at the ICN Universe Seoul, Korea.
- + Qualifier for Australian Championships Melbourne

VENUE: CRC PERFORMING ARTS CENTRE

Welcome to our beautiful newly completed state of the art CRC Performing Arts Centre. Theatre seating & air-conditioned - professional sound and lighting - FREE onsite parking



ENTER THE CORRECT DIVISION:

RISING STAR: You are a first-time competitor in this division. You have never competed in this division in your life, ever (includes all federations).

ROOKIE: You have not competed in this division at more than 5 Shows, includes all federations.

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

When you arrive on contest day, go to the side-stage area and check-in, pay your entry fees (if not paid prior online) and collect your competitor number and gifts. Stress-free and easy!

AUSTRALIA **ICN** **RISING STAR** **ROOKIE OF THE YEAR** **VICTORIA** **ICN**

11am Sunday 7th April 2024
CRC Performing Arts Centre - 10 College St Caroline Springs
TICKETS \$50 HIGH SCHOOL \$25 KIDS U12 FREE
TICKETS ONLY AVAILABLE AT THE DOOR

11:00 Rising Star Men's Bodybuilding	2:00 Rising Star FitnessModel
11:10 Rookie Men's Bodybuilding	2:10 Rookie FitnessModel
11:20 Rising Star Men's Classic Physique	2:20 Rising Star Ms Wellness
11:30 Rookie Men's Classic Physique 30	2:30 Rookie Ms Wellness
11:40 Rookie Men's Classic Physique	2:40 Rising Star Swimsuit Model
11:50 Rising Star Men's Physique	2:50 Rookie Swimsuit Model
12:00 Rookie Men's Physique 40	3:00 Rising Star SportsModel
12:10 Rookie Men's Physique 30	3:10 Rookie SportsModel 40
12:20 Rookie Men's Physique 23	3:20 Rookie SportsModel 30
12:30 Rookie Men's Physique U70Kg	3:30 Rookie SportsModel 23
12:40 Rookie Men's Physique Over 70Kg	3:40 Rookie SportsModel Mamma
12:50 Rookie Men's Physique	3:50 Rookie SportsModel
1:00 Rising Star Men's Fitness	4:00 Rising Star BikiniModel
1:10 Rookie Men's Fitness 30	4:10 Rookie BikiniModel 40
1:20 Rookie Men's Fitness 23	4:20 Rookie BikiniModel 30
1:30 Rookie Men's Fitness	4:30 Rookie BikiniModel 23
1:40 Rookie Ms Figure	4:40 Rookie BikiniModel Mamma
1:50 TRANSFORMATION	4:50 Rookie BikiniModel
	5:00 Rising Star Gym Model

These are only Approximate Stage Times
Please tell family & friends to get there at least an 1 hour beforehand

LIVE RESULTS & PHOTOS
ICN VICTORIA

Follow us on **Instagram** Like us on **Facebook**

SHOW TIMES

PLEASE NOTE: At this event it is typical and expected we change the running order and times as not all division will receive entries while other divisions will need to be expanded into height classes. Treat this as a guide until you are updated by email in the final week. Ask anyone coming to watch you to be in the venue 1 hour prior to your estimated stage time to ensure they do not miss you.

COMPETE IN MULTIPLE DIVISIONS

You may enter any division that you are eligible for. You will see some divisions offered only Rookie Class; this is due to the small numbers of expected competitors. If divisions do not receive 3 or more competitors, the Rising Star and Rookie class may be amalgamated also. Likewise, if we receive a large number of competitors, we will create Height Classes in that division. Where you see Rookie division, this is where the major title and prizes for this division are given. If you would like a shot at these, even if you are a Rising Star, you need to enter the Rookie as an additional division.

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

Collect at Check-in table on the day.

COMPETITOR'S PHOTOGRAPHS

Onstage Photos: You receive all the photographs taken of you in the division for \$50 – you will receive @ 12 high quality professional edited images. 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

BACKSTAGE

Bring your own weights to pump up if required.

Competing has 6 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 columns backstage.
5. Do not sit directly on toilet seats.
6. Bring Baby Wipes to instantly remove any marks you make.

EMAIL BUDDY

We have added a new feature in iCompete, which allows any person you nominate to receive a copy of your contest email. That means your Trainer/Coach, Better Half, Parent, etc can get a copy. All they need to do is create a free iCompete membership which allows us to email them. You just need their free ICN membership number. Go to MY PROFILE, scroll down to Email Buddy and insert their membership number and SAVE.



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

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 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. When selected for drug testing please follow the official to the test area (located in another area of MVRC). Let the official know if you are competing again soon, we will let you prepare and compete first.

BAN ON PROFESSIONAL CAMERAS

Photography for the event has been contracted, and no other personnel will be allowed in the venue, and anything bigger than a mobile phone is banned. It is fine for family and friends to take photos and video on phones.

THE AMAZING RISING STAR & ROOKIE TOP 5 MEDALS!



ROOKIE OF THE YEAR - OVERALL CHAMPION

Every ROOKIE OF THE YEAR Overall winner will receive the ICN Golden Overall Champion Trophy with their specific division.

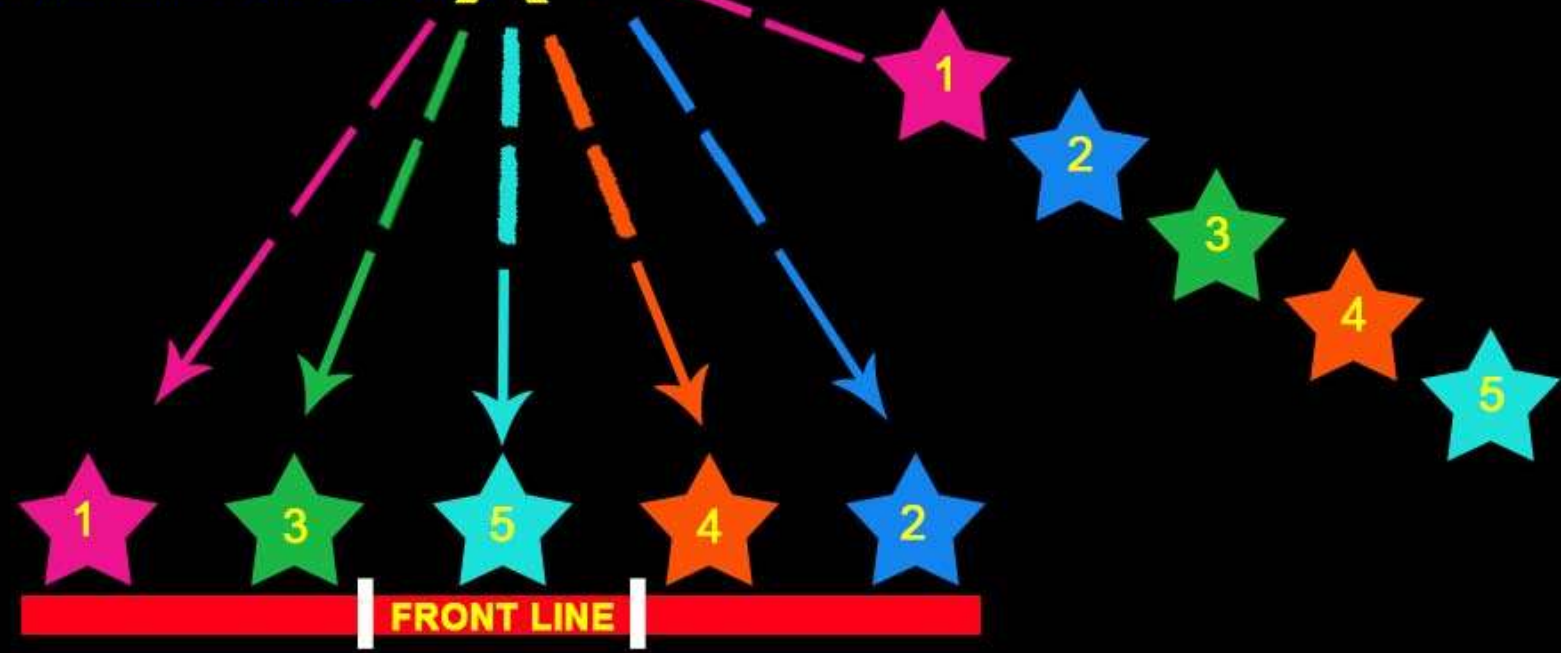




5 3 1 2 4

CENTRE STAGE WALK FOR ALL MALE & FEMALE DIVISIONS

Alternating sides
Start Right then next goes Left etc



Starting side stage when introduced please walk to the back centre stage marked X & strike one only pose

Next walk to the front line, each competitor alternating sides - one goes Right next goes Left etc

When on the front line you may strike a Front & Side pose option only (no back poses) then reset into a front pose

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

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

To Keep the walk flowing - Do not curtsy - We recommend working with a posing coach to showcase your physique to highlight all your strengths



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 bikini-shaped athletes carrying just enough body fat 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 boldness.

Gym Model Attire

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



Stage Presentation and Posing

Athletes will come onstage together and perform their poses as a group. Note: *In any ICN event, the presentation of a division may vary, and you could be asked to 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 by turning to the right.
- C. During the 90-degree transition between poses, athletes can perform additional poses to accentuate their stage presence and physique. TIP: *If you hear the Head Judge, say "strike", stop any transition move and hit your static pose.*
- 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.
- E. This transition/pose will continue (rear and left side pose) until facing the judges and striking your front 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 a Gym Model. 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 freedom during the presentation/judging to create your best poses. Sample photos of poses you might use during your transition and actual static pose to hold.

Side Transition and Static Pose Examples



Rear Transition and Static Pose Examples



Front Transition and Static Pose Examples





Men's Classic Physique

The Classic Physique category is a throwback to the 'Golden Era' of Bodybuilding. A classic physique is the epitome of health and fitness in art form. Flowing symmetry and perfectly sculptured muscle groups in full body harmony. Equally distinguished by masterful posing, so the physique appears statuesque.

Examples of Classic Poses—variations are accepted. But NO BODYBUILDING poses allowed!



Front Bicep Side Chest Side Tricep Ab & Thigh Rear Bicep Personal Choice

Rounds

1A. Symmetry.

Four quarter turns – front pose, side pose, back pose, opposite side pose.

1B. Introduction Free Posing. Promoters may add or replace Symmetry with (@ 20 seconds) of free posing to introduce you onstage and see you are performing classic posing.

2A. Muscularity.

Compulsory Poses (1) Classic Front Bicep, (2) Classic Side Chest, (3) Classic Side Tricep, (4) Classic Rear Bicep, (5) Classic Ab & Thigh. And a 6th Signature Pose Personal Choice - your favourite classic pose (ideally not a previous compulsory pose).

Judging Points

1. **CLASSIC POSES ONLY.** Any traditional Bodybuilding poses will not be judged.
2. Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body.
3. Symmetry, Shape, Condition and Presentation are all key judging factors.
4. Posing skill is half the judging assessment. Classic poses, skilfully executed, smooth and well-rehearsed.

UPDATE ON CLASSIC PHYSIQUE FOR 2024