



Competitor Handbook

CONTACT

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ABOUT US

Natural Bodybuilding was founded in Australia by Wayne McDonald twenty-nine years ago. ICN (iCompete Natural) is directed by the same person. While ICN Australia retains all our current Presidents, Promoters, structures, professionalism, and commitment to drug-free competition, we are expanding globally with overseas Presidents and Promoters who are dedicated to delivering the same experience you enjoy in Australia by adopting our successful blueprint. The expansion of ICN brings a new and exciting terminology to our industry. The Muscle & Model World Alliance shows we are capable of equally covering the many types of categories and competitors we cater to. The future strategy of ICN has been carefully and thoroughly planned to turn our sport and movement into a worldwide powerhouse. Over one million dollars has been invested in our technology development and human resources in the last five years.

ICN is a 24/7 International Organisation with eight full-time staff in addition to our many extraordinary promoters. The website and social media at www.icompetenatural.com is available in 26 different languages. While we already have 32,000 members spread over 90 countries, which has become the world's largest fitness social media site. Join instantly at www.icompetenatural.com as social media membership is free, and we look forward to seeing your posting and photos. We have a global promotion targeting 10,000 media outlets to announce the arrival of ICN that will take fitness anywhere in the world into the future. We thank you for supporting us and look forward to delivering so much more as ICN continues to grow.

ICN VICTORIA TEAM



Wayne McDonald

WORLD PRESIDENT



Patricia Lanciano

ICN FIRST LADY



Tony Lanciano

OCEANIA PRESIDENT



Karl Di Falco

VICTORIA PRESIDENT



Bowen McDonald

VICTORIAN CO-VICE PRESIDENT



Orlando Lanciano

VICTORIAN CO-VICE PRESIDENT

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LIKE OUR FACEBOOK ICN VICTORIA

FOLLOW US ON INSTAGRAM ICN_VICTORIA

YOUTUBE CHANNEL -

ICN VIC | COMPETE NATURAL MUSCLE & MODEL VICTORIA



YouTube

icompetenaturalvictoria

- Subscribe now to the NEW ICN VIC YouTube Channel
- Watch. Relive. Get Inspired.
- Whether you're an athlete, coach, fan or future competitor
- learn the way each division pose & how we run our events.
- we're bringing the ICN experience straight to your screen..

HOW TO ENTER AN ICN EVENT

If you have this booklet in your possession then by now you most probably have a good intention on taking your fitness and bodybuilding goals to the next level. ICN has greatly streamlined the process taken to enter an event. Simply follow the steps outlined and you will be well on your way to our very first show.

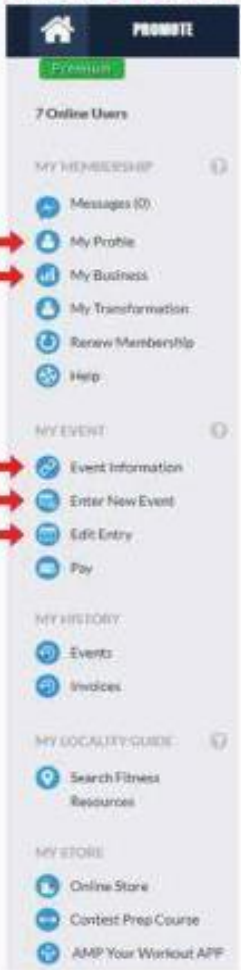
Membership

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.

FIND YOUR CONTROLS ON THE LEFT HAND SIDE OF ICOMPETE

Check & Update your personal details.
Advertise your business for free.

Find out more about your event.
Click here to enter into your event.
Click here to add divisions or change your entry into a show.



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”

ICN Divisions

ICN Australia has several categories, which in turn may be broken down into several classes or divisions. Please note that division names and guidelines may differ in countries outside Australia. Promoters in their soul discretion select which divisions and sub-divisions they schedule for their respective events.



DIVISIONAL DEFINITIONS

First Timer

- You have never competed before in any federation.
- This is your first-ever contest.
- You may enter multiple divisions at your first contest.
- ⚠️ Note: First Timer does not mean first time in a division – if you have competed previously (in any federation), you cannot enter a First Timer division.

Rookie

- Your first year competing in a specific division.
- If you enter a division between January 1 – June 30 (Season A), you remain a Rookie in that division until December 31 of the same year.
- If you enter after July 1 (Season B), you remain a Rookie in that division until June 30 of the following year.

Age Groups

- Set by promoters and based on your age on the day of contest.
- Examples:
 - 30+ → 30 years & over
 - 40+ → 40 years & over
 - 50+ → 50 years & over
 - 23 → 23 & Under

Novice

- You are eligible unless you have won (placed 1st) in an Open Division OR Overall within that specific division in any federation.

Open

- The highest level of competition in any division.

Overalls

- All class winners compete against each other.
- Determines the best of the best.

Female Divisions

- Bikini Model
- Swimsuit
- Fitness Model
- Sports Model
- Ms Figure
- Classic Figure
- Ms Wellness
- ICN Angels
- Ms Runway

Men's Divisions

- Men's Bodybuilding
- Mens Classic Physique
- Mens Physique
- Mens Fitness



CROSSOVER RULES

MENS DIVISIONS

Men's Fitness

- Can crossover into Men's Classic Physique.
- ICN Men's Fitness shorts are supplied free at registration.

Men's Physique

- Can crossover into Men's Classic Physique.
- Must wear board shorts (not supplied) that sit just above the knees.

Men's Classic Physique

- Can crossover into either Men's Physique, Men's Fitness OR Men's Bodybuilding (1 only).
- ICN Men's Classic Physique shorts are supplied free at registration.

Men's Bodybuilding

- Can crossover into Men's Classic Physique only.

FEMALE DIVISIONS

Ms. Fitness Model

- Can crossover into Ms. Sports Model or Ms. Classic Figure.

Ms. Sports Model

- Can crossover into Ms. Fitness Model or Ms. Classic Figure.
- ICN Sports Model outfit is supplied free at registration.

Ms. Bikini Model

- Can crossover into Swimsuit.

Ms. Figure

- Can crossover into Ms. Classic Figure.

Ms. Wellness

- Can crossover into either Ms. Sports Model or Ms. Bikini Model

Ms. Runway & ICN Angels

- Open to all female divisions.

Judging Guidelines

An Australian ICN Judging panel consists of an odd number of judges. The judging process is reserved to the discretion of the Promoter, and the method which is best suited for the size and scope of the event, i.e. a national show would require more judges and count back system given the quality and number of competitors, as opposed to a small regional show.

ICN strives to implement fair, unbiased judging at all shows to reward the hard-earned efforts of our athletes, coaches and support networks which uphold the integrity of which we have come to be recognised by.

Placing Deductions

If a competitor displays characteristics associated with drug use, it is deemed a fault in an ICN natural contest - such as Gynecomastia (gyno) - judges are instructed to mark any competitor with a drug characteristic down one place. For instance, if for no other reason than "gyno" the competitor is the best on stage, they will be marked down to second place. If the imperfection is severe, the competitor may lose even more places. There are methods available (creams or surgery), and we ask any competitor to rectify the problem before competing - if not, the above penalty applies.

Tattoos

If a competitor has tattoos, body piercings or scars, points are not deducted unless they hinder definition or muscularity of the Competitors physique. A judge's personal view on these issues does not influence their scoring.

OVERALL CHAMPION GOLDEN TROPHY

OVERALL WINNERS WILL RECEIVE
THE ICN VICTORIAN OVERALL CHAMPION TROPHY WITH THEIR SPECIFIC DIVISION.



Judges

ICN Victorian Judges must undergo a training process before becoming an official Judge which can take up to 12 months. They are initially assessed on their critiquing practice at live shows by the Head Judge and must reach a high standard before progressing onto competitor placing. Trainee Judges are then assessed on placing competitors at live shows, and once they are deemed competent by the Head Judge, training is complete, and they are made an official Judge. ICN Victorian Judges must also be of good character, be able to always work under pressure and display professionalism. Having contest experience and/or fitness industry experience is highly desirable. We take your competing seriously, and so we do not just pick people to judge your hard work just because they have competed or hold titles. We totally understand the effort and dedication you have put in to go on stage, so we have the best to judge you.

JUDGING PANEL



Australian Head Judge
Andrew



Victorian Head Judge
Jessica



Victorian Judge
Justine



Victorian Judge
Adrain



Victorian Judge
Doreen



Victorian Judge
Luke



Victorian Judge
Scott



Victorian Judge
Wayne



Victorian Judge
Alex

Bikini Model

DESCRIPTION – Female entry-level division. Muscularity is on the smaller side, while carrying just enough body fat to avoid muscle separation. Nice toned body with no visible 6 pack abs but still maintaining a flat and toned midsection.

JUDGING GUIDELINES –

- The whole body is judged with emphasis on shape, symmetry, and toned condition.
 - Stage presence, confidence, tan & posing.
 - Not judged on muscularity.
1. 4 quarter turns – front pose, side pose, back pose, and opposite side pose.
 2. A comparison round of quarter turns may follow

ATTIRE – (Not Supplied) Two-piece stage bikini that can be of any fabric, connectors, and crystals. Stage jewellery of choice can be worn along with clear stage heels (any choice of height).

GENERAL – A bikini competitor should deliver a combination of overall beauty and the physical appeal of a shapely toned body together with stage and self-confidence.

BIKINI MODEL



Swimsuit Model

DESCRIPTION– Female entry-level division. Muscularity is on the smaller side, while carrying just enough body fat to avoid muscle separation. Nice toned body still maintaining a flat and toned midsection

JUDGING GUIDELINES –

- The body is judged with emphasis on shape, symmetry, and toned condition. Stage presence, confidence, tan & posing.
 - Not judged on muscularity.
1. 4 quarter turns – front pose, side pose, back pose, and opposite side pose.
 2. A comparison round of quarter turns may follow.

ATTIRE – (Not Supplied) One-piece Swimsuit that can be of any fabric and colour. Stage jewellery of choice can be worn along with clear stage heels (any choice of height).

GENERAL – A swimsuit model should deliver a combination of overall beauty and the physical appeal of a shapely toned body together with stage and self-confidence.

SWIMSUIT MODEL



Miss Runway

Performed on stage in an evening gown of your choice. Judged on overall appearance, confidence, stage walk, presentation, elegance, beauty, Tan & skin tone. Stage walks and group half turns.



ICN MS RUNWAY

ICN Angels

This division is open to ALL Female competitors, including Bikini, Fitness, and Figure competitors. This is the chance to Bling, Feather, Glitz and Glam up you Bikinis and add a Las Vegas/ Victoria's Secret effect to your costume. The place getters will be determined on the best overall presentation on the day, taking poise, walk, personality, overall body condition, and effort into account. This is designed as a 'fun' more relaxed type Category focusing on Colour and Entertainment as well.



ICN ANGELS



Sports Model

DESCRIPTION – A good amount of muscular development including but not limited to, 6 pack abs capped shoulders and back definition and muscular legs. Good tone and condition showing muscle separation. Emphasis on full round muscles with excellent balance and symmetry. All-round Athletic look.

JUDGING –

- Great shoulders and back width, a small waist.
 - Symmetry and fullness in muscle groups are a major judging factor for sports models.
 - Stage presence, confidence, tan & posing.
 - Overall model appearance.
1. 4 quarter turns – front pose, side pose, back pose, and opposite side pose.
 2. A comparison round of quarter turns may follow

ATTIRE - ICN Sportswear are supplied free at registration.
with White runners (Not supplied)

GENERAL – Sports Models should present themselves as models. This includes the walk, stand, posing, self-confidence and overall beauty and presentation.

SPORTS MODEL



Fitness Model

DESCRIPTION – Developed muscularity with emphasis on an overall balance between upper and lower body. lean condition which allows 6 pack abs, capped shoulders, and back definition to be seen. Walk and poses like a model.

JUDGING –

- Broad shoulders and back. A small waist, while having more condition than a Sports Model.
 - Muscularity and Symmetry is a major judging factor for fitness models.
 - Stage presence, confidence, tan & posing.
 - Overall model appearance.
1. 4 quarter turns – front pose, side pose, back pose, and opposite side pose.
 2. A comparison round of quarter turns may follow

ATTIRE – (Not Supplied) Two-piece stage bikini that can be of any fabric, connectors, and crystals. Stage jewellery of choice can be worn along with clear stage heels (any choice of height).

GENERAL – Fitness Models should present themselves as models. This includes the walk, stand, posing, self-confidence and overall beauty and presentation.

FITNESS MODEL



Ms. Figure

DESCRIPTION— High levels of muscularity with the most degree of condition while still maintaining femininity. Capped shoulders, six-pack abs, wide back, leg muscle separation are required for this division.

JUDGING –

- Emphasis is on the level of conditioning
- Muscle size and symmetry
- Posing/ tanning also considered.

ATTIRE – (Not Supplied) Two-piece figure stage bikini that attaches the bikini top straps to the pants. Can be of any fabric, colour, and crystals. Any jewellery of your choice can be worn along with clear stage heels (any choice of height).

As a group, the following is performed:

Symmetry round – 4 quarter turns (front pose, side pose, back pose & opposite side pose)

Muscularity round – Front double bicep, side chest, side Tricep, back double bicep, abs, and thighs.

Ms. Classic Figure

DESCRIPTION – A good amount of muscularity and lean condition. A high degree of symmetry. Open to both Fitness and Figure competitors.

JUDGING –

- ☐ Symmetry is the key factor with good muscle balance and lean condition, Tan & posing.
- ☐ As a group, the following is performed -

Symmetry round – 4 quarter turns (front pose, side pose, back pose and opposite side pose)

MS FIGURE



Ms Wellness

DESCRIPTION— This division is for females with physiques that showcase more muscle mass/body mass in the hips, glutes, and thighs. It is an in-between bikini and Sports Model division with the look.

The upper body muscularity is developed but not to the degree and thickness of the lower body.

JUDGING —

Athletes must have a flat and toned midsection. Enough body fat to avoid muscle separation throughout the physique (as seen in the best Fitness Models).

Also judged on overall beauty, stage presence and confidence.

ATTIRE — (Not Supplied) Two-piece stage bikini that can be of any fabric, connectors, and crystals. Stage jewellery of choice can be worn along with clear stage heels (any choice of height).

4 QUARTER TURNS

Front Pose - Both feet on the front line, slight hip tilt. Athlete must have one hand on hip and one hand arm down.

Left Side Pose - turn slightly facing the judges with right hand on hip and left arm straight down, Front leg straight & back leg bent at knee.

Back Pose - Do not lean forward, one hand must be on hip and one hand down (no hands up) leave Hair down covering your back.

Right Side Pose - Turn slightly facing the judges with left hand on hip and right arm straight down, Front leg straight & back leg bent at knee.

MS WELLNESS



Men's Fitness

DESCRIPTION – Least muscular of the Men's Categories with emphasis on an overall balance between upper and lower body while maintaining an athletic appearance. Lean condition which allows 6 pack abs, capped shoulders, and back definition to be seen however not as extreme in condition as Men's Physique or Bodybuilding.

ATTIRE- ICN Men's Fitness shorts are supplied free at registration.

JUDGING –

- Balance between all muscle groups with emphasis on 6-pack and athletic appearance. Symmetry and overall balance are a major judging factor for men's fitness models.
- Stage presence, confidence, tan & posing.
- Overall, aesthetically pleasing look.

POSING - which consists of 4 quarter turns – front pose, side pose, back pose and opposite side pose and your favourite Abdominal pose. A comparison round of quarter turns may follow.

GENERAL – Men's Fitness Models should present themselves as well-groomed athletic models with a bright smile. This includes the stand, posing, transitions, self-confidence, and overall presentation.

MENS FITNESS



Men's Physique

DESCRIPTION – Well developed and muscular upper body with emphasis on broad, round shoulders, small waist excellent V-Taper. Men's Physique is well-groomed, polished in presentation and requires sharp conditioning to complement V- Taper and full 6 pack.

JUDGING –

- Broad shoulders, small waist and very well balanced between all muscle groups of the upper body with emphasis on 6-pack. Symmetry and muscularity are major judging factors for men's physique.
- Stage presence, confidence, tan & posing.
- Overall, aesthetically pleasing look with a high degree of upper body muscularity.

ATTIRE –Knee thigh board shorts. (Not Supplied)

POSING - Performed in two sections, firstly as a group which will consist of 4 quarter turns – front pose, side pose, back pose, and opposite side pose to judge symmetry. A second round of mandatory poses including:

- Front Bicep pose
- Side Chest pose
- Side Tricep Pose
- Rear Bicep Pose
- Abdominal

GENERAL – Men's Physique should be well-groomed with a polished overall look, and smile. This includes the stand, posing, transitions, self-confidence, and overall presentation.

MENS PHYSIQUE



Classic Physique

DESCRIPTION – The Classic Physique category is a throwback to the ‘Golden Era’ of Bodybuilding. It represents the epitome of health and fitness in the art form. The Classic Physique is a picture of flawless symmetry, perfectly sculptured muscle groups that fight each other for dominance, creating a balanced and complete physique. Classic Physique has broad shoulders accompanied by a small waist, round balanced quads. It is less muscular than bodybuilding but equal in conditioning.

Apart from the distinguishing physical features, a Classic physique competitor is a master poser. Classic posing requires confidence, grace, and balance. Each pose is deliberate in highlighting the strengths of a physique. Transitions are smooth and theatrical in executions but not exaggerated or arrogant.

ATTIRE- ICN Men’s Classic shorts are supplied free at registration.

JUDGING –

- Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body. Symmetry and presentation are the major judging factors for Classic Physique.
- Stage presence, confidence, tan & posing.
- Posing to be confident and artful with minimal shaking. Transitions to be smooth and well-rehearsed.

POSING - Performed in two sections, firstly as a group which will consist of 4 quarter turns – front pose, side pose, back pose, and opposite side pose to judge symmetry. A second round of mandatory poses including:

- Front Double Bicep pose/display variation
- Chest pose/display Classic variation
- Tricep pose/display classic variation
- Rear Classic Bicep pose
- Abdominal pose
- Classic pose of your choosing

GENERAL – Classic Physique should have a polished overall look and effortless posing. This includes the stand, posing, transitions, self-confidence, and overall presentation.

CLASSIC PHYSIQUE



Bodybuilding

DESCRIPTION – The most muscular and extremely conditioned of all categories. Bodybuilding is the highest degree of development and refinement. Requiring large muscle groups, with extreme balance and symmetry top to bottom, side to side and front to back. Degree of conditioning should include good vascularity, separation and definition between muscle groups, and visible striations of the main muscle groups such as legs, glutes, chest back and shoulders.

ATTIRE – Posing Trunks to be worn (Not Supplied)

JUDGING –

Broad shoulders, small waist and very well balanced between all muscle groups of the upper body and lower body. Muscularity and symmetry are major judging factors for men's bodybuilding.

Stage presence, confidence, tan & posing.

Posing to be confident with minimal shaking. Transitions to be smooth and well-rehearsed.

POSING - Performed in two sections, firstly as a group which will consist of 4 quarter turns – front pose, side pose, back pose, and opposite side pose to judge symmetry. A second round of mandatory poses including:

- ☐ Front double biceps
- ☐ Front Lat Spread
- ☐ Side Chest (preferred side, but always practice both)
- ☐ Side Tricep pose
- ☐ Rear Double Bicep pose
- ☐ Rear Lat Spread pose
- ☐ Abdominal and thigh pose
- ☐ Most muscular of your choosing

GENERAL – Men's bodybuilding should have a polished overall look and effortless posing. This includes the stand, posing, transitions, self-confidence, and overall presentation.

MENS BODYBUILDING



DRUG TESTING & SUPPLEMENT WARNING

DRUG TESTING PERFORMANCE-ENHANCING SUBSTANCES AT ICOMPETE NATURAL EVENTS IS CONDUCTED VIA WADA STANDARD URINE ANALYSIS AT INTERNATIONAL LABS.

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.





OFFICIAL AND EXCLUSIVE TAN, HAIR & MAKEUP PARTNERS

**THE ONLY 2 SERVICE PROVIDERS ALLOWED
AT THE VENUE ON SHOW DAY**

**ALL SELF APPLICATIONS
INCLUDING CREAMS ARE BANNED**

**TAN
OUT OF
TAN**

0403 692 448

LSR
LIQUID SUN RAYZ

0433 560 054

BOOK DIRECTLY TO SECURE YOUR SPOT!

ATTENTION ATHLETES AND COACHES!

ICN VICTORIA IS PROUD TO PARTNER WITH TWO OF THE LEADING TAN, HAIR & MAKEUP PROVIDERS IN AUSTRALIA AS PART OF OUR ONGOING COMMITMENT TO DELIVERING THE HIGHEST QUALITY EXPERIENCE FOR OUR ATHLETES.

BOOK DIRECTLY TO SECURE YOUR SPOT

✨ LIQUID SUN RAYZ (LSR)

☎ 0433 560 054

✨ TAN OUT OF TAN (TOOT)

☎ 0403 692 448

THESE ARE THE ONLY OFFICIAL AND APPROVED SERVICE PROVIDERS FOR ICN VICTORIA SHOWS.

THEY WILL HAVE EXCLUSIVE VENUE ACCESS, INCLUDING BACKSTAGE AREAS.

STRICTLY PROHIBITED:

- ANY OTHER SERVICE PROVIDERS OFFERING TANNING, HAIR, OR MAKEUP ON-SITE
- SELF-APPLICATION OF TAN BACKSTAGE
- USE OF DREAM TAN OR SIMILAR TANNING CREAMS
- APPLICATION OF TAN, HAIR, OR MAKEUP THRU OUT THE VENUE

ALLOWED TO BE APPLIED BY BACKSTAGE HELPER

- GLAZE
- OIL
- HOT STUFF

THESE POLICIES ARE IN PLACE TO PROTECT OUR VENUE AND ENSURE FAIR, CONSISTENT JUDGING OF YOUR HARD-EARNED PHYSIQUES ON STAGE.

WE THANK YOU FOR YOUR UNDERSTANDING AND COOPERATION IN MAINTAINING THE PROFESSIONAL STANDARDS OF ICN VICTORIA.

Posing Workshops

We recommend to attend Approved ICN Workshops.

Posing is a very important part of the competition, and I cannot recommend highly enough the importance of posing classes. It seems such a shame when I see competitors that have taken months to diet and exercise hard, to only get on stage and not be able to show off all their hard work! No matter how experienced you think you are, you still need to practice. With routines no longer being part of the competition, this gives you more time to be able to concentrate on posing.





**APPROVED
POISING COACH**

**NAT KITNEY
0481 796 695**





**APPROVED
POISING COACH**

**DONNA ATKINS
0473 142 701**





MEDIA PACKAGES

CAPTURE THOSE SPECIAL MOMENTS & MEMORIES

STAGE PHOTOGRAPHY

BY DARYL LANE

10 PROFESSIONALLY EDITED STAGE PHOTOS

ONLY \$59 PER DIVISION

HYPER REELS WITH MUSIC

BY DAN SNIPERSHOTS PHOTOGRAPHY

* 1 DIVISION FOR ONLY \$149

*2 DIVISIONS FOR ONLY \$249

*3 DIVISIONS FOR ONLY \$349

*4 DIVISIONS FOR ONLY \$399

BACKSTAGE PHOTOGRAPHY STUDIO

BY WARWICK MARCAKIS

10 HIGH - RESOLUTION STUDIO STYLE IMAGES

ONLY \$99



COMPETITOR CHECKLIST

☐

ENTER ONLINE ICOMPETENATURAL.COM

☐

BOOK YOUR MEDIA PACKAGES
STAGE PHOTOS, BACKSTAGE STUDIO & HYPE REELS

☐

BOOK YOUR TAN, HAIR & MAKE UP

TAN
OUT OF
TAN

0403 692 448



0433 560 054

☐

ATTEND POSING WORKSHOPS
NAT KITNEY 0481 796 695 & DONNA ATKINS 0473 142 701

☐

ORDER YOUR BIKINI FROM *67 Bikinis* 0425707321

☐

ORDER YOUR SWIMSUIT FROM *koko* 0421 911 851
AUSTRALIA

☐

TEETH WHITENING **IVORY** 0405 160 350

☐

ICN VICTORIA SUPPLY **FREE** CLASSIC PHYSIQUE TRUNKS,
MENS FITNESS SHORTS & SPORTSMODEL OUTFIT

icompetenatural.com

REGISTRATION DAY

REGISTRATION WILL BE HELD INSIDE THE VENUE ON THE DAY OF THE EVENT.

JUST ARRIVE 75 MINS BEFORE YOUR ESTIMATED STAGE TIME

WHEN YOU ARRIVE AT REGISTRATION, COME TO THE TABLE WITH EITHER AN ENVELOPE OR PIECE OF PAPER IN YOUR HAND.

LET ME COVER THIS CAREFULLY AS ITS VITAL TO A FAST,
FLOWING EXPERIENCE FOR COMPETITORS:

IF YOU ARE PAYING YOUR ENTRY FEES IN CASH AT REGISTRATION YOU MUST HAVE THE MONEY IN AN ENVELOPE. ON THE ENVELOPE, PLEASE WRITE THE FOLLOWING 6 PIECES OF INFORMATION:

- YOUR CONTEST NUMBER (THIS WILL BE EMAILED TO YOU BEFORE THE CONTEST)
- THE DIVISION/S YOU HAVE ENTERED AND ESTIMATED STAGE TIME.
- THE MEDIA (PHOTOS AND VIDEO) YOU ORDERED.
- THE TOTAL AMOUNT ENCLOSED IN THE ENVELOPE – THE CORRECT AMOUNT IS APPRECIATED.

IF YOU PAID ONLINE, GIVE US JUST A PIECE OF PAPER (NOT AN ENVELOPE). THIS IS IMPORTANT TO US BECAUSE “ENVELOPE” MEANS YOU NEED TO PAY, AND “PAPER” MEANS YOU HAVE ALREADY PAID. ON THE PAPER, JUST 4 PIECES OF INFORMATION.



TO PAY ONLINE

GO TO PAY ENTRY UNDER EVENTS IN YOUR ICN PORTAL)

JUST BRING A PIECE OF PAPER WITH:

- YOUR NAME
- YOUR CONTEST NUMBER
- DIVISION/S AND TIME/S ENTERED

WHEN YOU COME TO THE CHECK-IN TABLE, PLACE YOUR ENVELOPE OR PIECE OF PAPER ON THE TABLE IN FRONT OF THE STAFF. THEY CAN WORK QUICKLY OFF THE WRITTEN INFORMATION AND GET YOU OFFICIALLY REGISTERED AND UNDERWAY. ONCE YOU HAND OVER YOUR ENVELOPE/PAPER TO CHECK-IN STAFF THEY WILL MARK YOUR ATTENDANCE AND HAND BACK YOUR CONTEST NUMBER*

CONTEST NUMBER

YOU RECEIVE ONE CONTEST NUMBER – WEAR THE SAME NUMBER FOR EVERY DIVISION. YOU WILL RECEIVE A FRONT NUMBER TO WEAR ON THE RIGHT-HAND SIDE OF YOUR COSTUME, AND A SECOND NUMBER TO WEAR ON THE BACK (CENTRE). THIS WAY, JUDGES SEE YOUR COMPETITOR NUMBERS WHEN YOU TURN AROUND.

ICN FREE OUTFITS



CLASSIC PHYSIQUE



SPORTS MODEL



MENS FITNESS

CLASSIC PHYSIQUE TRUNKS, SPORTS WEAR, MEN'S FITNESS SHORTS
SUPPLIED FREE COURTESY OF ICN VICTORIA AT EVERY EVENT
COLLECT AT CHECK-IN TABLE ON THE DAY.

ACHIEVEMENT

AT ICN 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 RECOGNIZE 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.

ICN COMPETITOR ACHIEVEMENT MEDALS (EQUAL 6TH PLACE)





CENTRE STAGE WALK FOR ALL DIVISIONS

Ensuring every athlete gets more time & equal Spotlight

1. Stage Entry (Stage Left)

All athletes enter stage together & asked to line up on the back line (Red or Yellow line).

2. Individual Presentation

Each athlete is introduced, walks forward to the Centre stage ICN Posing Mat, Striking one front pose only.

3. Return to Position

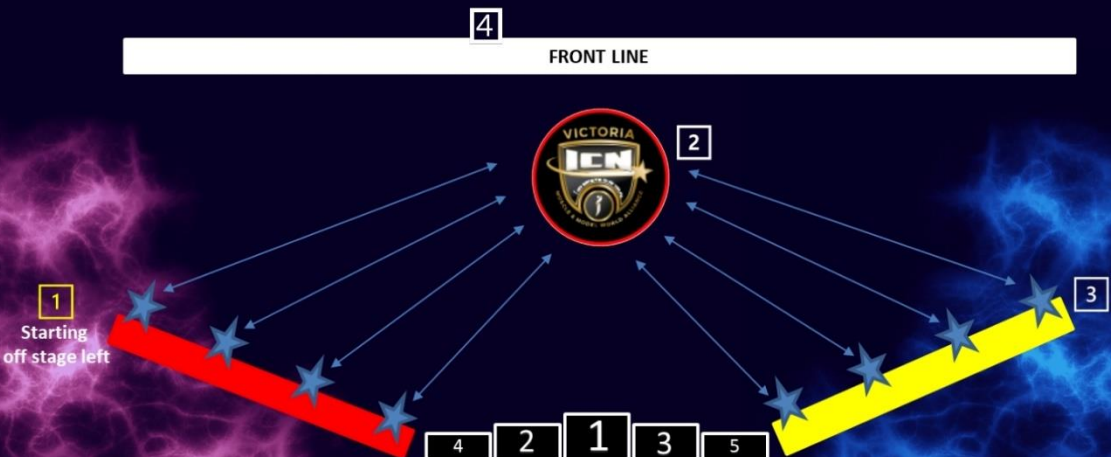
Athletes Walk back to their Starting Position on the back line.

* After all have completed their Centre-stage poses & have returned to their original positions.

4. Front White Line Walk

All athletes will be asked to walk together to the Front White Line maintaining the same order.

5. Formal Judging Begins



Trainer Awards

ICN Victoria is proud to be the first organisation to recognise the contribution and support Trainers provide their clients and competitors. We will be awarding the Trainer of the winner in every division with their own ICN Trainer Award. This Award is both a Thank You from the ICN and yourself for their dedication and support. In receiving the ICN award, we hope your Trainer feels a greater part of the event and your journey by helping your Trainer share the success and “the moment” with you. If you have a Trainer, and if they are at the venue, we invite them onstage so you can both have your photo taken holding your Awards. We have already taken your Trainer information from MY PROFILE in iCompete, but you can also tell your Trainer to be ready to jump on stage if you win!



PRO QUALIFIER CARD

MENS - BODYBUILDING - CLASSIC PHYSIQUE - PHYSIQUE & FITNESS

FEMALES - FIGURE - FITNESS - WELLNESS - SWIMSUIT - SPORTS & BIKINI

ALL DIVISION WINNERS GO INTO THE OVERALL

WINNER WILL BE AWARDED A PRO QUALIFIED CARD

WHICH ALLOWS THE ATHLETE TO ENTER ANY ICN PRO SHOW IN THE SPECIFIC DIVISION

IN WHICH THEY RECEIVED THIS PRO QUALIFIER CARD,

WHILE STILL RETAINING FULL AMATEUR STATUS.

YOU CAN EARN YOUR PRO CARD AND PRIZE MONEY BY COMPETING IN A PRO SHOW.



ICN Pro League (iPro)

How to earn a PRO card

You can earn your PRO status by winning an overall division at National level and by winning an overall title at international level.



The front of the ICN Pro Card features a male and female bodybuilder in a blue and gold pose. The male bodybuilder is on the left, and the female is on the right. They are both wearing blue posing trunks with the ICN logo. The text "PRO-ATHLETE" is written across their chests. Below them is a large gold shield with the ICN logo and the words "iCOMPETE NATURAL" and "MUSCLE & MODEL WORLD ALLIANCE". At the bottom, the words "PRO CARD" are written in large blue letters, with "iCOMPETE NATURAL" below them.



The back of the ICN Pro Card features a smaller version of the male and female bodybuilder from the front. The text "PRO CARD" is written vertically on the left, and "iCOMPETE NATURAL" is written below it. A small white circle is visible on the right side of the card.

ICN iPRO
MUSCLE & MODEL WORLD ALLIANCE

ATHLETE

DIVISION

COUNTRY


WAYNE A. McDONALD
ICN WORLD ALLIANCE CHAIRMAN


icompetenatural.com

ICN iPROS receive (until you retire) free admission to watch any ICN event. Simply contact the Promoter prior to the contest so we can promote you are attending.

www.icompetenatural.com

Pro Status Rules

To be recognised as an ICN PRO, you must retain your ICN membership each year. We also reserve the right to drug test all PROs at any time.

We offer numerous PRO competitions throughout the year.

PRO Divisions

Bodybuilding - Men's Classic Physique - Men's Physique - Men's Fitness
Ms. Figure - Fitness Model - Bikini Model - Sports Model

