



Competitor Handbook

CONTACT

Tony Lanciano ICN Oceania President

tony.lanciano@icompetenatural.com Mobile: 0402 555 505

Like our Facebook [Icn Victoria](#)

Follow us on Instagram [Icn_Victoria](#)



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.



PATRICIA LANCIANO
ICN FIRST LADY



TONY LANCIANO
OCEANIA PRESIDENT



BOWEN MCDONALD
**VICTORIAN CO-
VICE PRESIDENT**



ORLANDO LANCIANO
**VICTORIAN CO-
VICE PRESIDENT**


CONTACT

TONY LANCIANO
ICN OCEANIA PRESIDENT

EMAIL: TONY.LANCIANO@ICOMPETENATURAL.COM

MOBILE: 0402 555 505

LIKE OUR FACEBOOK PAGE ICN VICTORIA

 @icompetenaturalvictoria

FOLLOW US ON INSTAGRAM

 @icn_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 REGISTER

in 3 easy steps

Head to icompetenatural.com

Register and create a profile.

Upgrade to Premium

This is your official ICN membership that will make you eligible to compete at any ICN event worldwide.

Select Event and add your Divisions

with the opportunity to crossover into different categories (subject to eligibility rules).

If you can't see your division, please contact us and we'll be happy to add it for you.

Note: No immediate payment required.



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.

Mia Yoko
#111

9.00 *Ms Figure*
10.00 *Classic Figure*
2.10 *SportsModel Open*
4.40 *Angels*

CASH PAYMENTS ONLY

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.

DIVISIONAL DEFINITIONS

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)

AGE GROUPS

There can be many different age classes set by the promoters, an example is 30+: 30 years & over on the day of contest. Likewise, similar criteria for 40+ or 50+. U23

NOVICE

Competitors cannot enter if they have won (placed first) in a Open Division includes Height Classes in that specific division.

OPEN

Open is the highest level of any particular Division.

OVERALLS

Only Open Division winners within each category are eligible to compete for the Overall Title — where the best of the best go head-to-head.

Female Divisions

- **Bikini Model**
- **Swimsuit**
- **Fitness Model**
- **Sports Model**
- **Ms Figure**
- **Classic Figure**
- **Ms Wellness**

Men's Divisions

- Mens Bodybuilding

- Mens Classic

Physique

- Mens Physique

- Mens Fitness

CROSSOVER RULES



FITNESS
PHYSIQUE
CLASSIC PHYSIQUE
BODYBUILDING

	FITNESS	PHYSIQUE	CLASSIC PHYSIQUE	BODYBUILDING
FITNESS	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		
PHYSIQUE	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	
CLASSIC PHYSIQUE	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER
BODYBUILDING			APPROVED ICN CROSSOVER	

SWIMSUIT MODEL
BIKINI MODEL
WELLNESS MODEL
SPORTS MODEL
FITNESS MODEL
CLASSIC FIGURE
FIGURE

	SWIMSUIT MODEL	BIKINI MODEL	WELLNESS MODEL	SPORTS MODEL	FITNESS MODEL	CLASSIC FIGURE	FIGURE
SWIMSUIT MODEL	APPROVED ICN CROSSOVER						
BIKINI MODEL	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER				
WELLNESS MODEL		APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER			
SPORTS MODEL			APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER
FITNESS MODEL				APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER
CLASSIC FIGURE				APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER		APPROVED ICN CROSSOVER
FIGURE				APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	APPROVED ICN CROSSOVER	

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.

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 – 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



VICTORIA



MUSCLE & MODEL WORLD ALLIANCE

Swimsuit Model

DESCRIPTION– 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



VICTORIA



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



VICTORIA



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



VICTORIA



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



VICTORIA



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



VICTORIA



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



VICTORIA

ICN

iCOMPETE NATURAL
MUSCLE & MODEL WORLD ALLIANCE

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



VICTORIA



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



VICTORIA

ICN

iCOMPETE NATURAL
MUSCLE & MODEL WORLD ALLIANCE

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.

BODYBUILDING



VICTORIA



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 PARTNER

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

**ALL SELF APPLICATIONS
INCLUDING CREAMS ARE BANNED**



0493 720 409

BOOK DIRECTLY TO SECURE YOUR SPOT!

ATTENTION ATHLETES AND COACHES!

ICN Victoria is proud to partner 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)**
0493 720 409

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.

VICTORIA



FITFAM MEDIA PACKAGES

BOOK YOUR
STAGE PHOTOS & REELS

icn.fitfam.com.au

OVERALL CHAMPION GOLDEN TROPHY

Winner will be crowned Overall Champion & will receive the ICN Victorian Overall Champion Trophy with their specific division.



ICN FREE OUTFITS



CLASSIC PHYSIQUE

SPORTS MODEL

MEN'S 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.



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

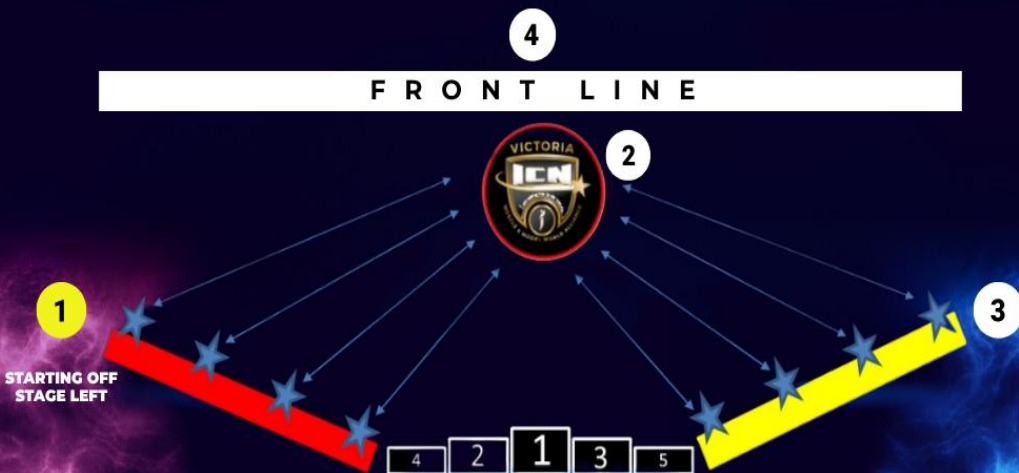
Athletes walk back to their Starting Position on the back line.

*After all have completed their Centre-Stage poses and 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.



CLASSIC PHYSIQUE BEST POSER

will be awarded by Australian Head Judge.



CLASSIC PHYSIQUE BEST POSING AWARD



BIKINI MODEL BEST POSER AWARD

will be awarded by Victorian Head Judge.



BIKINI MODEL BEST POSER AWARD

CHAMPION TRAINER AWARD

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

THE OVERALL WINNER WILL BE AWARDED A PRO QUALIFIER 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 WIN 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.



ICN iPRO
MUSCLE & MODEL WORLD ALLIANCE

ATHLETE

DIVISION

COUNTRY

Wayne A. McDonald
WAYNE A. MCDONALD
ICN WORLD ALLIANCE CHAIRMAN

WORLDWIDE
ICN

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.

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)





**APPROVED
POISING COACH**

**NAT KITNEY
0481 796 695**



**APPROVED
POISING COACH**

**DONNA ATKINS
0473 142 701**