



Competitor Handbook

CONTACT

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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 26,000 members spread over 82 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.



WAYNE Mc DONALD
WORLD PRESIDENT



TONY LANCIANO
AUSTRALIAN PRESIDENT

PATRICIA LANCIANO
ICN FIRST LADY



KARL DI FALCO
VICTORIAN PRESIDENT

How to enter an ICN events

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



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.

Definitions of Classes

First Timer	First Timer means you have never competed before in any federation. You are entering your first contest therefore you are only a First Timer once in your life. However, you can enter multiple divisions on the day of your first contest.
Rookie	Rookie is your first year of competing in a specific division. This means enter any division for the first time between January 1 and June 30 and your Rookie status in that division continues until December 31. (Rookie for Season A and B). Or enter after July 1 and you are a Rookie in this division until June 30 the following year (Rookie for Season B and A).
Mumma	You must have had children
Ages	There can be many different age classes set by the promoters, an example is 30+: 30 years & over on day of contest. Likewise, similar criteria for master's Divisions such as Masters 40+ or 50+. U23 Check entry form for age categories.
Novice	Entry is eligible to competitors who have not won (placed 1 st) 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	Divisions maybe split into height classes, simply divide equally by the numbers of entries in that division. This will be done at the discretion of the promoter

Female Divisions

Bikini Model

Requires a feminine, toned, shapely body. Balanced and Symmetrical that looks great in a Bikini. A more curvaceous shape than that of the Fitness Model. Tight mid-section, without a six pack look. Skin tone, poise and stage presence is a must. Body conditioning is to be softer than that of a Fitness Model.

Fitness Model

Presents a more Athletic look than Bikini Model. Emphasis on a more overall balanced muscular body. Six pack abdominals, Displaying a leaner body than that of the Bikini Model. Once again, Stage presentation, grooming and personality completes the criteria. Bikini is worn.

Sports Model

A fit, toned athletic, feminine body is required in this category. Not necessarily over muscular or too lean. Many ladies like to do Sports Model, even if they compete in Bikini, Fitness or Figure categories. Sportswear is worn and white runners. Once again stage presence, grooming and personality is required.

Figure

Figure competitors are required to have far more muscle development than that of a Bikini/Fitness Model.

Still maintaining a feminine shape and appearance, but with more muscle separation and a higher degree of leanness.

Two rounds, Symmetry round is to determine balance and shape, and Muscularity/Compulsory poses round, where the competitor displays a series of five poses displaying muscular development.

Classic Figure

The same requirements as in those of the Figure Competitor. Fitness models are also allowed to enter this category also. One round only, performing Symmetry poses, the four quarter turns. No muscularity poses. Judged on balance and shape.

Bodybuilding

Competitors should emphasize the highest degree of muscular development, the highest degree of conditioning with a focus on small waist and overall balance between muscle groups. Performed in a two-piece posing bikini for women. Judging is based on muscle development of the entire body.

Men's Divisions

Bodybuilding

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, fullness and symmetry upper to lower, right to left, 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, chest, back and shoulders. Six pack abdominals??... definitely.

Men's Classic Physique

The Classic Physique category is a throwback to the "Golden Era" of Bodybuilding. It represents the epitome of health and fitness in 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 requires broad shoulders accompanied by a small waist, round balanced quads. It is less muscular than bodybuilding but equal in conditioning. Two rounds, Symmetry and Muscularity round. Five "Classic Poses" are required for round two.

Men's Physique

A more muscular body than that of the Male Fitness Competitor. Broad Shoulders, good upper body development without the bulk of a Body Builder. V taper to the waist, great abdominals. Strong, yet athletic. Board shorts are worn. This category consists of two rounds. One for Symmetry, and one displaying five Muscularity poses. A toned, tanned athletic look.

Men's Fitness

The perfect category for men new to the sport. The 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. Short shorts are worn, stage walk and quarter turns. Pleasing shape, presentation and personality is a must.

Judging Guidelines

An Australian ICN Judging panel consists of an odd number of judges. 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 recognized 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 Judges 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 work under pressure and display professionalism at all times. Having contest experience and/or fitness industry experience is highly desirable. We take your competing seriously and So we don't 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.



Bikini Model

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

JUDGING GUIDELINES –

- Body is judged with emphasis on shape, symmetry and toned condition.
 - Other factors also judged are stage presence, confidence, tanning and 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.



ICN BIKINI MODEL



Swimsuit Model

DESCRIPTION– Female entry level division. Muscularity is on the smaller side, while carrying just enough bodyfat to avoid muscle separation. Nice toned body still maintaining a flat and toned midsection. (Some Mums like this category, if they have been unfortunate enough to acquire stretch marks during their pregnancy, but do not want to show them on stage when competing) This of course, is the Competitors decision entirely.

JUDGING GUIDELINES –

- Body is judged with emphasis on shape, symmetry and toned condition.
 - Other factors also judged are, stage presence, self-confidence, tanning and 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.



ICN SWIMSUIT MODEL



Miss Runway

Performed on stage in an evening gown of your choice. Judged on overall appearance, confidence, stage walk, presentation, elegance, beauty and skin tone. Stage walk 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 while being slightly less lean than a fitness competitor. Emphasis on full round muscles with excellent balance and symmetry.

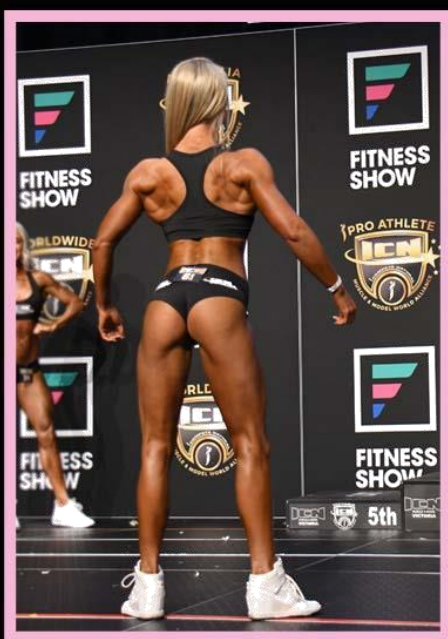
All round Athletic look.

JUDGING –

- Having a good balance of Symmetry and fullness in muscle groups are a major judging factor for sports models.
 - Stage presence, presentation and confidence of a model.
 - 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.



ICN SPORTS MODEL



Fitness Model

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

JUDGING –

- Having a good balance of Muscularity and Symmetry is a major judging factor for fitness models.
- Stage presence, presentation and confidence of a model.
- 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.



ICN 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 taken into account.

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. High degree of symmetry. Open to both Fitness and Figure competitors.

JUDGING –

Symmetry is the key factor with good muscle balance and lean condition.

As a group the following is performed -

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



ICN Ms FIGURE



ICN CLASSIC FIGURE



Men's Fitness

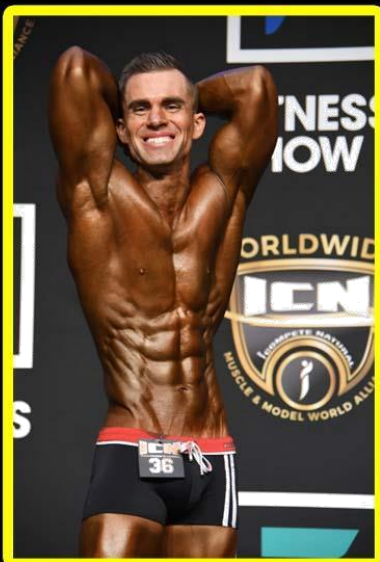
DESCRIPTION – Least muscular of the Men's Categories with emphasis on an overall balance between upper and lower body while maintaining an athletic appearance. Lean condition which allows 6 pack abs, capped shoulders and back definition to be seen however not as extreme in condition as Men's Physique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

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

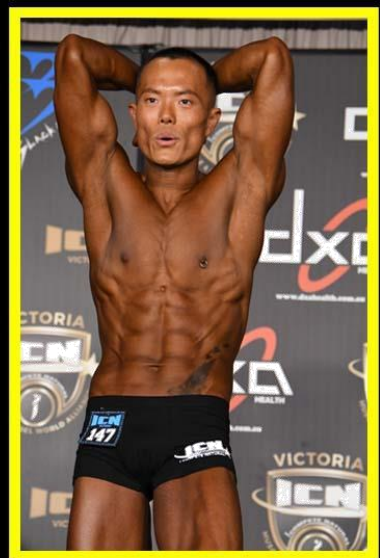
JUDGING –

- Having a good 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 and confidence of an athletic model.
 - Overall, aesthetically pleasing look.
-
- **POSING** - which consist 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.



ICN MEN'S 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 –

- Having a good balance 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 and confidence.
- Overall, aesthetically pleasing look with high degree of upper body muscularity.

ATTIRE –Knee thigh board shorts. (Not Supplied)

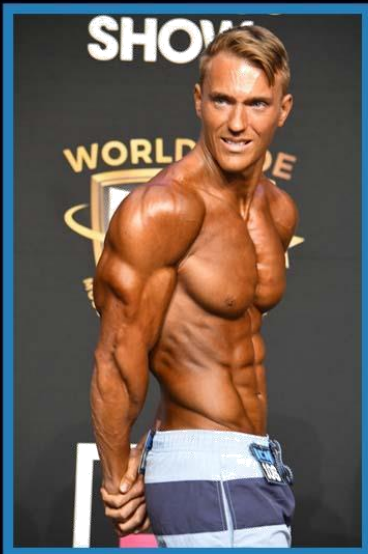
POSING - Performed in two sections, firstly as a group which will consist of 4 quarter turns – front pose, side pose, back pose and opposite side pose to judge symmetry. A second round of mandatory poses including:

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

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



ICN MEN'S 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 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 physical distinguishing 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.

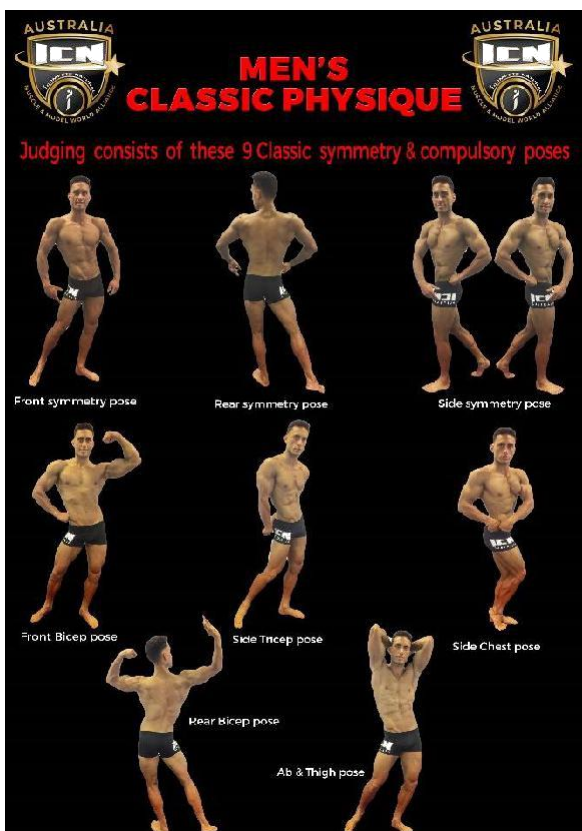
JUDGING –

- 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, presentation & confidence.
- 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 will require the highest degree of posing practice due to its emphasis on presentation and displaying of poses.



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 and confidence.

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.



ICN MEN'S BODYBUILDING



Drug Testing

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 supplements. When selected for drug testing please follow the official to the test area (located in another area of the venue).

If your health requires you to use a banned substance you will need to complete a Therapeutic Use Exception (TUE) Form and/or obtain approval from the Australian Sports Drugs Medical Advisory Committee prior to competing with ICN. The TUE Form, is available to download from our Drug Testing page, go to the Therapeutic Use section.

Tanning

Tanning can be done by yourself or you can book into to get your tan professionally applied. All tanning is to be done prior to arriving at the venue. Only final touch ups will be allowed backstage.

A tan that is too light will wash you out under the harsh lights and make you appear a lot whiter than you are. Most first-time competitors have problems with getting a tan that is dark enough. I would suggest, first time to probably get a professional to do it for you. A spray tan at your local shops will never be dark enough for the stage.

We recommend to always use an Approved ICN Tan, Hair & Make up – You can find them on our ICN Comp Prep Facebook page or ICN Workshops



Posing Workshops

We recommend to attend Official or Approved ICN Workshops. Posing is a very important part of 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.

ICN OFFICIAL WORKSHOP with VICKI ARIEF



ICN APPROVED WORKSHOP with NAT KITNEY



ICN APPROVED WORKSHOP with DONNA ATKINS



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.



OFFICIAL PHOTOGRAPHERS

MELITA JAGIC & MATHEW NICHOLSON

Backstage Photos: A Backstage Studio will be created providing you 8-10 high resolution studio images \$50. A link to download your Pics usually arrives 2 weeks after the event.



BACKSTAGE PHOTOGRAHIER

DARYL LAYNE

EVENT VIDEO & INTERVIEWS

Competitors will receive a FREE video download package of all the categories in which you appear + Top 5 side stage interviews for playback on all your personal devices! Download links will be emailed to you.

VIDEOGRAPHER – IAN ADAMS



Check In

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

iCompete greatly simplified the effort required to compete. Now, just 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!

Competition Day

Each competitor is allowed a backstage helper and they will need to also purchase a ticket to the show. We encourage all family and friends to come see you backstage as there is heaps of room and a great vibe happening! We also have a backstage photographer available for you to have photos taken of yourself or with family and friends. I do encourage you all to take advantage of this service.

It is ideal to bring with you on the day, any food that you may require, pump up bands, towel, thongs, extra tan, baby wipes and oil to remove tan. I provide a table of food and water on the day as a reward for all the hard work that you have put into your comp prep. This is for you the competitor only! I would appreciate it if you could please let your friends, trainers or family know this is for you guys! It is only fair that the competitors that have to wait longer to get on stage be able to also enjoy this as well!

Sportswear, Men's Fitness & Classic Physique shorts are supplied FREE at registration.



Divisional Rules

Ms. Fitness Models

Are allowed to crossover into Ms Sport's model, Ms Classic Figure, Ms. Runway, ICN Angels & Swimwear divisions only, But not into the Ms Bikini Divisions.

Ms. Sports Models

Are allowed to crossover into Ms. Fitness Model, Ms. Bikini Divisions, Ms Classic Figure, Ms. Runway, ICN Angels & Swimwear divisions

ICN Sports model outfits are supplied free at registration

Ms. Bikini Model

Are allowed to crossover into Sports Model, Ms. Runway, ICN Angels & Swimwear divisions

Ms. Figure

Are allowed to crossover into Ms. Runway, ICN Angels, Swimwear, Ms Sports Model Divisions

All female competitors are allowed to enter ICN Angels, Ms. Runway, Ms. Swimsuit Model divisions.

Men's Fitness

Are allowed to crossover into the Men's Classic Physique, Men's Physique but not into bodybuilding

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

Men's Physique

Are allowed to crossover into the Men's Classic Physique, Men's Fitness & Bodybuilding Divisions

Any type of Board Shorts is to be worn just above the knees.

Men's Classic Physique

Are allowed to crossover into Men's Bodybuilding & Men's Physique.

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

Men's Bodybuilding

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

Overalls

When large number of competitors in an open class is split into heights. The winners from each height class will go into an overall to determine the overall champion

ICN COMPETITOR ACHIEVEMENT MEDALS (Equal 6th Placings)

iCompete Victoria believe 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 five different Achievement Medals represents these many tests, trials and achievements which all contribute to success further down the path both in sport and personally.



Promote your special day on our social media

Facebook Page: ICN Victoria

Instagram: icn_victoria

AMATEUR STAGE WALK FOR EVERY DIVISION

AMATEUR STAGE WALK FOR EVERY DIVISION

-
- AUSTRALIA ICN**
IMPROVED CIRCLES NATION
HOCKEY & MODEL WORLD RELATIONS
- # STAGE WALK FOR EVERY DIVISION
1. Everyone follow each other to the back of the stage on the RED line.
 2. When your name gets announced walk to the front YELLOW line & strike your favorite pose
 3. Once everyone has come forward to the front YELLOW line
 4. The formal Judging will begin 1/4 turns & Comparisons.
- FRONT LINE** **FRONT LINE** **FRONT LINE**
- BACK LINE** **BACK LINE** **BACK LINE**
- Competitor → Competitor → Competitor → Competitor → Competitor → Competitor →
- PODIUM**
- 5 3 1 2 4
- AUSTRALIA ICN**
IMPROVED CIRCLES NATION
HOCKEY & MODEL WORLD RELATIONS

ICN ANGEL & Ms RUNWAY Stage Walk

2

POSE
HERE

3

POSE
HERE

1. Everyone follow each other.
2. Strike a FRONT POSE at each WHITE X when you get to each marker.
3. Head Judge will instruct you when to move to the next marker.
4. When you get to number 4, please line up half on each side of the podium.
5. Once everyone gets to number 4, Then the Judges will start the 1/2 turns, Comparisons & formal judging.

1

POSE
HERE

4

LINE UP
HERE

Competitor



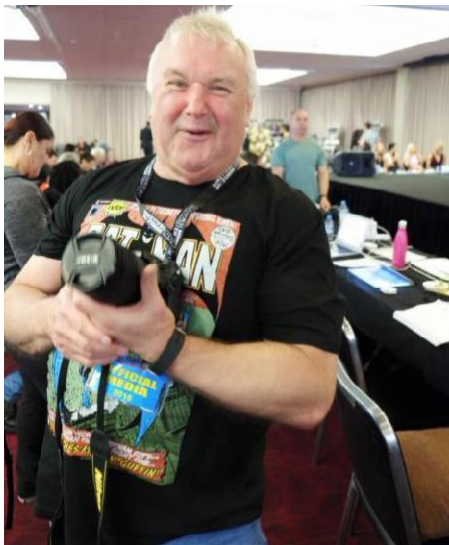
Back Of Stage

Podium



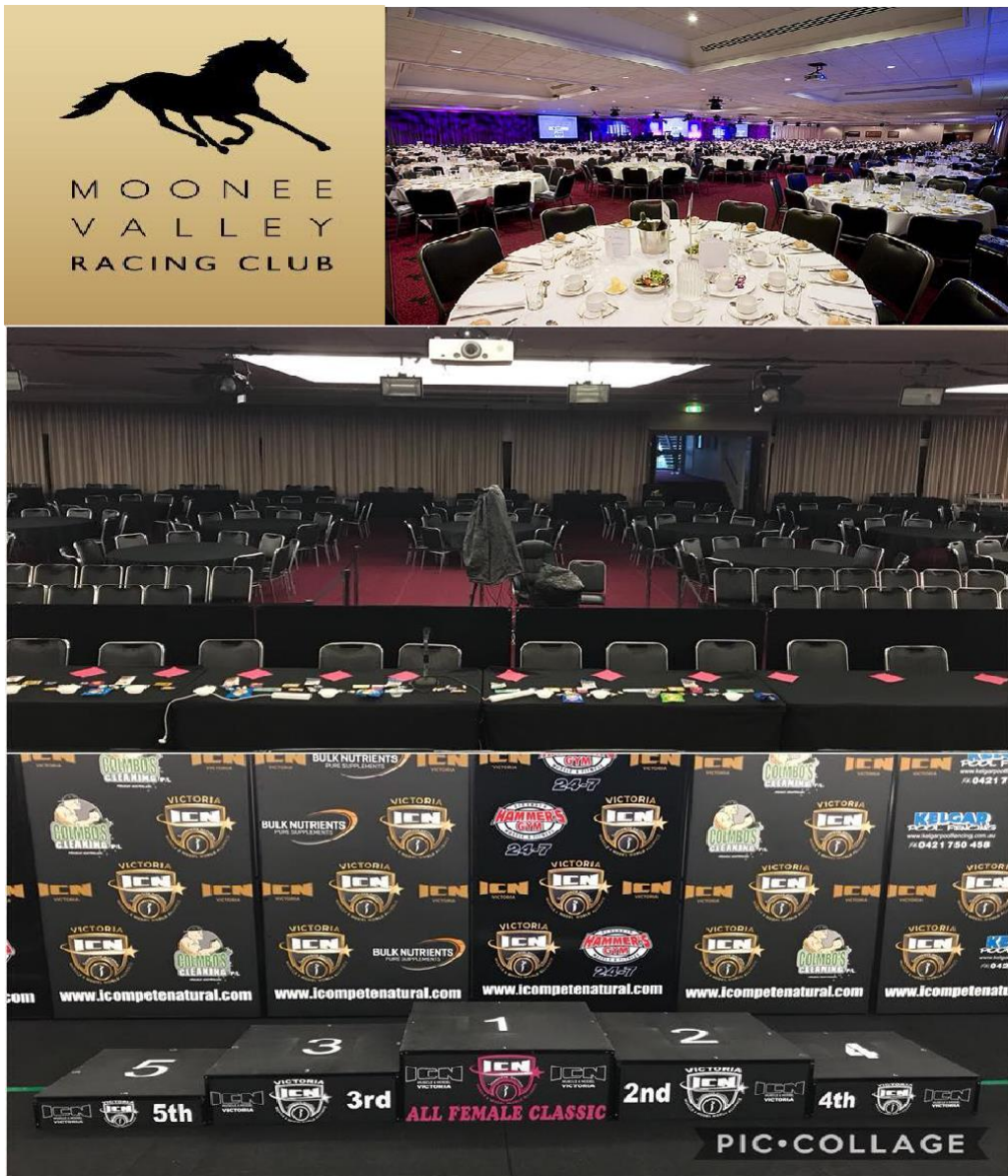
SOCIAL MEDIA PHOTOS

PHOTOGRAPHER – STEVE ROMIC



VENUE: MOONEE VALLEY RACING CLUB

Welcome to our world-class venue, **Celebrity Room** at the Moonee Valley Racing Club. MVRC is one of Australia's most unique event locations, set amongst the historic racecourse and stunning backdrop of Melbourne's city skyline. The Celebrity Room has the capacity to seat 1,000 spectators, unlimited sponsors and backstage space. Security guarded car parking is provided for free as well as free WIFI. The luxurious home of ICN Victoria.



ICN – More than just a contest - It's an Experience!

* 7 STEP *

CONTEST EXPERIENCE

1. Competitor Line-Up

Assemble on the centre wooden floor for final instruction before heading to stage.

2. Competitor Parade

Competitors led on a 50m walk to side stage.

3. Pre Stage DVD Interviews

4. Stage Timed Judging, Trophy and PT Award Presentations.

5. Post Stage Interviews

Random Competitors will be asked to expand on their Pre-Stage comments. Top 5 of each division interviewed as a group.

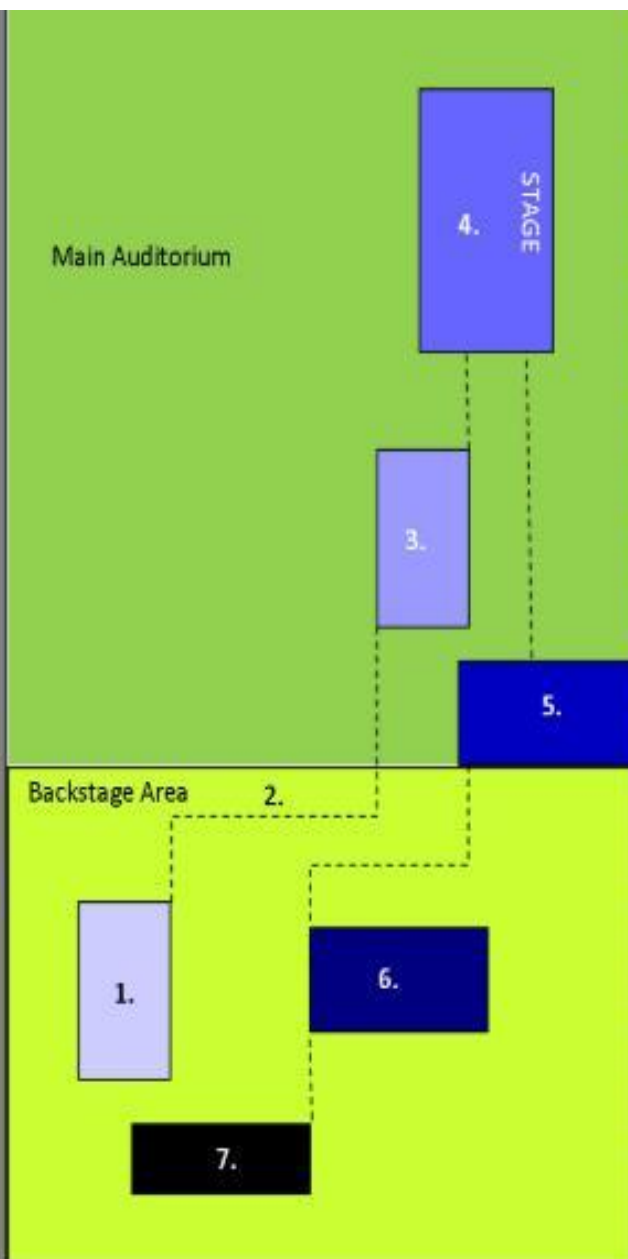
6. Backstage Professional Photos

7. Casual Photo Backdrop Area

Take photos with your awards, fellow competitors, family and friends

Note:

The 7 Step Contest experience takes approximately 35 minutes.



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!



ICN Pro League (iPro)

How to earn a PRO card

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



The front of the ICN Pro Card features a muscular male and female figure. The male figure is on the left, and the female figure is on the right. They are both wearing a gold and black ICN Pro Athlete shirt. The shirt has the ICN logo in the center, which is a shield with a stylized 'i' and the letters 'ICN'. Above the shield, it says 'PRO ATHLETE'. Below the shield, it says 'iCOMPETE NATURAL'. The background is black with a blue glow around the figures.

PRO CARD
iCOMPETE NATURAL



The back of the ICN Pro Card features a smaller version of the ICN Pro Athlete logo and the text 'PRO CARD iCOMPETE NATURAL'. There is a small white circle on the right side of the card.

PRO CARD
iCOMPETE NATURAL

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 recognized as an ICN PRO you must retain your ICN membership each year. We also reserve the right to drug test all PRO's 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

