



2017 ACT TITLES

EVENT INFORMATION

(PLEASE RETAIN FOR YOUR INFORMATION)

DATE:	Sunday 17 th Septebmer, 2017
CONTEST TIME:	10.30am Start
ENTRY FEE:	\$160
ADDITIONAL:	\$50 per additional division.
ENTRIES CLOSE:	Wednesday 13 th September (up until midnight via iCompete)
PAYMENT DUE:	Pay at Competitor Check-In: read on for details re check-in options
VENUE:	Hellenic Club (Woden), Matilda St Woden ACT
TICKET PRICE:	\$50 All-Day General Admission / \$400 for Reserved Seating tables (each Show ticketed separately) – contact ICN ACT through Facebook for Table bookings
PROMOTER:	Primary Age & Under are free Nick Boutzos, ICN ACT President

COMPETITOR CHECK IN SESSIONS

Pre-Event:

King Ape's Paradise (Gartside St Erindale): Saturday 16th April 10am – 1pm, OR Sunday 17th April: 9.30am – 10.15am at the venue. NOTE: Check-in will NOT be offered outside of these times. We ask all ACT based athletes to attend on Sat 16th.

You will receive: Contest number, ICN Competitor clothing item and Backstage Pass for one helper - **remember your helper still must pay admission.**

FEMALE DIVISIONS AVAILABLE*

Ms FitnessModel First Timer	First ever Contest
Ms FitnessModel Novice	First Year of Competing
Ms Fitness Model 30+	30 or older on day of contest
Ms Fitness Momma	Had Children
Ms FitnessModel Open	
ICN Angels	
Ms Bikini 30+	30 or older on day of contest
Ms Bikini First Timer	First ever Contest
Ms Bikini Momma	Had Children
Ms Bikini Novice	First Year of Competing
Ms Bikini Open	
Ms Sports Model – Open	
Ms Figure First Timer	
Ms Figure International	Symmetry Only
Ms Figure Masters	40 & Older on day of contest
Ms Figure Novice	First Year of Competing
Ms Figure Intermediate	Not a Novice or previously won a division
Ms Figure Open	

MALE DIVISIONS AVAILABLE*

Men's Fitness First Timer	First Ever Contest
Men's Fitness Novice	First Year of Competing
Men's Fitness Open	
Mr Physique First Timer	First ever contest
Mr Physique Novice	First Year of Competing
Mr Physique Open	
Bodybuilding First Timer	First ever Contest
Bodybuilding Teenage Men	19 & Under on January 1 st
Bodybuilding Junior Men	21 & Under on January 1 st
Bodybuilding Master Men 40+	40 & Older on day of contest
Bodybuilding Novice Men	First Year of Competing
Bodybuilding Intermediate Men	Not a Novice or previously won a division
Bodybuilding Open Men	Height Classes if required

*All divisions are subject to height classes if the number of entries warrant, and if so determined once entries close – this will be advised on final running order published on Thursday 14th September. Minimum numbers are required for divisions to be offered – ICN ACT will make these determinations once etries have closed

SHOW STRUCUTRE/TIMES

The event will be separated into 2 separate shows. Final running order, along with estimated stage times, will be published once entries close. A draft running order will be published on our Facebook page approx. 2 weeks before the event. Times are always an approximation to give you something to go by in advance. Ask anyone coming to watch you to be in the venue at least 2 hours prior to your estimated stage time to ensure they do not miss you.

SHOW 1

Bodybuilding First Timers
Bodybuilding Teenage Men
Bodybuilding Master Men 40+
Ms Figure Masters
Ms Figure Novice
Bodybuilding Junior Men
Ms Figure International
Bodybuilding Novice Men
Ms Figure Intermediate
Bodybuilding Intermediate Men
Ms Figure Open
Bodybuilding Mens Open
Overall Ms Figure Champion
Overall Mens Bodybuilding Champion

SHOW 2

ICN Angels
Ms Sports Model Open
Ms Bikini First Timer
Men's Fitness First Timer
Ms Fitness First Timer
Mr Physique First Timer
Ms Bikini Momma
Ms Fitness Momma
Ms Bikini Novice
Mens Fitness Novice
Ms Fitness Novice
Mr Physique Novice
Ms Bikini 30+
Ms Fitness 30+
Mens Fitness Open
Ms Bikini Open – Short
Ms Bikini Open – Tall
Overall Ms Bikini Champion
Mr Physique Open
Ms Fitness Open – Short
Ms Fitness Open – Tall
Overall Ms Fitness Champion

SHOW FORMAT (for Bodybuilding & Ms Figure divisions)

Round One (Symmetry) + Round Two (Muscularity) + Award Presentation

All competitors in your division come on stage together and go through the Symmetry and Muscularity rounds. The contest is judged on these two rounds. Once these rounds are completed you stay on stage as we present the Award and placings immediately.

MR FITNESS & MR PHYSIQUE

Mens Fitness competitors will have their shorts supplied. These will be supplied at Check-In. Mens Physique competitors to supply own knee length shorts.

Mens Fitness and Physique competitors cannot compete in Bodybuilding divisions

BIKINI, FITNESS and SPORTS MODEL DIVISIONS

Bikini Model is designed for a softer figure and competitors *should not* have six pack abdominals. Fitness Models and Sports Models should have a more trained look and aim to display six-pack abdominals. Bikini and Fitness divisions are judged in a bikini, whereas Sports Models are judged in a 2 piece outfit (supplied). In all divisions, competitors perform a stage (V) walk – the path will be outlined to competitors prior to contest day. The emphasis of the stage walk is to display confidence with your body by presenting a confident stage presence and persona. Once all competitors have done their individual appearance the entire group is brought back on stage for group comparisons in the symmetry poses.

Mr PHYSIQUE

Judging consists of 5 of the 7 Bodybuilding compulsory poses. (1) Front double Biceps, (2) Side Chest, (3) Side Triceps, (4) Rear Double Biceps and (5) Abdominals & Thigh.

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 your 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.

BACKSTAGE

Bring your own weights to pump up if required. Your tan must be applied prior to arriving at the venue, so only a final 'touch up' is required. We also discourage the use of transient products like *Dream Tan*. Competing at this venue has four compulsory conditions:

1. Competitors must bring a towel (or similar) to stand on when they are applying any tan/oil.
2. Wear sandals (or similar) at all times backstage until you go on stage.
3. Competitors must be fully clothed before sitting on chairs in the venue, and follow the directions of event staff at all times

DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance enhancing substances at ICN events is conducted via WADA accredited urine analysis. Over the past 3 yrs approximately 80% of our positive contest day tests have occurred as a result of banned ingredients in USA supplements, especially pre-workout products 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 and in other supplement contamination cases.

TICKET/RESERVED TABLE PURCHASES

General Entry tickets (\$50) will be available until Saturday September 16th at this site:

<https://events.ticketbooth.com.au/event/icn-act-titles>

Tickets will also be available at the venue on Contest Day from 10.00am

Reserved Seating Tables are available for each Show (1 and 2) priced at \$400, they seat 10 people and offer the best view of the stage – email jesse.mcconaghy@inet.net.au

Please note we only have limited numbers available.

Primary School & Under Free. Tickets only available on the Contest Day itself at the Door.

Cash only - the venue has ATMs to withdraw cash.

PHOTOGRAPHY

STAGE SHOTS: Timeless Creations will be shooting stage shots of all divisions.

Receive all of your stage shots for \$60, regardless of how many divisions you compete in. info@timelesscreations.com.au

BACKSTAGE STUDIO: Carl Hensel will have his studio set up backstage, and he will be offering an amazing deal on the day. For Just \$50 you can have all of your best poses captured and then immediately the high res files immediately burnt onto a disc for you take home and enjoy!

TANNING/MAKE-UP/HAIR

ICN ACT's official supplier is Comptan. For bookings or further details, contact them directly at: info@comptan.com.au

ENTERING THE EVENT

Via the ICN's state of the art, online event management portal, **iCompete**. Simply log onto www.icompetenatural.com.au to complete the process. NOTE: You must be a iCompete Premium member before you can enter any event.

On the news feed page, on the right hand side you will see 'Enter New Event' option – once registered, you can amend your entry and add extra divisions via the 'Edit my Entry' option. Entries can be amended/changed up until midnight on Wednesday September 13th

