

2017 South Australian Titles



Enter online at www.icompetenatural.com

- ENTRY FEE:** \$125.00 (Entries close 03/09/17) . Extra division \$50:00.
Fee includes Competitor Pack
- SERVICES:** Photographs of your division on CD \$55. DVD \$30:00
- VENUE:** Norwood Concert Hall
175 The Parade Norwood.
- DATE:** Sunday September 10th
- TIME:** Bodybuilding 9:30am, Fitness/Bikini
- TICKETS:** General \$40 for all day access
- PROMOTERS:** Australian Muscle

SA TITLES EVENT HIGHLIGHTS

- + Awards up to 5th place
- + Achievement Medals
- + Competitor T Shirts
- + One Show Format
- + Qualifier for Australian Titles/Natlympia, Bali
- + Sport Model, Mens Fitness/Physique outfits supplied.

ENTER ONLINE

iCompete Straight-to-Stage Technology allows you to enter and manage your entry via your personal Membership portal .Login to iCompete www.icompetenatural.com from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details here www.icompetenatural.com/
NOTE: ICN is now a paperless and digital organisation. We no longer provide manual, paper entry forms. You will absolutely love the speed, control and convenience of entering ICN events via iCompete! Welcome to the future!

CHECK IN

Competitors will be advised about check in as the show nears.

EVENT FORMAT

Fitness, Sportmodel & Bikini

Fitness is 1 round in bikini

Bikini is one round in bikini

Sportmodel is one round in sports wear supplied by ICN.

Men's Fitness is 1 round in fitness shorts supplied by ICN.

Mens Physique is one round. You compete wearing shorts supplied by ICN.

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

DIVISIONS AVAILABLE

ICN Angels

Fitness Model Novice

Fitness Model 21 21 or under on the day

Fitness Model Open

Fitness Model O/30

Fitness Model O/40

Fitness Momma

Bikini Novice

Bikini 21 21 or under on the day.

Bikini Open

Bikini O/30

Bikini O/40

Bikini Momma

Men's Fitness 21

21 or under on the day

Men's Fitness Open

Sportmodel Novice

Sportmodel 21 21 or under on the day

SportmModel Open

Sportmodel O/30

Sportmodel O/40

Sportmodel Momma

The Bodybuilding event is run in a one show format. Judging consists of Round One (Symmetry) and Round Two (Muscularity).

Men's Physique 21	21 or under on the day
Men's Physique Open	
Teenage Men	19 or under on 01/01/17
Junior Men	21 or under on 01/01/17
Novice Men	First Year of competing
Novice Ms Figure	First Year of competing
Mens U/72kg	
Mens U/77kg	
Mens First Time	First ever competition
Ms Figure First Time	First ever competition
Men's Master O'40	
Ms Figure Master O'40	
Men's Masters O'50	
Men's Masters O'60	
Ms Figure Master O'50	
Ms Figure international	
Ms Figure Adelaide Open	
Ms Bodybuilding Open	
Mr Adelaide Open	
Posing Division	See details below.

POSING DIVISION

At the Adelaide Classic we are offering a posing division open to the first 10 men and women. You will be judged on your 60 second routine and the winner will be awarded the best poser. A male and a female will be awarded. Remember, this is open to only the first 10 men and women. If you wish to partake, please email us

ausmuscle@adam.com.au

COMPETE IN MULTIPLE DIVISIONS

With the successful development of ICN events by removing posing routines from the show format, we now have time available for competitors to compete in multiple divisions. Previously, a one-entry policy was there to protect the show becoming boring watching the same competitor repeat their routine each division. Plus, we admit it's an unusual policy to restrict competitors entering more than one class. Imagine if Usain Bolt could only run the 100m and not the 200m or team relay etc.

ENTRY RESTRICTIONS

- Females cannot enter both Bikini and Fitness Model.
- Males cannot enter both Mr Physique and Men's Fitness

- You can enter 3 divisions. Ladies may enter 4 as long as the 4th is ANGELS

INTRODUCING ICN ANGELS



ICN Angels 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 placegetters 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.

BIKINI/SPORTMODEL & FITNESS MODEL DIVISION

Bikini Model is designed for a softer figure and competitors should not have six pack abdominals and are judged only in a bikini round. Fitness and SportModels should have a more trained look and aim to display six-pack abdominals. Fitness and SportModels are judged in bikini and fitness wear (supplied).

BACKSTAGE GUIDELINES

Competitors are allowed 1 backstage helper who must wear a backstage pass (supplied at registration). Bring your own weights to pump up if required. ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. 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.
4. **Do not touch or lean on WALLS or columns backstage.**
Each tan mark is a \$200 repaint fee!

DVD & PHOTOGRAPHY

A DVD of the event is \$30:00 will be available at Australian Muscle a couple of weeks after the show..

Receive all the on-stage photos taken of you and your division from Prejudging on a CD at the event for \$55. The photos are yours to edit and print as you wish.

A professional photographer will also be set up backstage taking studio pictures.

Competitors can deal with them directly.

TICKET PURCHASES

Tickets can be pre booked for this event. General Admission \$40.00

Tickets can be purchased in a number of ways:

- (1) At Australian Muscle stores and selected outlets from September 1st,
- (2) During check in held at Australian Muscle ,
- (3) On Line at www.australianmuscle.com.au
- (4) and, tickets are also available at the venue on the day.

DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance enhancing substances at ICN events is conducted via WADA accredited urine analysis. Over the past 3 years 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.

AUSTRALIAN QUALIFICATION

Top 5 also qualify for the 2017 Australian Titles held in Melbourne in October and the Natlympia in Bali