



5 STAR

# 2019 Adelaide Classic

Enter online at [www.icompetenatural.com/](http://www.icompetenatural.com/)

- ENTRY FEE:** \$145.00 (Entries close 09/04/19) . Extra division \$55:00.  
Fee includes Competitor Pack
- SERVICES:** Photographs of your division on CD \$60. DVD \$35:00
- VENUE:** Norwood Concert Hall  
175 The Parade Norwood.
- DATE:** Sunday April 14<sup>th</sup>
- TIME:** Bodybuilding 9:30am, Fitness/Bikini 2pm.
- TICKETS:** General \$40 for all day access
- PROMOTERS:** Australian Muscle

## Adelaide Classic EVENT HIGHLIGHTS

- + Awards up to 5<sup>th</sup> place
- + Achievement Medals
- + Competitor T Shirts
- + One Show Format
- + Qualifier for Australasia and Australian Titles
- + Sport Model, Mens Fitness and Mens Classic 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](http://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/](http://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, Ms Swimsuit, Sportmodel & Bikini

Fitness is 1 round in bikini

Bikini is one round in bikini

Ms Swimsuit is one round in a one piece swimsuit.

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 board shorts of your choice.**

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

## DIVISIONS AVAILABLE

ICN Angels

Ms Swimsuit

**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**

**Men's Fitness 30+**

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).

<b>Men's Physique 21</b>	21 or under on the day
<b>Men's Physique Open</b>	
<b>Mens Physique 30+</b>	
<b>Bodybuilding 21</b>	21 or under on 01/01/19
<b>Novice Men</b>	First Year of competing
<b>Novice Ms Figure</b>	First Year of competing
<b>Mens U/72kg</b>	
<b>Mens U/77kg</b>	
<b>Mens 77kg+</b>	
<b>Mens First Time</b>	First ever competition
<b>Ms Figure First Time</b>	First ever competition
<b>Men's Master O'40</b>	
<b>Men's Masters O'50</b>	
<b>Men's Masters O'60</b>	
<b>Ms Figure Master O'40</b>	
<b>Ms Figure Master O'50</b>	
<b>Ms Figure Classic</b>	Quarter turns only. See details below.
<b>Men's Classic Physique</b>	
<b>Ms Figure Open</b>	
<b>Ms Bodybuilding Open</b>	
<b>Men Bodybuilding Open</b>	
<b>Posing Division</b>	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 [aumuscle@adam.com.au](mailto:aumuscle@adam.com.au)

### MS FIGURE CLASSIC (FORMALLY MS INTERNATIONAL)

Ms Figure Classic (formerly Ms Figure International), consists of one round. All competitors face the judging panel and perform four (quarter) turns as a whole line-up. The quarter turns are set with both feet flat on the floor and arms at either side. The judges are looking for;

- Muscular and toned figure.
- Reasonable level of body fat showing separations between major muscle groups (ex. biceps to triceps).

Symmetry and Proportion

- No body part should stand out from the rest, train a complete package
- There should be an even flow through the body
- Equal development between all muscle groups

### Stage Presence

- Confidence
- Execution of quarter turns and figure walk
- Skin tone, make-up, suit selection
- Overall presentation

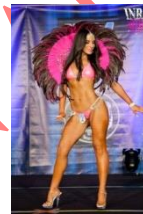
### COMPETE IN MULTIPLE DIVISIONS

With the successful development of INBA 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
- Men's Physique and Fitness can cross over to Mens Classic Physique only.
- **You can enter 3 divisions. Ladies may enter 4 as long as the 4<sup>th</sup> is ANGELS or Ms Swimsuit.**

### 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 you 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. SportModels should have a more trained look and aim to display six-pack abdominals. Fitness Models are more defined with clear abdominals and muscular definition.

## 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. INBA 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 \$35:00 will be available at Australian Muscle a couple of weeks after the show..

Receive all the on-stage photos taken of you and your divisions for \$60. 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 mid March.
- (2) During check in held at Australian Muscle ,
- (3) On Line at [www.australianmuscle.com.au](http://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 2019 Australasia (18<sup>th</sup> May 2019, Sydney), and Australian Titles (12<sup>th</sup> & 13<sup>th</sup> October 2019, Sydney).

## ICN ON SOCIAL MEDIA

You can find information on our social media pages. Please join them to keep up to date with any news.

Facebook: ICN South Australia

Instagram: @icn\_sa

## ICN GET STAGE READY SEMINAR

ICN South Australia will be conducting a FREE Get Stage Ready Seminar about 12-14 weeks out. This seminar will cover everything you need to know about competing with ICN. Please keep an eye on our social media pages for the date.

## ICN POSING CLASSES

Posing is a very important part of competing. If you cannot show your physique off in the best possible way, it can dramatically affect your placings. ICN South Australia run posing classes commencing 10 weeks out from the show. Details on times and venues will be posted on our social media pages.