



iCompete Natural *N.T. Championships* *29th September 2019*



EVENT INFORMATION

- DATE:** Saturday 29th September 2019
VENUE: Darwin Convention Centre Auditorium,
The Waterfront, Darwin, NT
- CONTEST TIME:** One Show Format
(Transformation Commences at 11am – see separate Trans Rules)
11:00 AM – 4:00 PM
DOORS OPEN AT 10am
Auditorium Opens at 10.40am
- ENTRY FEE:**
- | | |
|----------------------------------------|-------|
| Early Bird Entry Fee | \$195 |
| Additional Entry | \$60 |
| Fee includes competitor contest Photos | |
- OR**
- | | |
|----------------------------------------------------|-------|
| Entry Fees after 13th September 2019 | |
| Entry Fee | \$215 |
| Additional Entry | \$75 |
| Fee includes competitor contest DVD and All Photos | |
- PHOTOS:** Included
- ENTRIES CLOSE:** 5pm Wednesday 25th September 2019
- iCOMPETE:** iCompete Straight-to-Stage Technology allows you to enter and manage your entry via your personal Membership portal. Login to iCompete www.icompeteaustralia.com.au from any device and go to MY ENTRY. It takes only moments to (join/renew) enter or change your entry or personal details.
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!
- TICKET PRICE:** VIP (front 10 Rows) \$44
General Admission Adults \$34
GA Children (13 – 16) \$20
Children 12 and under Free
- TICKET PURCHASES:** Tickets will be available from www.yourcentre.com.au from 1st August 2019 or at the Box Office on the day (if not sold out).
Contact: Vanessa O’Grady (08) 89410777
- PROMOTER:** Vanessa O’Grady, ICN Northern Territory President



Darwin Entertainment Centre

THE VENUE:

The Auditorium at the Darwin Entertainment Centre is located in Darwin. The venue has the capacity to seat up to 1000 spectators. The ICN is proud to once again use the Auditorium at the Entertainment Centre to host this year's titles. It is an outstanding venue for a bodybuilding contest, with ample back stage room and excellent viewing for spectators. It will provide the landscape for a memorable contest experience.

NORTHERN TERRITORY SHOW HIGHLIGHTS:

- Free Sports Outfits, Tank Top and Goodies Bag
- Every competitor receives contest Photos
- Qualifier for Australian Nationals and World Titles
- Competitors may enter up to 5 divisions
- World class contest Venue
- Random drug testing

REGISTRATION and CHECK IN DAY:

Registration closes **5pm Wednesday 25th September 2019**. Competitors are required to Register via iCompete on the ICN Website www.icompeteaustralia.com.au, by this date and time. You will also need to be a Member of the ICN Australia, which you can also complete via the ICN Website. Your Membership number and password from Registering with ICN Australia will then enable you to log into iCompete and Register for our Event and/or any other Event throughout Australia.

Competitors **ARE REQUESTED to attend** Check-in between **11am and 5pm Saturday 28th September 2019 at Wicked NRG Supplements & Nutrition, 51 Stuart Hwy, Stuart Park, NT**, where you can collect your competitor number, the running order for the event and we can answer any pre-comp questions you may have. Our Check-in day ensures a smooth, easy, stress free Comp Day for all Competitors.

If you are unable to attend you will be able to pick up your pack etc at the Check-In Desk at the Venue on Comp Day (if you have not paid please bring cash as there is no EFTPOS facility available)

COMPETE IN UP TO 5 DIVISIONS

Competitors are limited to entering 5 Divisions. Competitors who compete in additional divisions still receive the same benefits in each division as if they only did one division, i.e., competitors will be presented with an ICN Achievement medal in every division.

See www.icompeteaustralia.com.au for full details.

Running Order can be viewed at the end of this document.

A couple of exceptions apply:

ENTRY RESTRICTIONS

Bikini	Swimsuit	Fitness Model	Sports Model	Figure
Swimsuit	Bikini	Sports Model	Fitness Model	Classic Figure
Ms Runway	Ms Runway	Ms Runway	Ms Runway	Ms Runway
Angels	Angels	Angels	Angels	Angels
		Classic Figure	Classic Figure	

I.C.N. N.T. Will be introducing a TRANSFORMATION Category this Season – Please see separate I.C.N. N.T. Transformation Guidelines and how to enter etc at www.icompeteaustralia.com.au

MALE DIVISIONS*	FEMALE DIVISIONS*
Men's Fitness Model 30+	Swimwear Model
Men's Fitness Model Novice	Ms Runway Model
Men's Fitness Model Open	ICN Angels
Men's Physique Novice	Bikini Novice
Men's Physique 40+	Bikini Momma
Men's Physique Open	Bikini 35+
Men's Classic Physique Novice	Bikini Open
Men's Classic	Sports Model Novice – wearing Sportswear only
Men's Bodybuilding Novice	Sports Model Momma – wearing Sportswear only
Men's Bodybuilding Open	Sports Model 40+ - wearing Sportswear only
Men's Street Model	Sports Model Open – wearing Sportswear only
	Fitness Model Novice – wearing Bikinis only
	Fitness Momma – wearing Bikinis only
	Fitness 35+ - wearing Bikini only
	Fitness Model Open – wearing Bikinis only
	Ms Classic Figure
	Ms Figure Masters
	Ms. Figure Novice
	Ms Figure Open

*All divisions are subject to height classes if the number of entries warrant

COMPETITOR ASSISTANCE

Backstage Staff – A Team of officials will assist all competitors to get on stage at the right time and in the right order! They literally 'run' backstage and control the divisions on and off stage. They will guide you with how fast the show is proceeding and update the running time.

Refreshments – each Competitor will receive a Goodies Bag at Registration, however please ensure you bring along your fluid requirements, as every Competitor differs, it's difficult to know what to supply.

ICN ANGELS



All Angels will come out one at a time and present to the judges, displaying their costume and wings, and then line up. On the announcers cue all Angels will walk forward together to the front of the stage, then turning to their right (Always turn to the right so that the wings don't get tangled), face the back of the stage, pause, then turn and face the judges again. Then all walk back together to their original lined up position, standing front on, one leg straight, one knee bent. Then the judges will proceed with any call outs and comparisons.

Angles are judged mainly on their stage presence and costume and secondary on their conditions – best overall package.

RUNWAY MODEL



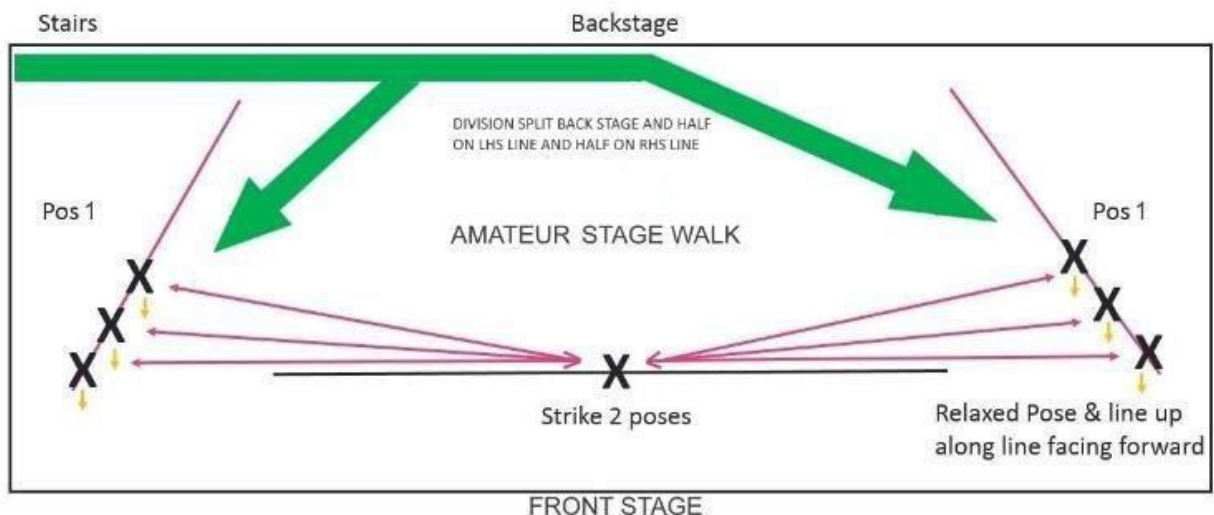
The perfect division to start your journey with ICN or for competitors who want something with a difference, to add some style, grace and elegance to their Stage experience, Runway Model gives you a level playing field.

Each competitor will come on stage individually and complete a T-Walk.

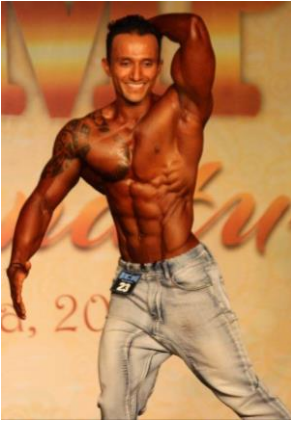
Judging criteria is on the overall Package, including, symmetry accessorising, your choice of evening wear, confidence and grace on stage.

MODEL DIVISIONS

The previous Sports Model division has been split into 2 new divisions for 2015 with distinct judging criteria for each. ICN believe this will make it easier for competitors to work out which Model category best suits their body type and condition, and will give a more standardised look across each division. Full descriptions at www.icompeteaustralia.com.au



MEN'S STREET MODEL



The Perfect Division to show off your Street Sass and Model personality, together with your Muscle, Conditioning and Symmetry.

Street Models are judged on their stage presence, muscle, conditioning, symmetry, personality and overall look (package).

SWIMWEAR MODEL



The perfect division to start your journey with ICN. For competitors who have stretch marks Swimwear Model gives you a level playing field. Judging criteria and regulations is the same as the Bikini Division.

BIKINI MODEL



Bikini Model division consists of one round with competitors wearing a fashion bikini and heels.

A softer, beach-body compared to the Fitness Model Class. Competitors should not have a 6 pack abs.

WICKED
NRG

SPORTS MODEL



Sports Model division consists of one round only with the Competitor wearing A Sports outfit.

The Sports Model should have a more athletic, leaner figure. Aim to have a six-pack.

FITNESS MODEL



Fitness Model division consists of one round only with the Competitor wearing A Bikini.

The Fitness Model should have a more athletic, leaner figure. Aim to have a six-pack.

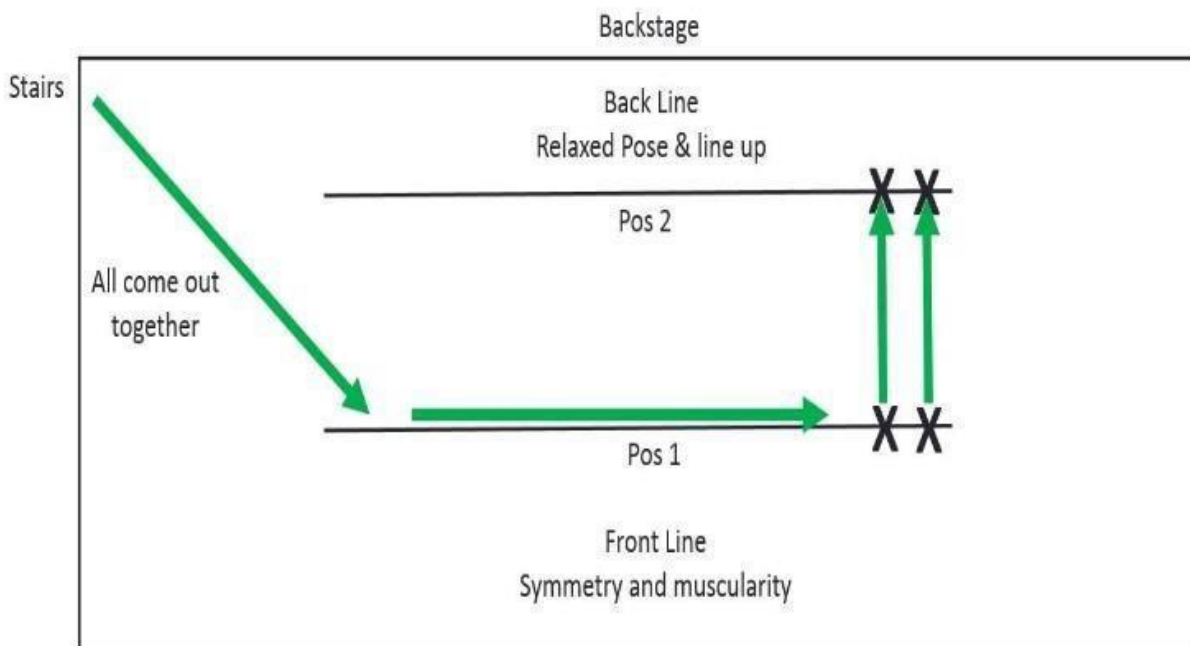
MALE FITNESS MODEL



Male Fitness Model division consists of one round only with the Competitor wearing a Sports outfit (shorts as per photo).

The Fitness Model should have a more athletic, leaner figure, being allowed to display six-pack abdominals.

BODYBUILDING, FIGURE and PHYSIQUE Stage description:



MALE PHYSIQUE



Male Physique division consists of one round only with Competitors wearing shorts of knee length (board shorts are recommended).

Judges will be looking for fit and athletic contestants who display the proper shape and symmetry combined with muscularity and overall condition. This is not a bodybuilding contest so extreme muscularity size will be marked down.

Judging consists of a comparison round and 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.

The Competitors will all come onto the stage together and will then be called forward, either as a whole group, or broken down into groups depending on the number of competitors, to perform quarter turns and do comparisons as required. This will be followed by a pose-down and Trophy presentation.

CLASSIC FIGURE



Figure International consists of one symmetry round only.

During your time on stage the judges will be assessing your overall balance and symmetry together with your stage presence, confidence, execution of quarter turns, skin tone, suit selection and overall presentation.

The Competitors will all come onto the stage together and will then be called forward, either as a whole group, or broken down into groups depending on the number of competitors, to perform quarter turns and do comparisons as required. This will be followed by a pose-down and Trophy presentation.

SHOW FORMAT for Bodybuilding and Ms Figure divisions

Round One - Symmetry
Round Two – Muscularity
Posedown
Trophy Presentation

MENS BODYBUILDING



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. There will be time given for Comparisons and once judges are happy the Compere will announce 60 seconds of posedown music. After the group posedown, placing's, trophies and prizes will be presented!

Ms FIGURE

(for further details www.icompeteaustralia.com.au)



The concept of Ms Figure is to express more femininity than is done in bodybuilding.

The requirement for the Ms Figure division varies from female bodybuilding in subtle ways. While Ms Figure competitors should not have the bulk of a bodybuilder, it is judged along the lines of a bodybuilding contest.

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. There will be time given for Comparisons and once judges are happy the Compere will announce 60 seconds of posedown music. After the group posedown, placing's, trophies and prizes will be presented!

COMPETITOR ACHIEVEMENT MEDALLIONS:



BACKSTAGE:

Each competitor is allowed ONE "helper" back stage. As the Darwin Convention Centre is a large venue we do not need to provide competitors with a "backstage" pass to police this policy, however, you will be provided with an armband (which **MUST** be worn) for your Back stage helper.

Competitors backstage helpers and/or Trainers are required to purchase an admission ticket. NO EXCEPTIONS.

BACKSTAGE GUIDELINES:

Bring your own weights to pump up if required. The D.E.C. gives no second chances with their venue if there is damage to the venue and furnishing from competitor's tan and oil. The ICN insist your tan be applied prior to arriving at the venue, so only a final 'touch up' is required. We also encourage you to use **EXTREME CARE** when using transient products like *Dream Tan* and recommend skin-dye tans like *JanTana*, *Suntan On*, etc 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. Absolutely **NO SHOWERING** in the showers after Comp.

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.

Random Drug Testing will be performed on the day.

iCompete Natural NT
Season B – NT CHAMPIONSHIPS

29TH September 2019

<u>TIME</u>	<u>DIVISION</u>
11:00	Transformations
12:00	Men's Bodybuilding Novice
12:10	Men's Bodybuilding Open
12:20	Angels
12:30	Ms Classic Figure
12:40	Men's Physique 40+
12:50	Men's Physique Novice
1:00	Men's Physique Open
1:10	Ms Figure 40+
1:20	Ms Figure Open
1:30	Ms Swimwear Open
1:40	Mr Classic Physique Novice
1:50	Mr Classic Physique Open
2:00	<u>INTERMISSION</u>
2:30	Ms Runway
2:40	Men's Street Model
2:50	Ms Fitness Model 35+
3:00	Ms Fitness Model Mumma
3:10	Ms Fitness Model Novice
3:20	Ms Fitness Model Open
3:30	Men's Fitness Model 30+
3:40	Men's Fitness Model Novice
3:50	Men's Fitness Model
4:00	Ms Bikink Model 35+
4:10	Ms Bikini Model Mumma
4:20	Ms Bikini Model Novice
4:30	Ms Bikini Model Open
4:40	Ms Sports Model 40+
4:50	Ms Sports Model Mumma
5:00	Ms Sports Model Novice
5:10	Ms Sports Model Open

All Categories and times are subject to change and will depend on numbers and should we need to add in or take away Categories.

