



Information is current as of Dec 22, 2024 – Update #2

Check back regularly at www.icnindonesia.com

EVENT INFORMATION: We will UPDATE as new information is confirmed.

Bali Paradise International Pro/Am Information Index

01. Event Information Summary
02. Nusa Dua, Bali, Indonesia
03. Medallions & Awards
04. Venue – Nusa Pujian Convention Centre
05. Accommodation Recommendations
06. Registration
07. Show Format and Times
08. Divisions Available
09. Entry Fees
10. Show Tickets
11. Spay Tan, Make-up, & Hair Styling Services
12. Photography
13. Travelling Advice for International Competitors
14. Visa
15. Transport
16. Sim Card & Money Exchange
176. Divisions Explained

01. EVENT INFORMATION SUMMARY

FAST FACTS

TITLE:	Bali Paradise International PRO/AM
DATE:	Saturday 14 June, 2025
CONTEST TIME:	10 AM
AMA ENTRY FEE:	A\$250 First Division Entry (includes competitor gift)
AMA ADDITIONAL:	Additional entries are A\$100 each
PRO ENTRY FEE:	A\$350 (includes competitor gift)
ENTRIES CLOSE:	Midnight Bali time on Wednesday 11 th June 2025
PAYMENT:	Pay Online via iCompete between Midnight 01/01 – 11/06 or at Registration Friday (cash only)
REGISTRATION:	The Crystal Luxury Bay Resort Nusa Dua (Meeting Room) Friday 13 June. Noon – 4 PM
VENUE:	Nusa Pujiun Convention Centre, Jl. Bypass Ngurah Rai No.77X, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali
TICKET PRICE:	A\$20 All Day General Admission. High School Students A\$10. Primary School Age (Under 12) Free
PHOTOS:	On-stage photographs of <u>each</u> division are \$50
CONTACT:	ICN Indonesian President, Laura La Rocca Whatsapp +62 853-3722-0985 Instagram icn.indonesia Website www.icnindonesia.com Facebook ICN Bali International Email icn.indonesia

SPORTS MODELS OUTFITS, MENS FITNESS SHORTS AND CLASSIC PHYSIQUE SHORTS SUPPLIED FOR COMPETITORS or THEY MAY CHOOSE TO WEAR THEIR OWN

Collect at the Check-in table on the day.

DRUG TESTING & SUPPLEMENT WARNING

Drug testing for performance-enhancing substances at ICN events is conducted at WADA-accredited labs. Banned ingredients in USA supplements, especially pre-workout products taken on event day, have produced positive drug tests. As a rule, don't take any supplement three days before 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.

02. Nusa Dua, Bali, Indonesia



Bali is ranked the second most popular tourist destination in the world (Dubai #1). Beautiful beaches, rich culture, scenic landscapes, unique temples, tropical climate, layback lifestyle, affordability, ease of visas, friendly locals and an endless variety of activities on just one island have proven irresistible.

Nusa Dua is situated about 13 km from Bali Airport. The name Nusa Dua itself translated means 'Two Islands' which refers to the two small raised headlands or islands found just off the coast of the peninsula. Nusa Dua is a sparklingly prestigious, sprawling enclave of international luxury hotels and world class convention centers, that was purposely built to present the beauty of the island wrapped in exclusive luxury and also acknowledged as an ideal integrated venue for international conventions and events.

Come and experience Nusa Dua magic and the spirit of the ICN Bali Paradise International Pro/Am, where everyone is promised something extraordinary.

03. Bali Paradise International Medallions – worthy of an Art Gallery display!

Placing First to Fifth win these innovative 8 inch (folding) Medals



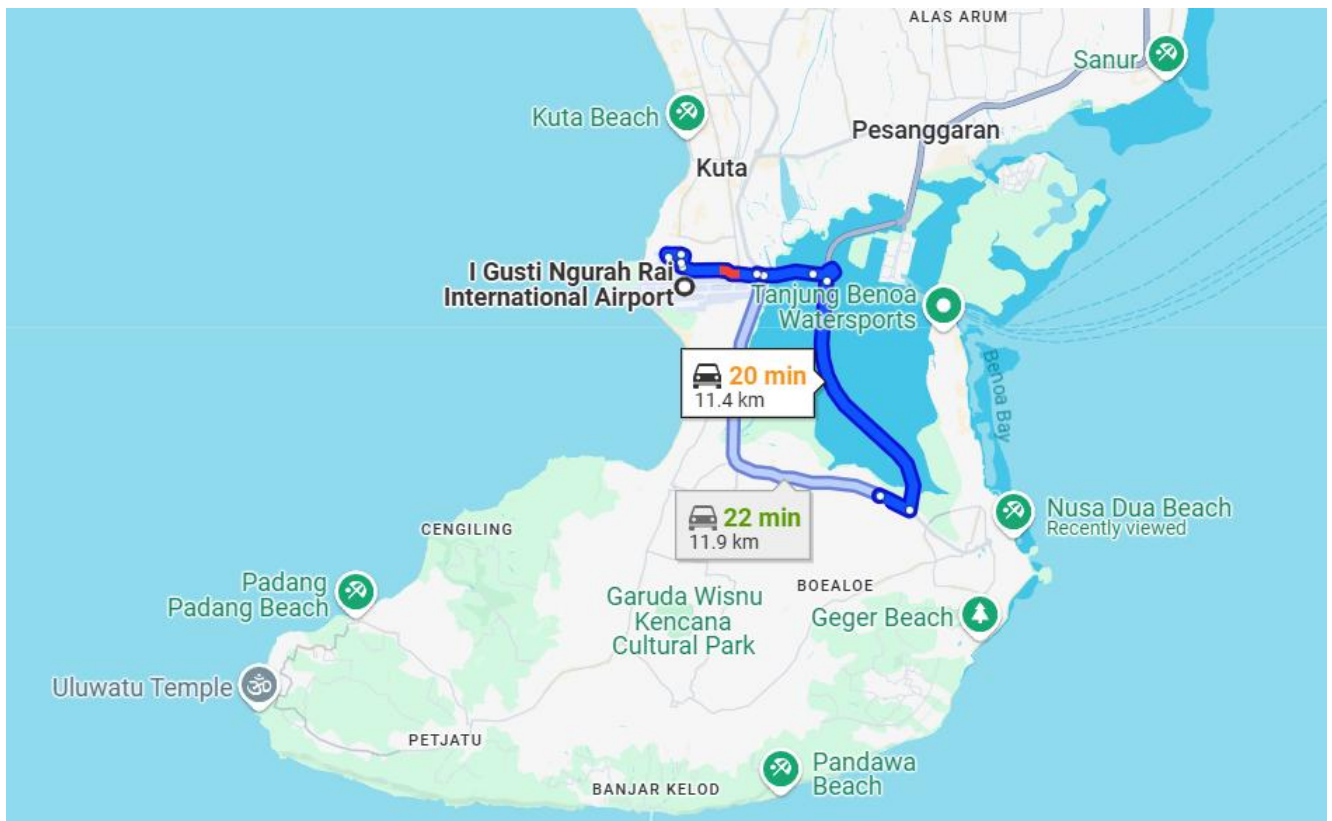
Bali Paradise International Achievement Medals

Look at the artwork on the front and back of the equally amazing ICN Bali Achievement Medal. Very rewarding for Athletes who place Equal 6th.



04. Bali Premium Venue – Nusa Pujian Convention Centre (NPCC)

Address: Jl. Bypass Ngurah Rai No.77X, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali
NPCC is 12km from Bali Airport. Cost is @ 170,000 Rp (US\$10).



NPCC houses state-of-the-art facilities with advanced audio-visual systems, high-speed internet, along with other cutting-edge technologies. The strategic location near restaurants and hotels with easy transportation will make the ICN Bali event unforgettable. Come and experience Paradise!



05. Accommodation

A wonderful range of hotels and facilities are available at Nusa Dua. The closest two hotels, a mere 400 metres from the venue, are not luxurious – but are ‘fit for purpose’ (contest mode) – cheap and some with kitchenettes.

Amaroossa Suite Hotel Bali: Amaroossa Suite Bali

Taman Mumbul, Jl. Taman Kebo Iwa Jl. Nusa Dua No.2, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali

The Crystal Luxury Bay Resort Nusa Dua. Address: Jalan By Pass I Gusti Ngurah Rai No. 88, 80363 Nusa Dua. It offers accommodations with a Full kitchen or kitchenette in the 2/3 bedroom suites.

06. Registration

All competitors are required at Registration the day before at the event venue

DATE: June 13

TIME: Noon - 4PM.

LOCATION: Sholam Room (lvl 1) PCC Bali

At Registration:

- (1) Receive your Contest Number
- (2) Competitor Gift - ICN Everyday bag (ideal travel companion)
- (3) Purchase Spectator tickets
- (4) Purchase ICN Merchandise



07. Show Format and Times

The event is one day, one show format. You will be judged and trophy presentation while onstage. Estimated divisions times will be posted in future updates, and a final schedule will be provided once entries close in the final week before the contest.

08. Divisions

The organizer has the right to change, cancel or merge divisions if there is no sufficient number of competitors in the same division.

AMATEUR DIVISIONS

Female Divisions	Male Divisions
Ms Classic Figure	Men's Fitness 50+
Ms Figure 40+	Men's Bodybuilding 60+
Ms Figure Novice	Men's Bodybuilding 40+
Ms Figure Open	Men's Bodybuilding 50+
Ms FitnessModel Momma	Men's Bodybuilding Rookie
Ms FitnessModel Rookie	Men's Bodybuilding Novice
Ms FitnessModel 35+	Men's Bodybuilding Open
Ms FitnessModel Novice	Men's Classic Physique 40+
Ms FitnessModel Open	Men's Classic Physique Rookie
Ms Bikini Momma	Men's Classic Physique Novice
Ms Bikini Rookie	Men's Classic Physique Open
Ms Bikini 35+	Men's Fitness 40+
Ms Bikini Novice	Men's Fitness Rookie
Ms Bikini Open	Men's Fitness Novice
Ms Sports Model Momma	Men's Fitness Open
Ms Sports Model 35+	Men's Physique 60+
Ms Sports Model Rookie	Men's Physique 50+
Ms Sports Model Novice	Men's Physique 40+
Ms Sports Model Open	Men's Physique Rookie
Ms Swimsuit Novice	Men's Physique Novice
Ms Wellness Novice	Men's Physique Under 70Kg
Ms Wellness Open	Men's Physique 70+Kg
Ms Swimsuit Open	Men's Physique Open
Ms Street Model	Men's Street Model
Ms Gym Model	Men's BeachBody
Ms Runway	Men's Runway Model
Angels/Themewear	

09. Entry Fees

AMATEUR – First Division	A\$250 (Rp 250k)
AMATEUR – Additional Division	A\$100 (Rp 100k)
PROFESSIONAL Division	A\$350 (Rp 350k)

08. WORLD iPRO Divisions

- | | |
|---------------------------|-----------------|
| 1. Men's Bodybuilding | 5. Ms Figure |
| 2. Men's Fitness | 6. FitnessModel |
| 3. Men's Physique | 7. BikiniModel |
| 4. Men's Classic Physique | 8. SportsModel |

\$10,000 Cash and Prizes. Prize money in each division:

- 1st Rp 5 Million (\$500)
- 2nd Rp 3.5 Million (\$350)
- 3rd Rp 1.5 Million (\$100)

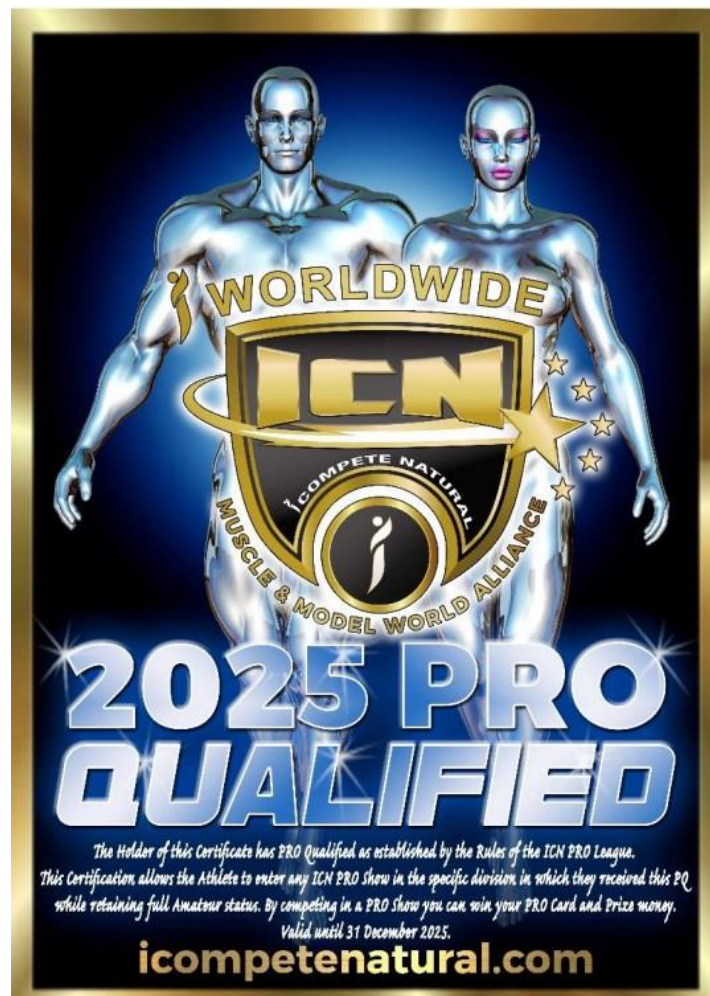
iPRO ICN GUARANTEE

While amateur divisions are subject to cancellation and amalgamation, Professional classes are never cancelled due to low numbers as a professional can not change divisions. Prize money however will be adjusted on the following scale: If only 1 competitor they will be awarded the cash prize of third place. If two competitors they will receive the cash prize of second and third. When 3 and more competitors enter the full cash prize will be awarded as promoted.

NOTE: Each Open (Height Class) Winner will be awarded their iPRO Card and are therefore eligible to enter and compete in the PRO class on the same day. You must pay the PRO entry fee of \$350 if you intend to compete. A PQ winner who places Top 3 in the PRO lineup will also win their PRO Card. Enter and pay by going to the Check-in table.

OPEN HEIGHT CLASS WINNERS WILL RECEIVE A PRO QUALIFIER CARD

Each Open or Open Height Class Division Winner will receive ICN PRO Qualified Status, which allows the Athlete to enter 2025 ICN PRO Shows in the specific division in which they received the PRO Qualifier card while still retaining full Amateur status. Competing in a PRO Show can earn you your PRO card (and prize money) if you place in the Top 3.



10. Show Tickets

Show Ticket A\$20 (Rp 20k) General Admission
 A\$10 (Rp 10k) High School Student. FREE Under 12.

Available from Registration on Friday and the Contest Day at the venue.

11. Tan, Make-up, Hair Styling. (Order in your portal)

TAN by XTAN. **Hand Application** A\$100 (recommended for best results) Includes unlimited touch-ups.
Or,
Spray Tan A\$120. Includes unlimited touch-ups.

MAKE-UP A\$120

HAIR STYLING A\$100

12. Onstage Photos:

You receive all the photographs taken of you and your division for \$50. You can edit and print all the pictures. A link to your photos is emailed within 2 weeks of the event.

13. Travelling Advice for International Competitors

The minimum time required to recover from the effects of jet lag is one hour for every hour you spend travelling. Try to arrive (Thursday 12th) in the afternoon or evening so you can sleep and wake at the correct time. When you board the plane in your Country, adjust your watch to the time in Bali and eat according to the time here. Same applies to sleep. Drink plenty of water. Eat Lightly. When booking your airline ticket, ask for low fat meals to be served. But also take your own food on the plane with your carry-on luggage. Also bring some packaged food in your suitcase, so you can survive for several meals without the stress of finding bodybuilding food immediately upon arriving.

Consider using melatonin tablets (5-8 mg) before bed. This will help you overcome jetlag, the stress of travelling and help you sleep. Melatonin is produced by the pineal gland and in response to darkness. During the day melatonin levels are low. Melatonin can help reset the body clock.

Don't be critical of your contest condition as you can expect to be 20% off your local contest condition due to the rigours of travel however, everyone is similarly handicapped. That is why I say those who win international events are those who travel best and do not get upset by unexpected situations. Try and plan so you can be very self reliant.

Bring your own sheets and pillowcase to sleep in the bed. Otherwise, can get away with just a pillowcase and old "jammies" to sleep in. Hotels usually pass-out when they see the tanning stains left behind by bodybuilders and they will charge you an outrageous cleaning fee.

One important message about competing internationally – hope for the best and prepare for the worst. The way another country runs a contest may vary from what you expect, purely because each country has different preferences, resources and strengths. Also, International promoters only know the extent of who is competing at the last moment. It can throw scheduling out. So be flexible in your mind and last minute preparation. However, rest assured the Bali International will be a fantastic experience for everyone.

14. VISA

Entering Bal is simple for most nationalities, which makes it an ideal destination for an international event. The information below will enable to to do everything yourself. Otherwise you can engage and Agent to help you at www.bali.com

There are four requirements to enter Indonesia, and you need to access four different websites to complete - so here is your step-by-step guide to make it easy!

<https://evisa.imigrasi.go.id/>

You can check the requirements for a Visa depending on your passport.

Passport

Your passport must be valid for at least six months from the date you enter Indonesia. It should be undamaged, with no tears, water damage, or significant wear. Your passport should also have at least one empty page for the visa or arrival and departure stamp.

1. Visa

You'll need a Visa On Arrival (VoA) or an Electronic Visa on Arrival (e-VOA). You can apply for an e-VOA online at least two days before your trip. <https://evisa.imigrasi.go.id/> You can also apply at Bali airport. The fee is Rp500,000 US\$35 (A\$50) per person, plus a small processing fee. Take cash to pay.

Return ticket

You must have a return ticket back to your country or an onward flight to another country.

2. Tourism levy

You must pay a tourism levy of IDR150,000 (approx. AUD\$14.40). You can pay the fee online before you come or at the airport. <https://lovebali.baliprov.go.id/>

3. Customs declaration

You must complete the Electronic Customs Declaration (ECD) form, either at the airport or online up to 48 hours before landing in Bali. <https://www.travelindonesia-e.cd.com>

4. Health pass

You must complete the SATUSEHAT Health Pass (SSHP) before boarding your flight to Bali. You must submit the completed SSHP to the airport health authorities upon arrival. <https://sshp.kemkes.go.id/>

NOTE: Most countries can apply for a VoA (Visa on Arrival) at the airport. You apply for a general visa for tourist activities. *(ignore the option for a sporting visa – this applies for mega events like F1 Grand Prix).*

15. Transport

Transport is cheap and efficient in Bali. Download either GOJEK or UBER apps to get transport for normal daily trips. If you want a driver and car for all day, we will help you organise this with a driver we know and trust.

16. SIM Card and Money Exchange

Getting a SIM card and internet access in Bali is cheap and easy. The most convenient option is at the airport – you won't need to look, as you will be bombarded to buy a sim card from multiple airport kiosks after you clear customs. The advantage is you are online from your first minute in Bali. The cheapest option is always away from the airport, and a telecom shop is everywhere. The savings might be significant as a % but in dollar terms, it's very little. If this is your first time to Bali and only staying a week the airport option is easy.

Changing money is different. At the airport only get enough Indonesian money for immediate spending. Even the money exchange booth in the terminal carpark 100M from arrivals is 20% better and a good option. Otherwise, go to a "legitimate-looking" currency exchange shop near your hotel. Avoid any small outlets with a fantastic rate – if the rate is too good to be true it's because they will scam you (miscount the notes, etc).

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

17. Divisions Explained

ROOKIE

Rookie is your first year (12 months) of competing in that specific division.

Rookie is specific to the division and how much experience you have competing in the particular division. For example, you may have competed for three years in Men's Fitness, and now, stepping up to Men's Physique, you can start in the Rookie Division and enter Rookie in Men's Physique for the next 12 months.

NOVICE

Competitors cannot enter if they have won (placed first) in an Open Division or Open Height Class in that specific division.

OPEN

Open is the highest level of any particular Division where the best of the best is determined. Open is, as the name refers, open to anyone who wants to compete. Typically, the biggest and best prizes are given to the Open Winners, including Pro Qualifier Cards.

Height Class (if required)

A division may be divided into Height Classes if required. Height classes are not preset, but created according to the heights of competitors who have entered the division. For example, if we have 18 entries in the Bikini Open, we may create 2 Height Classes of 9 competitors according to height from short to tallest. As it goes according to the height of the competitors, you could find you are in Class one in SportsModel but Class 2 in FitnessModel because it's according to the height of competitors in the division.