



Information is current as of June 4, 2025 – Update #7A

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

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01. EVENT INFORMATION SUMMARY

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 PRO Jersey)
ENTRIES CLOSE:	Midnight Bali time on Wednesday 11 June 2025
PAYMENT:	Pay Online via iCompete between Midnight 01/01 – 11/06 or at Registration Friday (cash only)
VENUE:	Nusa Pujiun Convention Centre (NPCC Bali), Jl. Bypass Ngurah Rai No.77X, Benoa, Kec. Kuta Sel., Kabupaten Badung, Bali
REGISTRATION:	The Crystal Luxury Bay Resort Nusa Dua Meeting Room Jalan Bypass I Gusti Ngurah Rai No. 88, 80363 Nusa Dua Friday 13 June. Noon – 4 PM
TICKET PRICE:	A\$20 All Day General Admission. High School Students A\$10. Primary School Age (Under 12) Free
AFTERPARTY:	A\$35 Dinner & Private Venue 400M from Contest. Drinks at Bar Prices. Swimming Pool – towel hire A\$5.
MEDIA:	On-stage photographs of <u>each</u> division are A\$50 Instagram Hype Reel @60 seconds of your highlights A\$150
CONTACT:	ICN Indonesian President, Laura La Rocca Whatsapp +6285337220985 Instagram icn.indonesia Website www.icnindonesia.com Facebook ICN Bali International Email Laura.d.larocca@gmail.com

1A. ITINERARY

THURSDAY: JUNE 12	Country Presidents Venue Tour & Safety Demo 2.30 PM Nusa Pujiun Convention Centre (NPCC Bali) Country Presidents Mixer & Dinner 6 - 10 PM The Crystal Luxury Bay Resort
FRIDAY: JUNE 13	Competitor Registration & Met n Greet Noon – 4 PM The Crystal Meeting Room (ground floor) Competitor Meeting, Venue Tour & Posing Class. 5 - 7 PM Nusa Pujiun Convention Centre (NPCC Bali) Judges Meeting 8 - 9.30 PM The Crystal Luxury Bay Resort
SATURDAY: JUNE 14	Event Day 10 AM Start. Tanning starts at 6.30 AM 7 PM – MIDNIGHT After Party @ MuKa Restaurant and Bar at SAMA SAMA

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 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

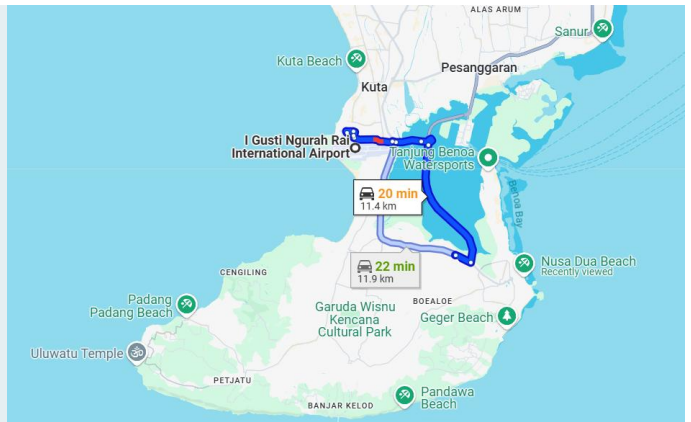
Look at the artwork on the front and back of the equally amazing ICN Bali Achievement Medal. Very rewarding for Athletes who place Equal 6th.



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). Download GoJek or Grab App. You can order from the airport to your hotel.



NPCC's state-of-the-art facilities, advanced audiovisual systems, high-speed internet, and other cutting-edge technologies will make the ICN Bali event unforgettable. Come and experience Paradise!



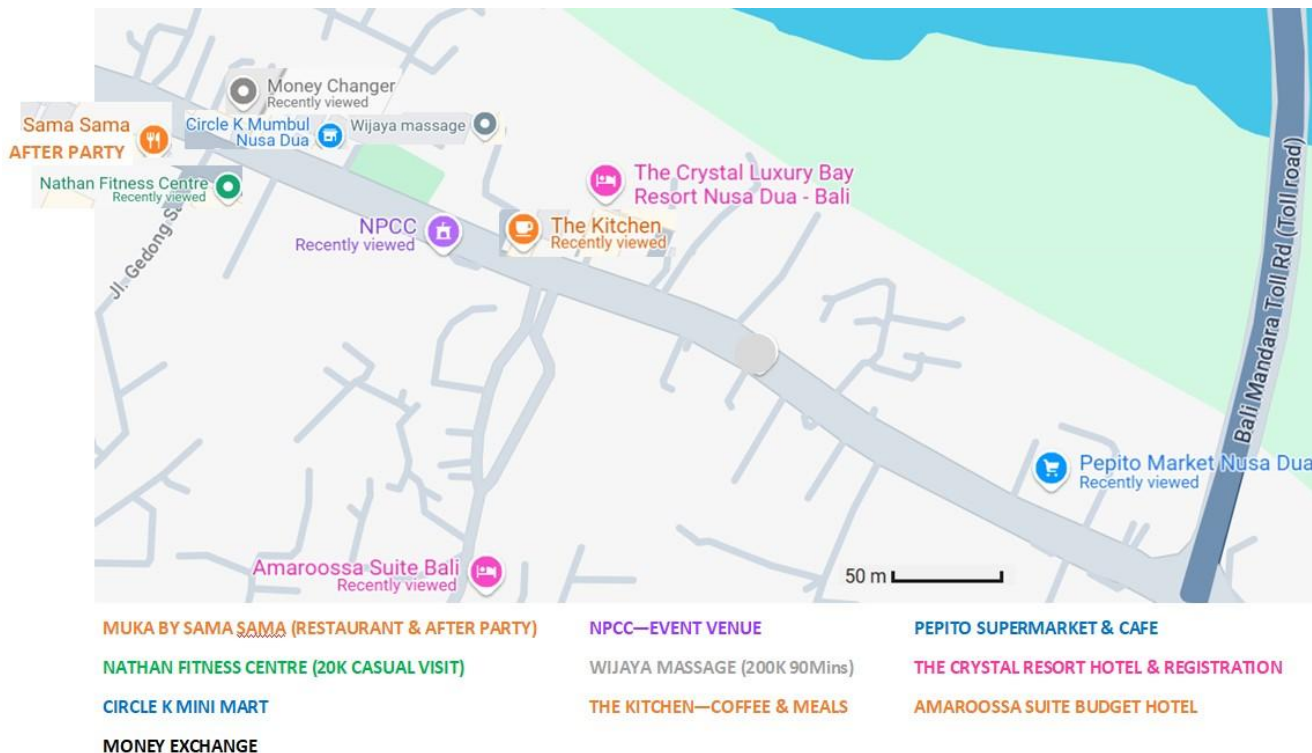
**** The NPCC Venue is not on the street. The venue is behind the street stores, enter through this car access.**

05. Transport

Transport is cheap and efficient in Bali. Download either **GOJEK** or **GRAB** apps to get transport for normal daily trips. If you want a driver and car for all day (\$90) or half day (\$60), we will help you organise this with a driver we know and trust. Email laura.d.larocca@gmail.com

06. Location Map

A selection of hotels and facilities are available in Nusa Dua. **The closest three hotels, Crystal, Amaroossa and Lerina**, a mere 400 metres from the venue, are not luxurious but 'fit for purpose' (contest mode) and affordable (Amaroossa is half the price of Crystal). They are within walking distance of everything you need (see MAP), from registration to the event venue, gym, supermarket, coffee, massage, and the After-party.



07. Accommodation Recommendations (5)

A selection of hotels and facilities are available in Nusa Dua. **The closest three hotels, Crystal, Amaroossa and Lerina**, a mere 400 metres from the venue, are not luxurious but 'fit for purpose' (contest mode) and affordable (Amaroossa is half the price of Crystal). They are within walking distance of everything you need (see MAP), from registration to the event venue, gym, supermarket, coffee, massage, and the After-party.

A. Host Hotel

The Crystal Luxury Bay Resort Nusa Dua

Address: Jalan Bypass I Gusti Ngurah Rai No. 88, 80363, Nusa Dua.

B. Budget Option

Amaroossa Suite Hotel Bali

Taman Mumbul, Jl. Taman Kebo Iwa Jl. Nusa Dua No.2, Benoa, Kec. Kuta Sel, Kabupaten Badung, 80361, Bali
Two (2) Royal Suites have kitchens – confirm with the hotel to ensure you get it.

C. The Lerina Hotel Nusa Dua (its 100M to the left of the After-Party venue on the above map)

Jl. Bypass Ngurah Rai No.1001X , 80361 Nusa Dua

TIP: If you want a toaster oven (\$40) or microwave (\$100) to heat/cook food in your room, there is a store called **AZKO** 2.5 km away (find on google maps)

D. Villa Accommodation

If you are a group of people, there are many 2–4-bedroom villas close to the venue with kitchen facilities. Use search engines like Airbnb and Agoda.

E. More Luxury

Grand Whiz Hotel Nusa Dua

Block T, Kawasan BTDC Nusa Dua, Nusa Dua, Bali, Indonesia, 80363

Still affordable but in the upmarket area of Nusa Dua and still only 3 KM from the NPCC Venue.

08. Entry Fees

AMATEUR – First Division

A\$250 (Rp 2.5M / US\$165/ E145)

AMATEUR – Additional Division

A\$100 (Rp 1.0M / US\$65/ E60)

PROFESSIONAL Division

A\$350 (RP 3.5M / US\$230 / E205)

09. Show Tickets - Available from Registration on Friday and the Contest Day at the venue.

Show Ticket **A\$20 (Rp 200,000)** General Admission

A\$10 (Rp 100,00) High School Student. FREE Under 12.

10. Onstage Photos

You receive **@10-12** photographs taken of you **in your division for A\$50**. Order per division. You can edit and print all the pictures. A link to your photos is emailed within 2 weeks of the event.

Instagram Hype Reel @60second Highlight reel ready for social media A\$150

11. Registration Friday June 13

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

DATE: June 13

TIME: Noon - 4 PM.

LOCATION: Meeting Room at the entrance of The Crystal Luxury Bay Resort.

Address: Jalan Bypass I Gusti Ngurah Rai No. 88, 80363 Nusa Dua.

At Registration:

- (1) Receive your Contest Number
- (2) Competitor Gift – Amateurs can choose between the ICN Everyday bag (ideal travel companion) or Bali Tee. PROS receive our exclusive International PRO Jersey. If you enter both AM/PRO you receive both!
- (3) Purchase Spectator tickets
- (4) Purchase ICN Merchandise (Everyday bag A\$35. Bali Tee A\$30)

ICN Gift to Amateur Competitors Choice! Either ICN Everyday Bag or Bali Tee. Available to purchase also.



*ICN Gift to Bali PRO Entrants. **PRO Athlete Jersey** (Cannot be purchased!)*



12. Show Format and Times

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

13. Divisions

The organiser has the right to change, cancel or merge divisions if there is not enough 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/Theme wear	Athlete Bodybuilding Heavyweight (HT-100)*
	Athlete Bodybuilding Light Heavyweight (HT-103)*
	Athlete Bodybuilding Mediumweight (HT-106)*
	Athlete Bodybuilding Welterweight (HT-108)*

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 at Registration (Friday).

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 supplements 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.



NON CORE CATEGORY

Athletic Bodybuilding

A division that limits weight-to-height and judged with the same posing/rules/attire as Bodybuilding.

Am I eligible?

Remove the first number from your height. If you weigh less than this (in kg) you are eligible.

Example. You are 174.5cm removing the first number is 74.5. If you weigh 74.5kg or less you can enter!

Athletic Bodybuilding offers a stepping stone for our Men's Fitness and Model competitors to compete and experience traditional Bodybuilding competition. Master age group competitors who have lost the muscle size of their youth will find Athletic Bodybuilding appealing also.



FOUR DIVISIONS: Each with a maximum weight for your height.

1. Athletic Bodybuilding Heavyweight (HT-100)

Your height-100 = Max. weight (i.e. 175cm -100 = 75Kg)

2. Athletic Bodybuilding Light Heavyweight (HT-103)

Your height-100 = Max. weight (i.e. 175cm -103 = 72Kg)

3. Athletic Bodybuilding Middleweight (HT-106)

Your height-100 = Max. weight (i.e. 175cm -106 = 69Kg)

A. Athletic Bodybuilding Welterweight (HT-108)

Your height-100 = Max. weight (i.e. 175cm -108 = 67Kg)

Crossover

All male divisions are allowed to crossover to Athletic Bodybuilding.

Check-in for HT/WT confirmation

Your height and weight will be measured at Check-in, which may result in an adjustment to the division you will enter.

14. PRO Divisions

1. Men's Bodybuilding
2. Men's Fitness
3. Men's Physique
4. Men's Classic Physique

5. Ms Figure
6. FitnessModel
7. BikiniModel
8. SportsModel

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

- 1st Rp 5 Million (A\$500)
- 2nd Rp 3.5 Million (A\$350)
- 3rd Rp 1.5 Million (A\$150)

Introductory Individual 30-second posing routines

PROS in all divisions will be introduced onstage, performing their own **30-second routine**. This is performed to house music (competitors do not supply music) and is not judged. Plus at registration we will ask more information from you that will be read during your "Introduction".

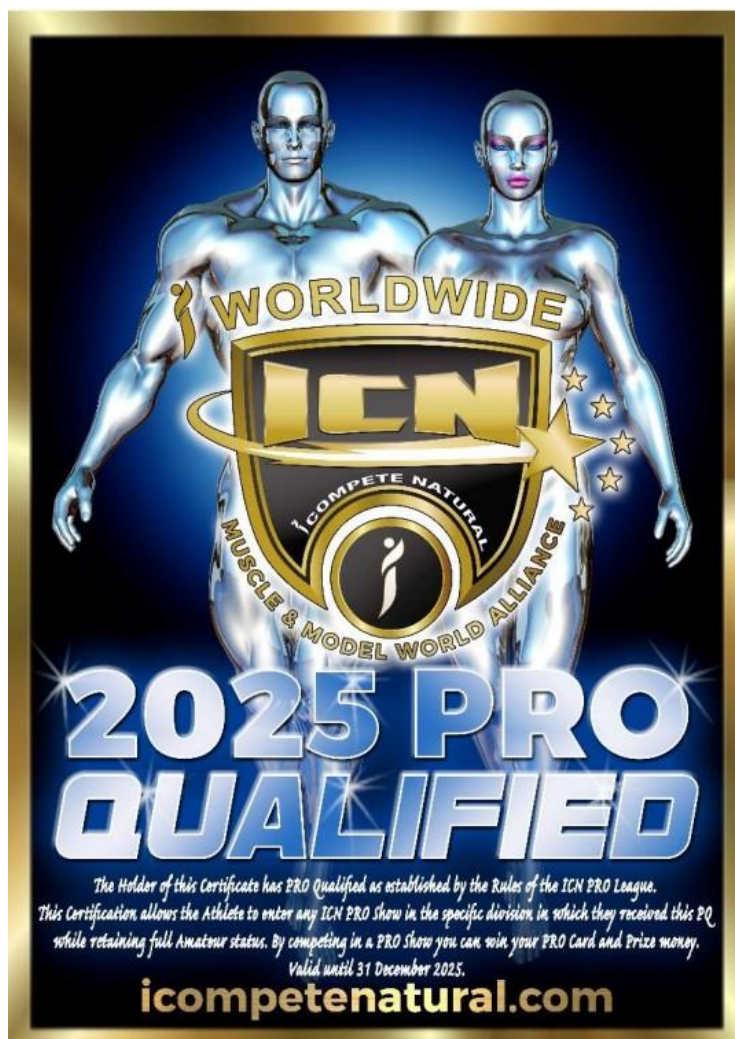
iPRO ICN GUARANTEE

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.



15. Tanning, Make-up, Hair Styling. (Order in your portal)

TAN by XTAN. We have secured a great price on contest tanning with our exclusive tanning partner XTan.

1. **Hand Application A\$90** (recommended for best results)
Includes unlimited touch-ups
Includes 'Pre Stage Shine'
2. **Spray Tan A\$110** Includes unlimited touch-ups.

- Order your Tan on your event entry form.
- On Contest Day go to XTan situated in the Pump up room, **two hours before your first division** to have your tan applied.
- Go back for touch-ups anytime.

Or,

3. **XTan Self Tanning Kit A\$90** if you wish to self-apply.
Enough product for at least two shows.
Kit includes: Base coat, Top coat, Prestage Shiner and sponge



MAKE-UP A\$130
HAIR STYLING A\$110
Touch Up during the day A\$10

-Order your Makeup and Hairstyle on your online event entry in your portal.
-You will be notified of your appointment time a few days prior.
The location will be in the "Fellowship Room" on the opposite side of the venue to the pump-up room.

16. 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 to plan so you can be very self-reliant.

Bring your own sheets and pillowcase to sleep in the bed. Otherwise, you 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 is to hope for the best and prepare for the worst. How 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, which can throw scheduling out. So be flexible in your mind and prepare at the last minute. However, rest assured that the Bali International will be a fantastic experience for everyone.

17. VISA

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

<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.

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!

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://ecd.beacukai.go.id/>

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).*

18. 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 it's very little in dollar terms. If this is your first time in 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 airport 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).

19. AFTER PARTY - MuKa Restaurant and Bar at SAMA SAMA \$35

(#5 MAP for location) Jl. Bypass Ngurah Rai Jl. Nusa Dua No.128, Benoa, Kec. Kuta Sel., Kabupaten Badung.





MuKa is part of the Sama Sama Japanese restaurant, and we recommend both as the best dining options in the area! While the official 'Afterparty' is not expected to start before 7 PM (until Midnight), MuKa is perfect for post-contest Pizza and hamburger cravings! The atmosphere is awesome, and there is even a pool for you to use (and maybe get some second opinions, lol). Pool towels are available for 50k. So once you finish competing, you should walk up to MuKa to eat, unwind, and enjoy yourself.

20. 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.

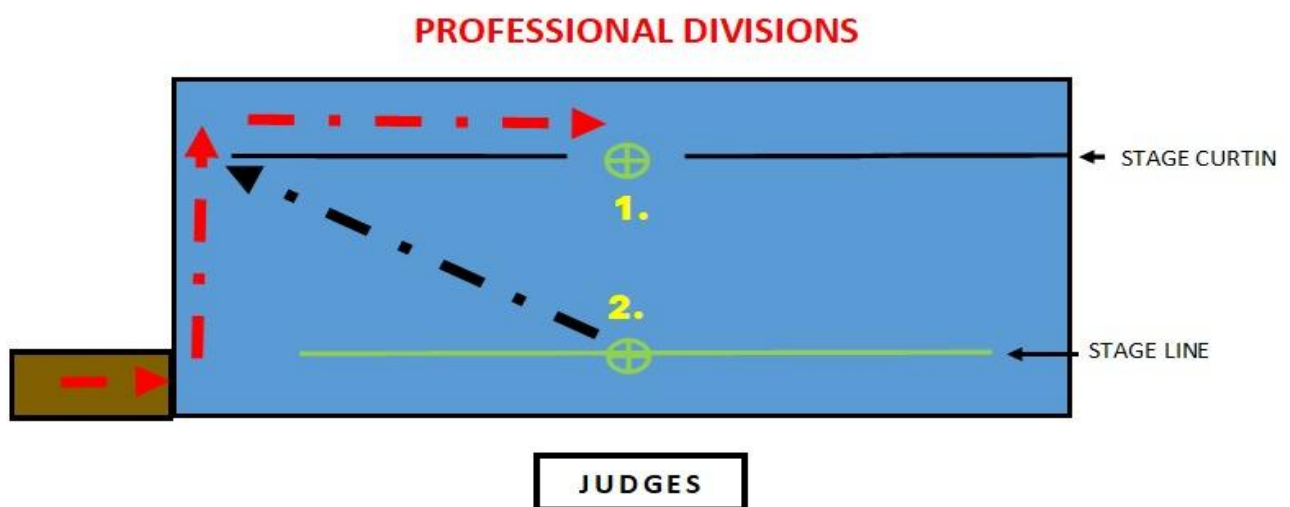
NOVICE

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. As the name suggests, it is open to anyone who wants to compete. Typically, the largest and most prestigious prizes are awarded to the Open Winners, including Pro Qualifier Cards.

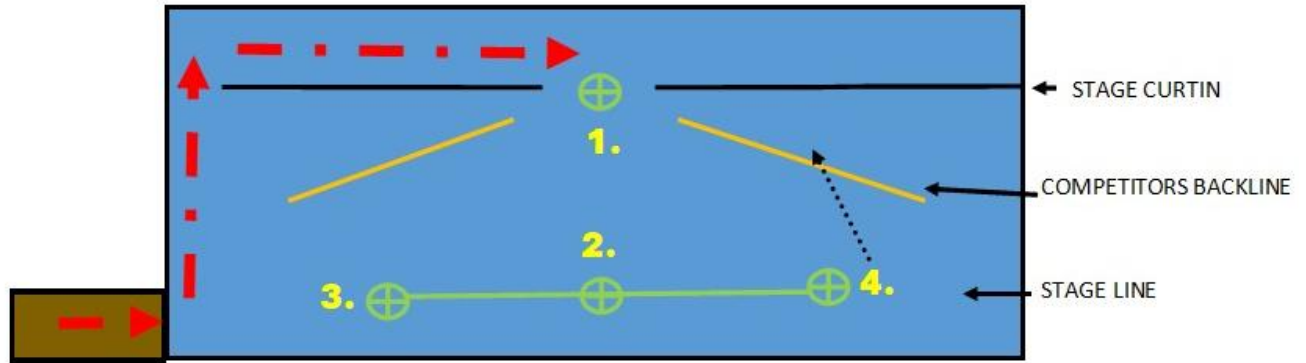
21. Stage Walks



- ◆ Competitors walk up the stairs and behind the stage curtain and wait until called individually.
- ◆ When your name is called hit one pose at #1 which will be between our "Bali Gates" entrance.
- ◆ You then perform a 20 second routine of poses of your choice at #2 position.
- ◆ Walk offstage and back around behind the curtain to be introduced as a group.
- ◆ As a group walk onstage and stand on the front Stage Line.

MODEL DIVISIONS—T WALK

Angels, Runway, Street Model, Gymwear, Swimsuit, Beach Body

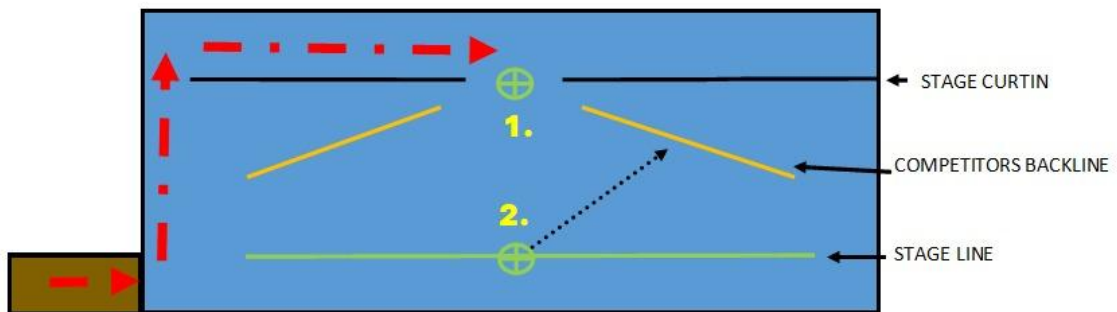


JUDGES

- ◆ Competitors walk up the stairs and behind the stage curtain and wait until called individually.
- ◆ When your name is called hit one pose at #1 which will be between our “Bali Gates” entrance.
- ◆ Then move to #2 position—the centre Stage Line and strike another pose.
- ◆ Turn and walk to the left hand side to pose at #3
- ◆ Walk across the stage to the right hand side and pose #4.
- ◆ Move to the Competitors Backline and wait for the remaining competitors to be introduced.

AMATEUR DIVISIONS

Bodybuilding, Classic & Men’s Physique, Figure, Bikini, SportsModel, FitnessModel, Wellness



JUDGES

- ◆ Competitors walk up the stairs and behind the stage curtain and wait until called individually.
- ◆ When your name is called hit one pose at #1 which will be between our “Bali Gates” entrance.
- ◆ Then move to #2 position—the centre Stage Line and strike another pose.
- ◆ Move to the Competitors Backline and wait for the remaining competitors to be introduced onstage.

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