



World Physique Games Pro/Am Information Index

01. Event Information Summary
02. Sanur, Bali, Indonesia
03. Awards & Achievement Medals
04. Venue – Prime Plaza Convention Centre
05. Transport
07. Accommodation Recommendations
08. Entry Fees
09. Show Tickets
10. Photography
11. Registration
12. Show Format and Times
13. Divisions Available
14. PRO Classes & PRO Qualifier Awards
15. Tan, Make-up, & Hair Styling Services
16. Travel Advice for International Competitors
17. Visa
18. SIM Card & Money Exchange
19. After Party Segara The Seaside Bar & Restaurant
20. PPV
21. After Event Photo Shoot

01. EVENT INFORMATION SUMMARY

TITLE:	World Physique Games PRO/AM
CONTEST TIMES:	11AM Saturday and 10AM Sunday June 13 & 14 June 2026
AMA ENTRY FEE:	US\$250 First Division Entry (includes Beach After Party Dinner and Event Tee shirt)
AMA ADDITIONAL:	Additional entries US\$125 each
PRO ENTRY FEE:	US\$325 (includes PRO Jersey and Beach After Party Dinner)
ENTRIES CLOSE:	Midnight Bali time on Wednesday 10 June 2026
PAYMENT:	Pay Online via iCompete until Midnight 10/06 or at Registration Friday (cash only)
VENUE:	Prime Plaza Convention Centre & Hotel, Jl. Hang Tuah No.46, Sanur Kaja, Denpasar Selatan, Kota Denpasar, Bali 80228
REGISTRATION:	Legian Room, Prime Plaza Convention Centre & Hotel Friday 12 June. 11.30AM – 4 PM
TICKET PRICE:	Rp150k (US\$10) One Day General Admission. Rp 200k (US\$15) One Day Couples (2x) Admission.
AFTERPARTY:	Dinner @ Segara The Seaside Bar & Restaurant, Sanur. 6PM Free to International Athletes. Guests A\$50 (US\$35/Rp600k)
MEDIA:	On-stage photographs of <u>each</u> division are US\$45
PAY PER VIEW:	A\$49 (US\$35) Full 2 Day Access www.livecombatsports.com.au
CONTACT:	ICN Indonesian President, Bowen McDonald Whatsapp +61460470751 Instagram icn.indonesia Website www.icnindonesia.com Facebook ICN Bali International Email bowen.mcdonald@icompetenatural.com

1A. ITINERARY

THURSDAY: JUNE 11	World President Congress & Dinner - All Day Function 10AM Prime Plaza Convention Centre 2 nd Level Meeting Room
FRIDAY: JUNE 12	Competitor Registration & Met n Greet Legian Room, Prime Plaza Convention Centre & Hotel 11.30AM – 1 PM Indonesian Athletes 1PM – 4 PM International Athletes
SATURDAY: JUNE 13	9AM Judges Meeting 10 AM Day One Starts. Tanning starts at 7 AM
SUNDAY: JUNE 14	11 AM Day Two Starts. Tanning starts at 7 AM 6 PM – 1AM After Party & Dinner Segara The Seaside. Dinner 7-9PM. DJ 9-11PM. Bar close 1AM

02. Sanur, 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.

The World Physique Games is one of ICN's two flagship events held yearly. Athletes from across the world travel to compete in one of the most unique bodybuilding destinations in the world — combining elite competition with the beauty and lifestyle of Bali.

Bali has become a global favourite for ICN international competitions thanks to its:

- Beautiful beaches
- Tropical climate
- Affordable travel
- Friendly culture
- Easy visa entry
- High-quality resorts and facilities

The World Physique Games is the perfect opportunity to finish the competition season in paradise.

Compete and Escape.

03. World Physique Awards – From handmade PRO Swords to WPG Achievement Meals - worthy of an Art display!



04. Prime Plaza Convention Centre & Hotel, Sanur, Bali

Address: Jl. Hang Tuah No.46, Sanur Kaja, Denpasar Selatan, Kota Denpasar, Bali 80228, Indonesia

The venue is located approximately 30 minutes from Ngurah Rai International Airport.

Prime Plaza offers excellent facilities for both athletes and spectators in addition to a Professional convention centre:

- On-site hotel accommodation
- Gym and fitness centre
- Spa and massage services
- Close proximity to Sanur Beach

The venue allows competitors to stay, train, compete, and recover all in one location



State-of-the-art facilities, advanced audiovisual systems, high-speed internet, and other cutting-edge technologies will make the ICN World Natural Games unforgettable. Come and experience Paradise!



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 affordable driver and car for any trips during your stay in Bali contact *Made* on Whatapps +6281338352745 or his wife *Iluh* +6285237403548 to book a driver we know and trust.

07. Accommodation Host Hotel

Prime Plaza Hotel Sanur

Address: Jl. Hang Tuah No.46, Sanur Kaja, Denpasar Selatan, Kota Denpasar, Bali 80228, Indonesia

Prime Plaza Suites Sanur

2 Km away from the Hotel the same property offers Suites with Kitchens.

Address: Jl. Bypass Ngurah Rai No.83, Sanur, Denpasar Selatan, Kota Denpasar, Bali 80228, Indonesia

08. Entry Fees

AMATEUR – First Division US\$250 (Rp 4.5M / AUD\$350/ E210)

AMATEUR – Additional Division US\$125 (Rp 2.2M / AUD\$175/ E105)

PROFESSIONAL Division US\$325 (RP 5.8M / AUD\$450 / E280)

09. Show Tickets - Available from Contest Day at the venue.

General Admission Rp 150,000 (US\$10/AUD\$15)

Couples Special Rp 200,000 (US\$15/AUD\$20)

10. Onstage Photos

You receive @10-12 photographs taken of you **in your division for US\$45**. Order per division. You can edit and print all the pictures. A link to your photos is emailed within 2 weeks of the event.

11. Registration Friday June 12 - LOCATION: Legian Room @ Prime Plaza Convention Centre

11.30 AM – 1.00 PM

Indonesian Athletes

1.00 PM – 4.00 PM

International Athletes

At Registration:

- (1) Receive your Contest Number
- (2) Competitor Gift – Amateurs can choose between the ICN Everyday bag (ideal travel companion) or WPG Tee. PROS receive our exclusive International PRO Jersey. If you enter both AM/PRO you receive both!
- (3) Purchase Guest AfterParty tickets

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



*ICN Gift to World Physique Games PRO Entrants. **PRO Athlete Jersey** (Cannot be*



12. Show Format and Times

You will be judged and trophy presentation while onstage. The organiser has the right to change, cancel or merge divisions if there is not enough competitors in the same division.

10:45 AM	Show Opening Day 1	9:45 AM	Show Opening Day 2
11:00 AM	Ms Runway	10:00 AM	Men's Street Model
11:10 AM	Athletic Bodybuilding (HT<100)	10:10 AM	Ms Street Model
11:20 AM	Athletic Bodybuilding (HT<103)	10:20 AM	Men's Fitness 23
11:30 AM	Athletic Bodybuilding (HT<106)	10:30 AM	Men's Fitness Novice
11:40 AM	Ms Swimsuit Novice	10:40 AM	Ms Gym Model
11:50 AM	Ms Swimsuit 30+	10:50 AM	Men's Fitness 30+
12:00 PM	Ms Swimsuit Momma	11:00 AM	Men's Fitness 40+
12:10 PM	Ms Swimsuit Open	11:10 AM	Men's Fitness 50+
12:20 PM	Men's Bodybuilding 23	11:20 AM	Ms Figure Novice
12:30 PM	Men's Bodybuilding Rookie	11:30 AM	Ms Figure 40+
12:40 PM	Men's Bodybuilding 40+	11:40 AM	Ms Figure Open
12:50 PM	Men's Bodybuilding 50+	11:50 AM	Men's Fitness Open
1:00 PM	Men's Bodybuilding Open	12:00 PM	Men's BeachBody
1:10 PM	Ms Sports Model Novice	12:10 PM	Ms Wellness Rookie
1:20 PM	Ms Sports Model Rookie	12:20 PM	Ms Wellness Novice
1:30 PM	Ms Sports Model 30+	12:30 PM	Ms Wellness Open
1:40 PM	Ms Sports Model Momma	12:40 PM	Men's Physique Rookie
1:50 PM	Ms Sports Model 40+	12:50 PM	Men's Physique Novice
2:00 PM	Ms Sports Model Open	1:00 PM	Men's Physique 40+
2:10 PM	Men's Classic Physique 23	1:10 PM	Men's Physique Under 70kg
2:20 PM	Men's Classic Physique Rookie	1:20 PM	Men's Physique 70Kg Plus
2:30 PM	Men's Classic Physique Novice	1:30 PM	Men's Physique Open
2:40 PM	Angels		PRO SHOW COMMENCING
2:50 PM	Men's Classic Physique 40+	1:40 PM	Gold Class Pro - Ms Figure
3:00 PM	Men's Classic Physique 50+	2:00 PM	Gold Class Pro - Mens' Fitness
3:10 PM	Men's Classic Physique Open	2:20 PM	Gold Class Pro - Ms Wellness
3:20 PM	Ms Bikini Rookie	2:40 PM	Gold Class Pro - Men's Physique
3:30 PM	Ms Bikini Novice		Categories may be adjusted based on participant numbers
3:40 PM	Ms Bikini Momma		
3:50 PM	Ms Bikini 30+		
4:00 PM	Ms Bikini 40+		
4:10 PM	Ms Bikini Open		
4:20 PM	Ms FitnessModel Rookie		
4:30 PM	Ms FitnessModel Novice		
4:40 PM	Ms FitnessModel 30+		
4:50 PM	Ms FitnessModel Momma		
5:00 PM	Ms FitnessModel 40+		
5:10 PM	Ms FitnessModel Open		
5:20 PM	Men's Runway Model		
	PRO SHOW COMMENCING		
5:30 PM	Gold Class Pro - Ms Swimsuit		
5:50 PM	Gold Class Pro - Men's Bodybuilding		
6:10 PM	Gold Class Pro - Ms Sports		
6:30 PM	Gold Class Pro - Men's Classic Physique		
6:50 PM	Gold Class Pro - Ms Bikini		
7:10 PM	Gold Class Pro - Ms Fitness		
	Categories may be adjusted based on participant numbers		

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).

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 that Division, where the best of the best is determined. As the name suggests, it is open to anyone who wants to compete and the winner is crowned ICN WORLD AMATUER PHYSIQUE CHAMPION

14. PRO Divisions

- | | |
|---------------------------|-----------------|
| 1. Men's Bodybuilding | 6. Ms Figure |
| 2. Men's Fitness | 7. FitnessModel |
| 3. Men's Physique | 8. BikiniModel |
| 4. Men's Classic Physique | 9. SportsModel |
| 5. Ms Wellness | 10. Ms Swimwear |

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

- 1st Rp 8.0 Million
2nd Rp 4.0 Million
3rd Rp 2.0 Million

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 US\$325 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.

ALL WPG DIVISION 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)
Booking Times will be made with you at Registration

TAN by XTAN. We have secured a great price on contest tanning with our exclusive tanning partner XTan. Their tanning process starts on the show day (not the day prior).

1. **Hand Application US\$65** (recommended for best results)
Includes unlimited touch-ups
Includes 'Pre Stage Shine'
2. **Spray Tan US\$80** Includes unlimited touch-ups.

MAKE-UP US\$95
HAIR STYLING US\$80
Touch Up during the day US\$10



Makeup looks will be presented to participants based on their divisions. For example, bikini makeup is the most feminine and glamorous look. Focus on glowing skin, soft yet striking eyes, with eye glitter (blink-blink), and bold contouring and highlighting. Participants can also request their desired makeup look. I will guide them through the look that best suits them.

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 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.

17. VISA & ENTRY REQUIREMENTS – BALI (INDONESIA)

Getting into Indonesia is straightforward for most nationalities, making Bali an ideal destination for international competitors and supporters. However, **you must complete three separate steps across different websites** — follow this guide carefully.

Passport Requirements

Before anything else, ensure your passport meets these conditions:

- Valid for **at least 6 months** from your date of entry
- In **good condition** (no damage, tears, or water exposure)
- Has **at least one blank page** for stamps

Failure to meet these requirements can result in **denied boarding or entry**.

Step-by-Step Entry Process

1. B1 Tourist Visit Visa – 30 Day/Single Entry

You must obtain either: Visa on Arrival (VoA) – issued at Bali Airport or **Electronic Visa on Arrival (e-VoA)** – **recommended** (apply before travel). You will need to upload a PDF of (1) Passport Bio Page (2) Passport Photo. You must have your hotel address.

Apply online: 🖱️ <https://evisa.imigrasi.go.id/>

Cost: IDR 500,000 (~AUD \$50 / USD \$35) per person

Key Notes: e-VoA can be applied for **at least 48 hours before travel**

- **VoA** available at the airport, but queues can be long
 - Bring cash if applying on arrival
- You **must** show proof of Return flight to your home country, or Onward travel to another destination

Information to complete your ADDRESS section on the visa



MINISTRY OF IMMIGRATION AND CORRECTIONS
DIRECTORATE GENERAL OF IMMIGRATION



Address in Indonesia

Residence Type *

HOTEL

Address *

PRIME PLAZA HOTEL SANUR



Postal Code *

80228

Province

BALI

City

KOTA DENPASAR

District

DENPASAR SELATAN

Village

SANUR

Immigration Office

KANTOR IMIGRASI KELAS I TPI DENPASAR

2. Bali Tourism Levy

All international visitors must pay the Bali tourism tax.

Pay online (recommended) <https://lovebali.baliprov.go.id/>

Cost: IDR 150,000 (~AUD \$14)

3. Electronic Customs Declaration (ECD) & Health Pass

These has recently been combined in into one step. omplete your customs declaration online: 🙌

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

Timing: Up to **48 hours before arrival**, or

- At the airport (slower)

After submission, you will receive a **QR code** to present on arrival.

Requirement:

- Must be completed **before boarding your flight**
- Show confirmation upon arrival if requested

Important Notes

- Most nationalities are eligible for **Visa on Arrival**
- Apply for a **standard tourist/general visa**
- **Do NOT select a “sporting visa”**
 - This is only required for large-scale events (e.g., Formula 1)
 - Costs significantly more as it is 2 month visa and requires bank statements.

Optional Assistance

If you prefer assistance, you can use an agent:

🙌 www.bali.com

18. SIM Card and Money Exchange

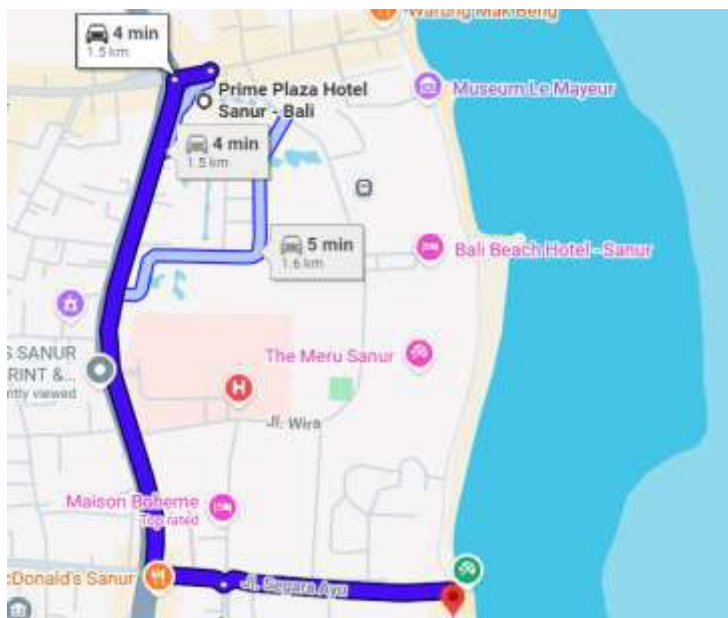
Getting a SIM card and internet access in Bali is cheap and easy. The most convenient option is at the airport – you won't need to look, as you will be bombarded to buy a sim card from multiple airport kiosks after you clear customs. The advantage is you are online from your first minute in Bali. The 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 its because they will scam you (miscount the notes, etc.

19. AFTER PARTY – Segara The Seaside Restaurant, Sanur (1.4km from venue by car or walking)

Jl. Segara Ayu, Sanur, Denpasar Selatan, Kota Denpasar, Bali 80228, Indonesia

CAR



WALK





BEACH DINNER & AFTERPARTY

SUNDAY JUNE 14 @ 6PM

DINNER @ 7PM—9PM / BEACH PARTY @ 11PM / BAR CLOSÉS @ 1AM
 JOIN US ON THE BEACH FOR DINNER, DJ MUSIC, DANCING, BEACH PARTY & BONFIRE

LOCATION
SEGARA THE SEASIDE
SEAFOOD BAR & RESTAURANT
 JALAN SEGARA AYU, SANUR
 +62361.289374

PRICE
 US\$35 NON COMPETITORS — BOOKINGS REQUIRED
FREE FOR INTERNATIONAL COMPETITORS —
 BOOKING NOT REQUIRED.

SEAFOOD & PIZZA & VEGETARIAN

APPETIZER / SALADS	MAIN COURSE & GRILL	PIZZA & PASTA	DESSERT
- MIX SALADS (VG) - SPRING ROLL (VG) - ONION RING (VG) - MACARONI SALAD (VG) - CRISPY CALAMARI	- SUCKLING PIG / BABI GULING - GRILLED FISH - GRILLED CALAMARY SKEWER / BABY SQUID - PRAWN SWEET SOUR - GRILLED CHICKEN - TEMPE SATAY (VG) - CHICKEN SATAY (VG) - BALINESE VEGETABLE (VG) - WOK VEGETABLE (VG) - FRIED NOODLE / MIE GORENG (VG) - FRIED RICE / NASI GORENG (VG) - TUMPENG NASI KUNING	- PRIMAVERA PIZZA - PIZZA DI POLLO - PIZZA MARINARA - LASAGNA - SPAGHETTI - FETTUCCINE - CROISSANT - FRENCH BREAD	- JAJANAN BALI - FRIED BANANA - SLICED FRESH FRUITS - COFFEE - TEA CONDIMENT - MIXED SAMBAL - ITALIAN DRESSING - TARTAR SAUCE - GARLIC LEMON BUTTER - SATAY SAUCE

 DJ MUSIC |
  DANCING |
  BEACH PARTY |
  BONFIRE

LET'S ESCAPE TOGETHER!

ESCAPE

THE OFFICIAL WPG BALI 2026 AFTERPARTY WELCOME DRINK

*YOU COMPETED.
NOW IT'S TIME TO
ESCAPE.*

YOUR COMPLIMENTARY
WPG AFTERPARTY
WELCOME DRINK.



**ESCAPE
NOW**

ALCOHOL VERSION

OR



**ESCAPE
LATER**

NON-ALCOHOL VERSION






SIP. RELAX. CONNECT. ESCAPE.

WATCH THE WPG LIVE

PAY-PER-VIEW STREAM



\$US35

Charged in AUD \$49

**WHOLE
WEEKEND
ACCESS**



SATURDAY

STARTS 11AM BALI TIME



SUNDAY

STARTS 10AM BALI TIME

AVAILABLE AT **LIVECOMBATSPORTS.COM.AU**



LIVECOMBATSPORTS.COM.AU

Limited Spots available on
Thursday June 11th
Friday June 12th
Monday June 15th

Bali Photoshoots

INDONESIA



DURRAN OLSEN
PHOTOGRAPHY

durran.olsen@hotmail.com
[@durranoisenphotography](https://www.instagram.com/durranoisenphotography)