V4 NATURAL GAMES - international competition ICN Worldwide

Hala 100-lecia KS Cracovia wraz z Centrum Sportu Niepełnosprawnych
Aleja Marszałka Ferdynanda Focha 40, 30-119 Kraków, Polsko

https://halacracovii.pl/

PROGRAM:

Competition date: 25.10.2025, competition start at 11:30

Registration: 24.10.2025 from 15:00 to 19:00,

Novotel Krakow Centrum

Ul. Tadeusza Kosciuszki 5, Krakow, 30105, Poland

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Competition promoter: René Tomášek - promoter for Poland, president of ICN Slovakia, Fitnessweekend

Judge: 5 members (international)

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DISTANCE INFO:

Krakow - Bratislava: 457 km,

Krakow - Vienna (BRNO - Katovice) : 467 km,

Krakow - Brno : 334 km

Krakow -Prague: 536 km

Krakow - Budapest : 397 km,

Kraków - Košice : 264 km

Krakow - Milan : 1306 km,

Krakow - Paris : 1545 km

Krakow - München : 916 km

Krakow - Madrid : 2776 km

Krakow - Brusel: 1296 km

Recommended airport companies:

RYANAIR :

Milan - from 110 EUR

Paris - from 165 EUR

Barcelona (WIZZ) - from 180 EUR

Brusel (AIR SERBIA) - from 185 EUR

Valencia (AIR SERBIA) - from 185 EUR

Roma - from 107 EUR

EASY JET

Paris - from 119 EUR

LOT

Prague - from 195 EUR

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Applications: Through the electronic system iCompete Natural – Registration type PREMIUM (www.icompetenatural.com)

Competition conditions:

1. iCompete Natural is a civil association authorized to organize sports events. For competitors from the Slovak Republic, the possibility of starting the ICN competitions is conditional on registration in the iCompete Natural system for the given calendar period. The same condition also applies to foreign participants of the competition.
2. The competition is intended for athletes who prepare only with natural - natural means of nutrition, without the use of any substances harmful to health. Especially NOT with the help of doping, the list of prohibited substances listed on the WADA list (http://www.antidoping.sk/images/data/zakazane_latky/2017/Zoznam_2017__Monitorovac%C3%AD_program.pdf)

Nutritional supplements for athletes, supplements from domestic and foreign manufacturers that have been registered by the Ministry of Health of the Slovak Republic and the Czech Republic and, in the case of foreign competitors, approved by the relevant institution are allowed.
3. Confirmed application submitted through the iCompete natural electronic system. (www.icompetenatural.com). After this deadline, further applications will not be accepted by the system. It is then possible to only register on the spot on the day of the competition for an additional fee of 20 euros, the coach's entrance. 20 euros (backstage plus audience)
4. By submitting an application for the competition, the contestant is granted iCompete Natural Slovakia o.z. in connection with the competition, consent to the free use and distribution of the likeness, images and video recordings created during this competition for marketing purposes.
5. Good health. By submitting an application for the competition, the competitor confirms that he is competing at his own risk. at the same time, we recommend that each competitor check with their attending physician or a physical education physician.
6. The organizer of the competition reserves the right to merge or cancel the categories in the event that the categories are not filled with a sufficient

number of competitors.
7. Weight limits - limiting the weight of competitors is one of the means to achieve a high level of sports even without the use of doping agents. The goal is not above-average "large volumes", but primarily symmetry, proportionality, density, appropriate design, symmetry and aesthetics. Restriction by weight limits is one of the measures aimed at promoting the purity of natural competitors. An excellent form with adequate contouring can also be achieved with natural, "allowed" means. Drawing with acceptable volumes will be preferred. Weight limits in men's categories are as follows (except for Men's Athletic HW, there are rules limited by this category, for example HW 0 - height minus 100 equals weight)

Height and weight limits:

up to 160 (including) cm 0 kg
from 160 cm to 163 (inclusive) cm by 1 kg

from 163 cm to 166 (inclusive) cm by 2 kg

from 166 cm to 169 (inclusive) cm by 3 kg

from 169 cm to 172 (inclusive) cm by 4 kg

from 172 cm to 175 (inclusive) cm by 5 kg

from 175 cm to 178 (inclusive) cm by 6 kg

from 178 cm to 181 (inclusive) cm by 7 kg

from 181 cm to 184 (inclusive) cm by 8 kg

from 184 cm to 187 (inclusive) cm by 9 kg

from 187 cm to 190 (inclusive) cm by 10 kg,

etc., i.e. j. every 3 cm by 1 kg. Example: During the presentation, the competitor's height was measured as 176 cm. Its weight can therefore be a maximum of 82 kg. 176 cm - 100 = 76, 76 + 6 = 82 kg
There are no limits in the women's categories, however measurement and weighing will be provided at registration.

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If the competitor exceeds the set limit, he will not be allowed to compete, and the entry fee will not be returned to him or the coach.
WARNING !!! The organizer declares that he will ensure maximum correctness and accuracy in weighing and measuring.

Competition categories and rules: individual rules for a given competition category can be viewed on the ICompete Natural website - **www.icompetenatural.com.**

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STARTING FEE:

- Entry fee Amateur **700 zł** included in the price:
- tanning, Photo on stage, REELS of category, antidoping test fee, registration package

self tanning (The athlete must arrive at the competition site already groomed and must not apply makeup on the premises alone due to possible contamination) starting fee **450 zł**

- each other category **250 zł** (Photo on stage, REELS of category)
-

Starting fee PRO category 1300 zł included:
- tanning, photo on stage, REELS, antidoping test fee
- registration package

Backstage ticket (coach) - **100 zł**, entry to the audience is also valid Spectator admission

VISITORS - **60 zł** adults, **30 zł** students and pensioners

***ANTIDOPING RULES AND TESTING!!!*:**

The selection of tested athletes at the competition will be as follows:

1. After the presentation of the starting field, a portion of the athletes will be selected via AI.

2. Athletes with symptoms of gynecomastia and severe acne will be tested automatically

3. Category winners selected.

A positive athlete will have to pay a financial fine of the average wage in Poland of 8,500 zł!!!

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• PRIZE MONEY FOR PRO CATEGORIES

ONLY ONE ATHELTE IN CATEGORY – 300 EUR

- **2 – 3 ATHLETE IN CATEGORY –**
- 500 EUR FOR WINNER ONLY
- **4–5 ATHLETES IN CATEGORY –**
- 1.Place - 500 EUR
- 2.Place 300 EUR
- 3. Place 200 EUR

- **6-10 ATHELES IN CATEGORY –**
- 1. Place 1000 EUR
- 2. Place - 500 EUR
- 3. Place 300 EUR

- **more than 11 ATHELETES**
- 1. Place - 1500 EUR
- 2. Place 800 EUR
- 3. Place 500 EUR

contact for tanning service: yanka.kiara@gmail.com, whatspapp: +421 908 665 488

it is possible to write in English, but also in Spanish and Italian

It is forbidden to apply oil-based paint at the competition site!!! (DREAM TAN and the like) An athlete who violates this ban will be disqualified. In addition, he will be obliged to pay damages, calculated on the basis of the fact that he would stain the interior of the competition venue with such paint.

Self-application of water- and spray-based paint can only be applied outdoors, reserved outside the hall.

You should also consider the appropriate application in the hotel room! The hotel may charge a cleaning fee in case of soiling of rooms and bed linen.

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Additional instructions and information:

- The purchase of all-day tickets will be possible through the organizer on site.

- contestants leave valuables with their coaches or acquaintances. The organizer is not responsible for any losses. - Competitors and coaches are asked not to pollute the spaces intended for competitors (backstage, dressing rooms, toilets) with paint and oils. for possible pollution, reimbursement of costs associated with removal may be required.

- prizes - winners of individual categories will receive cups. All competitors will receive medals, the prizes also include PRIZE MONEY FOR THE ABSOLUTE WINNERS OF THE MALE AND FEMALE CATEGORIES.

More details:

Tomášek René, +421905819613 **whatspapp**, icn@icn.sk

List of competition categories:

WOMAN CATEGORY:

BIKINI - junior 23, NOVICE, 30+, 35+, 40+, OPEN

SPORT MODEL - junior 23, NOVICE, 30+, 35+, 40+, OPEN

FITNESS MODEL - junior 23, NOVICE, 30+, 35+, 40+, OPEN

MS FIGURE - NOVICE, 40+, OPEN

MS FIGURE CLASSIC - NOVICE, 40+, OPEN

WELLNESS - junior 23, NOVICE, 30+, 35+, 40+, OPEN

RUNWAY

SWIMWEAR

PRO BIKINI MODEL

PRO SPORT MODEL

PRO FITNESS MODEL

PRO FIGURE

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PRO WELLNESS

MAN s CATEGORY:

ATHLETIC HW - 0, -3, -6, -8

MR PHYSIQUE - junior 23, NOVICE, 40+, OPEN

MR PHYSIQUE CLASSIC - junior 23, NOVICE, 40+, OPEN

MR FITNESS MODEL - junior 23, NOVICE, 40+, OPEN

BOBYBUILDING - junior 23, NOVICE, MASTERS 40+, 50 +, 60+, OPEN

PRO MR PHYSIQUE

PRO PHYSIQUE CLASSIC

PRO FITNESS MODEL

PRO BOBYBUILDING

PRO BODYBUILDING 50+

!!! Categories marked OPEN, the organizer can divide by height if the number of registered in a given category is greater than 12
The organizer of the competition can also combine age categories if the number of registered athletes is less than three athletes.!!!

accommodation prices:

Novotel Krakow Centrum
Ul. Tadeusza Kosciuszki 5, Krakow, 30105, Poland

Novotel Kraków Centrum:

- ***595,00 PLN gross / night in single room with breakfast***
- ***650,00 PLN gross / night in double or twin room with breakfast***

Ibis Kraków Centrum:

- ***440,00 PLN gross / night in single room with breakfast***
- ***480,00 PLN gross / night in double or twin room with breakfast***

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The special rates are valid to September 19, 2025.
It is possible to cancel the reservation free of charge to September 30, 2025.

We do not block rooms – reservations will be made according to the current availability.

I hope our offer will meet expectations of participants of the competition and we will be pleased to host the group in Novotel & ibis Krakow Centrum.
In case of any questions please do not hesitate to contact me.

Natalia Fronk
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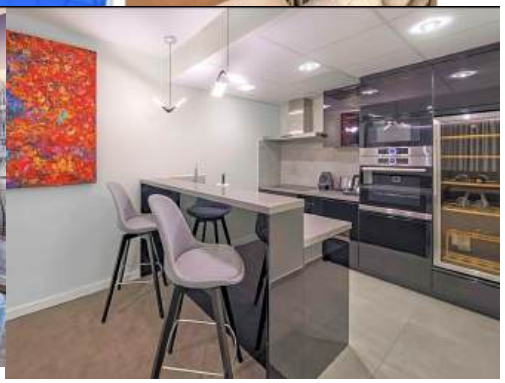
ul. Tadeusza Kościuszki 5 – 30-105 Kraków – Poland
www.all.accor.com



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