Information current as of October 11, 2026 – this is Update #2.
Check back regularly at www.icompetenatural.com
on EVENT INFORMATION
We will UPDATE as new information is confirmed.

ICN World Natural Games Information Index

01. Dubai, United Arab Emirates
02. November Dubai 30 Days of Fitness
03. World Natural Games Medals
04. Venue – Jafza One Convention Centre
05. Registration
06. Entry Fees
07. Show Tickets
08. Competitor Gifts
09. Accommodation Recommendations
10. Show Format, Divisions and Times
11. Divisions Rules
12. Pro Qualifiers & PROS
13. WNG Victory Superyacht
14. Spay Tan, Make-up, & Hair Styling Services
15. Media Reels & Photography
16. Travelling Advice for International Competitors
17. Visa
18. EPIC Travel: Travel Assistance through our WNG Partners
19. SIM Card
20. Things to do in Dubai

EVENT INFORMATION SUMMARY

TITLE:	WORLD NATURAL GAMES PRO/AM
CONTEST TIME:	9AM Saturday 14 November 2026
AMA ENTRY FEE:	US$250 First Division Entry *(includes Event Tee shirt)*
AMA ADDITIONAL:	Additional entries US$150 each
PRO ENTRY FEE:	US$325
ENTRIES CLOSE:	Midnight Dubai time on Tuesday 10 November 2026
PAYMENT:	Pay Online via iCompete from 01 OCT until Midnight 10 NOV or at Registration Friday (cash only)
VENUE:	Jafza One Convention Centre JAFZA ONE, Mena Jabal Ali - Jebel Ali Freezone - Dubai - UAE
REGISTRATION:	Jafza One Convention Centre **Friday 13 November. 11.30AM – 4 PM**
TICKET PRICE:	**US$50** One Day General Admission.
MEDIA:	On-stage photographs of each division are US$49 Hype Reel for 1 Division US$199 Hype Reel for 2 Divisions US$299 Athlete Trailer US$399
PAY PER VIEW:	US$35 Access www.livecombatsports.com.au
CONTACT:	ICN United Arab Emirates President, **Jay Acharya** **WhatsApp** +91 98333 70036 **Instagram** icnworldnatural **Website** www.worldnaturalgames.com **Facebook** ICN World Natural Games **Email** icnuae@icompetenatural.com

ITINERARY

FRIDAY: **NOV 13**	**Competitor Registration & Meet & Greet** Jafza One Convention Centre **11.30AM – 1 PM** Emirates Athletes **1PM – 4 PM** International Athletes
SATURDAY: **NOV 14**	**8AM Judges Meeting** **9AM Day One** Starts. Tanning starts at 7 AM
SUNDAY: **NOV 15**	**WNG Victory Superyacht** **10 AM – Noon** The exclusive WNG experience will be won by the (1) WNG Overall Amateur Champions, (2) WNG PRO Winners and (30 newly awarded PROS. Departure is Dubai Marina cruise around The Palm Dubai.

01. Dubai, United Arab Emirates

The Emirate of Dubai, the second largest of the seven United Arab Emirates, boasts the largest population, with 4.5 million residents. Known for its ambition and innovation, Dubai continues to break records with its impressive architectural feats, constantly striving to outdo its own achievements. From the iconic Palm Island to the awe-inspiring World Islands, and the transition from the Burj Al Arab to the towering Burj Khalifa, Dubai's skyline is a testament to its relentless pursuit of greatness. This dynamic city thrives on surpassing its own limits, and where ICN draws its inspiration to host our flagship event amongst a world of unparalleled attractions and luxuries.

Come and experience Dubai's magic and the spirit of the ICN Dubai World Natural Games, where everyone is promised something extraordinary.

02. November Dubai 30 Days of Fitness

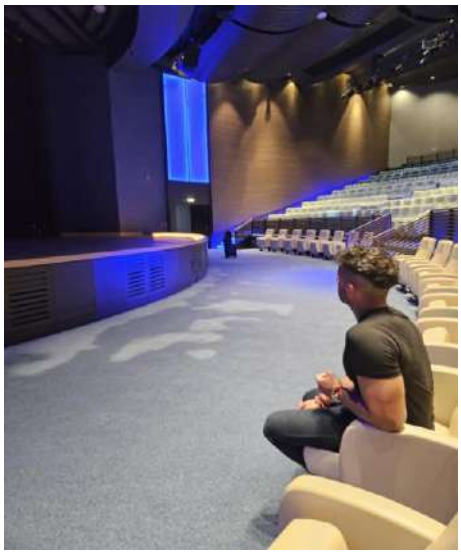
Dubai Fitness Challenge, an initiative of His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of the Executive Council of Dubai, is a month-long celebration of wellness. The 2026 edition aims to inspire fitness enthusiasts to complete 30 minutes of exercise each day for 30 days through an action-packed calendar of events. ICN is honoured to be held directly in the middle. So, whether it's bodybuilding, yoga, cycling, HIIT or a run on Sheikh Zayed Road.

03. The World Natural Games Medallions – worthy of an Art Gallery display!

04. World Natural Games Premium Venue – Jafza One Convention Centre

Address: JAFZA ONE, Mena Jabal Ali - Jebel Ali Freezone - Dubai - United Arab Emirates

Jafza One Convention Centre is Dubai's futuristic event venue. Managed and operated by the renowned Dubai World Trade Centre. It offers the ICN Dubai International an incomparable world-class 600-seat state-of-the-art auditorium.



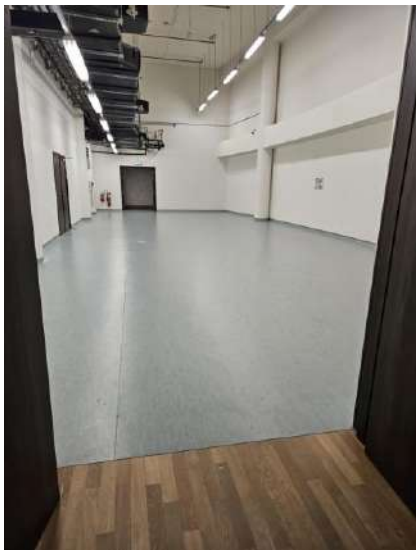
Backstage Prep Area

→

is directly behind the stage

←

600 Seat capacity Auditorium



05. Registration ***Location.*** JAFZA ONE Ground Floor.

All athletes are required to register on **Friday, 13 November 11.30AM – 4PM**.
You may have someone attend Registration on your behalf.

06. Entry Fees

Cash payments at Registration are accepted in the following currencies: USD / AED / AUD / Euro using equivalent USD value. Online payments are taken in USD.

AMATEUR – First Division	US $250
AMATEUR – Additional Division	US $150
PROFESSIONAL	US $325

07. Show Tickets

Entry into the ICN World Natural Games is US$50 (180 AED)

08. Competitor Gifts

Epic ICN Dubai WNG Jersey & ICN UAE Keyring

09. Hotel Accommodation

13Km from the Venue: Ibn Battuta Mall is Dubai's largest themed shopping mall with more than 400 outlets, a Hypermarket with precooked meals and food available, gyms open 24/7 and a multi-cultural food court. https://www.ibnbattutamall.com/en The Metro runs right to the mall. The Ibn Battuta Mall, located 13km from Jafza One venue, is an ideal location with everything you need in one location. Attached to the Mall are three different hotel options:

3-Star Premier Inn Dubai Battuta Hotel

Price viewed on AGODA were US$100 per night double occupancy with breakfast

4-Star Avani Ibn Battuta Dubai Hotel

Price viewed on AGODA were US$128 per night double occupancy with breakfast

5-Star Oaks Ibn Battuta Gate Hotel Dubai

Price viewed on AGODA were US$159 per night double occupancy with breakfast

Located inside the Ibn Battuta Mall also:

Gyms

Fitness First Gym – Casual Visits
The Warehouse Gym – Casual Visits – Open 24/7

Supermarket

The primary supermarket at Ibn Battuta Mall in Dubai is the massive **Carrefour Hypermarket**. Open daily from 9:00 AM to 1:00 AM. Large range of fresh and cooked food and meals.

10. Show Format, Divisions and Times

The event is a 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.

The promoters have the right to change or merge divisions if there are an insufficient number of competitors in the same division or create Height Classes if required for large entries. The divisions available in your portal when you **enter/view or edit** your entry are correct.

11. Division Rules (Be sure you enter the correct division)

Underage Groups Age is taken from January 1st.

Over Age Groups Age is taken from contest date (i.e. November 14).

ROOKIE A Rookie competitor is still in their first 12 months of competing in a specific division. Whether you are a new competitor or have been competing for many years, you can enter as a Rookie if this is your first year competing in a specific division.

NOVICE Novice is eligible for every competitor, except any past Open or Open Height Class winner.

OPEN As the name suggests, it is open to every competitor! The Open is the Absolute class for the Division. If you wish to be crowned WORLD Amateur Champion, you must enter the Open Division.

12. Pro Qualifier Cards, PRO CARDS and PRO SHOW

PRO QUALIFIER CARDS

Winning the World Championship in your division is the highest amateur title in ICN. Each World Amateur Division winner (including Height Classes) wins a **PQ Card valid until December 2027**. It also means you can enter in the PRO Show at the WNG on the same day. Each crowned **Open/Overall** Amateur World Champion (from the 10 division that qualify for PRO cards) will receive the ICN World Trophy and an invitation to the WNG Yacht the next day.

While there is no additional ICN Membership cost to be a PRO, however, you must pay the PRO entry fee of USD$325 if you intend to compete. To enter, go to the Check-in table and pay the PRO entry fee.

WIN A PRO CARD at the WNG! A total of 30 PRO Cards Available.
If a Pro Qualifier places Top 3 in the PRO Show, you will be awarded a PRO Card.

PRO JERSEY – Provided to All Entrants (PRO & PQ) who enter a PRO Division.

PRO Divisions at the 2026 World Natural Games (10)

Men's PRO Bodybuilding	Ms Figure	Ms Wellness
Men's Classic Physique	Ms Bikini Model	Ms Swimsuit
Men's Physique	Ms Sports Model	
Men's Fitness	Ms Fitness Model	

60,000 Dirham Total Payout. TOP 5 Cash Payout Breakdown*

PLACE	AED
First	3,000
Second	1,500
Third	750
Fourth	500
Fifth	250

**** If a PRO division has 4 or fewer competitors, the Payout Figures start at 1500 – 750 – 500 – 250***

13. WNG Yacht Experience – Sunday 10AM – NOON.

The WNG Yacht Experience is an exclusive celebration for ICN Presidents, PRO Card Winners, and WNG Amateur and Professional Champions. Invitations recognise those who excel at the highest level of our sport. Elite WNG Champions will be honoured with an onboard toast from the ICN Worldwide Presidents, while newly crowned PROs will sign their PRO Licence contracts on the top deck of the 88ft WNG Yacht—creating an unforgettable celebration on the waters of Dubai.

14. Tan, Make-up, Hair Styling.

TAN by XTAN is a compulsory booking to compete. **Spray Tan US$110** and includes unlimited touch-ups. Their tanning process starts on the show day (not the day prior). **Booking Times will be made with you at Registration.**

Hair and Make Up services. Prices and details will be listed soon.

15. Media Reels & Photography

Photography by Durran Olsen.
Each Division 10 -12 photos **US$49**. Book by selecting the option next to your division when you enter.

Premier Fitness Films is providing our professional reels with 3 offers. Book in Additional Services in your entry. ***Note: Prior to the event we will contact you to confirm the divisions you want for your 1 or 2 Reels.***

I Division Hype Reel @30 seconds and social media ready. **US$199**
2 Division Hype Reels @30 seconds each and social media ready. **US$299**

****NEW*** **Athlete Trailer US$399**
The Athlete Trailer takes your story beyond the stage—from registration and the backstage build-up to your best competition moments. *Your WNG experience, captured as a movie trailer. A memory for life. Starring you.*

BONUS! If you have ordered a Reel and win a Ticket on the WNG Superyacht on Sunday morning, this will be added to your Reel as a free bonus.

16. Travelling Advice for International Competitors

***IMPORTANT!** Travel insurance is essential for every competitor travelling to Dubai for the 2026 World Natural Games. Please arrange comprehensive cover as soon as you book, including protection for trip cancellation or disruption, medical treatment and emergency repatriation, as ICN cannot accept responsibility for travel related losses due to cancellation of the event.*

Dubai operates on Gulf Standard Time, UTC+4. 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) 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 Dubai, UAE and eat according to the time here. The same applies to sleep. Drink plenty of water. Eat Lightly. When booking your airline ticket, ask for low-fat meals to be served. Also, take your own food on the plane with you in 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 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.

If you are staying in the hotel and plan to tan, please 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 uses a slightly different format. 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 Dubai International will be a fantastic experience for everyone.

17. VISA

You can check your visa requirements here for a UAE tourist visa.

Citizens from many countries do not require advance visa arrangements to enter the UAE and can obtain a visa upon arrival.

Nationals of countries who require a prearranged UAE visa can now apply via

1. Major UAE airlines such as Emirates, Etihad, Flydubai, and Air Arabia provide visa services for their passengers. You can apply for a visa through their websites if you have a booking with them. You can apply for your UAE visa through our Manage your booking after you book your flight. VFS processing fees apply.

2. **Authorised Travel Agencies.**

We recommend Epic Travel. Contact via Phone +971 43797555, email info@epictravel.ae or visit their website www.epicttravel.ae

18. EPIC Travel: Travel Assistance through our WNG Partners

Epic Travel will take the stress out of your UAE trip. We'll help you lock in the perfect hotels or apartments to fit your team's exact requirements, alongside essential support for travel insurance, seamless airport transfers, and UAE visas. When it's time to explore, we've got you covered with top-tier sightseeing and bucket-list experiences—including thrilling desert safaris, breathtaking views from the Burj Khalifa, vibrant city tours, theme parks, zip lines, and so much more.

Services:
Travel insurance
Hotel or Hotel Apartment
Transfers
UAE Visa
Excursions such as desert safari, yacht booking, Burj Khalifa tickets, city tours, theme park tickets, zip line.

19. SIM card

Getting a SIM card in Dubai is quick and easy. You must be 18 years or older to register your SIM card, which requires your passport or ID card along with your valid UAE tourist visa.
Tourists over the age of 18 can get a complimentary Tourism SIM card from telecom operator Du when they cross immigration at Dubai International Airport. Those with a transit visa, visit visa, or visa on arrival and GCC citizens can take advantage of this offer and receive 1GB of free mobile data valid for 24 hours.

Travellers can then top this up at a du kiosk in the arrivals area of the airport or Dubai Duty Free. Other local operators – Etisalat and Virgin – also have kiosks at the airport offering prepaid SIM cards tailored specifically for tourists and business travellers with various options and offers on voice, data and text bundles.
You can also get a SIM card in the city from major shopping hubs and Malls.

How long are visitor SIM cards valid for?
Visitor SIM cards have varying validity periods. For example, cards from du are valid for 90 days (or, until you leave the country, if shorter than this period), Etisalat offers a 28-day or 10-day option, and Virgin Mobile plans are available for seven, 10 or 15 days. All phone plans can be easily renewed and purchased as voice and data bundles, pay-as-you-go plans, or prepaid recharge cards. When making calls, remember that mobile phone numbers in the UAE are 10 digits long and the country code is +971. So, to call your mobile in the UAE from abroad, callers will need to dial 00971 and then your number.

20.

Dubai is a city in the United Arab Emirates known for luxury shopping, ultramodern architecture and a lively nightlife scene. Below are some attractions to consider during your World Championship stay and you can book any activity through Desert Gate Tourism website https://desertgate.ae/

Burj Khalifa
Dubai Mall
Al Fahidi Historic District
Souks and Deserts of Dubai
Dubai Hot Air Balloon Flight
Wild Wadi Park
Madinat Jumeirah