

# IFSB/NFSB INDIVIDUAL JUDGING SHEETS

Judge \_\_\_\_\_

CONTESTANT \_\_\_\_\_

0.0-1.9 FAIL

2.0-3.9 POOR

4.0-5.9 SATISFACTORY

6.0-7.9 VERY GOOD

8.0-9.9 EXCELLENT

10 PERFECT

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## PHYSICAL BEAUTY & MUSCLE TONE ROUND (swimsuit)

### COMMENTS:

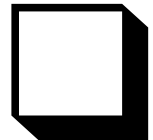
1. Does the contestant have good to excellent muscle tone with clean, tight lines? Does she appear to have reasonable levels of body fat? We do **not** want the muscle mass, ripped to the bone look, or vascularity of a bodybuilder. She **should** appear to have constructed her physique through proper diet and fitness training. If she has the mass of a bodybuilder she should receive a low score. . . . .

**COMMENTS • PLEASE GIVE FEEDBACK:**



2. Assess her overall shape and symmetry. The physique should appear evenly developed, displaying the contestants attention to a totally fit body. Does the lean muscularity of the upper/lower body & extremities flow aesthetically when viewed from all sides creating a balanced, sculpted appearance? . . . . .

### COMMENTS:



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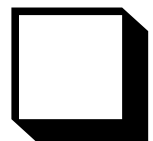
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