

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

STRENGTH, FLEXIBILITY & ENDURANCE ROUND (fitness outfit)

COMMENTS:

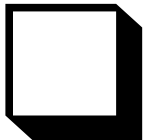
1. Did she demonstrate Strength? Flexibility? Endurance? Did she demonstrate high level execution of movements, including full extension. (executions should appear effortless) Did she include a diversity of routine elements? Did her performance have clean, fluid transitions?

COMMENTS • PLEASE GIVE FEEDBACK:



2. Rate your overall impression of her routine. Did she demonstrate the ability to perform outward or project energy toward the audience? Did she project her personality and creativity?

COMMENTS:



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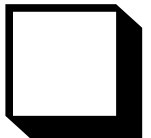
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