

**PLEASE GIVE COMMENTS ON COMPETITORS. THEY NEED FEEDBACK TO IMPROVE**

## IFSB/NFSB INDIVIDUAL JUDGING SHEETS

Judge name \_\_\_\_\_

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)

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.

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?

TOTAL 1 & 2

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### BEAUTY, POISE & PROJECTION ROUND (cocktail attire)

3. Beauty. Is she attractive?

4. At the microphone, was she **confident** and comfortable with an audience (2 pts.) Did she **speak well**, clearly and distinctly (2 pts.)? What is your general impression of the contestant's overall **grooming** and cosmetic appearance (2 pts.)? Does she have a fluid, **graceful walk** (2 pts.)? Does she have an **erect but relaxed posture** (2 pts.)?

TOTAL 3 & 4

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### STRENGTH, FLEXIBILITY & ENDURANCE ROUND (fitness outfit)

5. 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?

6. 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?

TOTAL 5 & 6