**Key Terms**

* Muscularity- refers to muscular size, shape, density.
* Conditioning - refers to the level of definition of the muscles.
* Symmetry - refers to the level of symmetry an athlete possesses. Does the top match the bottom, does the back match the front. Both in terms of muscularity and definition.
* X-Frame Ratios - refers to the V-taper or X shape that the body creates. Wide shoulders, narrow waist, big legs.
* Posing/Stage Performance - level of poise, confidence and execution in all the poses and ¼ turns.
* Presentation - refers to the beauty and grooming aspects of the competitor. How a suit, trunks, or shorts fit. The color selection. Makeup, hair, and even quality of the ccn video the athlete submits.
* Individual Walk/Routine - refers to the individual stage walk or posing routine that the athlete submits.

**Division -**  Novice Figure

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Elizabeth Crawford

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Athletes 1 Name - Elizabeth Crawford

Height - 5 ft 4

Weight - 125 Lbs

Age - 41 years

Round 1 - Higher the score the better

Round 1 total score - 574.88 out of 750

Muscularity score - 24 out of 30

Conditioning score - 21 out of 30

Symmetry score - 23.5 out of 30

X Frame score - 22 out of 30

Posing score - 22.5 out of 30

Presentation score - 25 out of 30

Walk Routine score - 24.5 out of 30

Round 1 Penalties :

Judge 1

Symmtry : Symmetrical but posses bodyfat levels outside the criteria for the division

Judge 2

Symmtry : Symmetrical but posses bodyfat levels outside the criteria for the division

Judge 3

Symmtry : Symmetrical but posses bodyfat levels outside the criteria for the division

Round 1 Feedback :

Judge 1

You have a good deal of muscle but need better conditioning to showcase it. Try for less of a squat when getting into your front and rear poses. Posing has a nice flow to it and you have great confidence. Excellent suit color for you. Very pretty makeup!

Judge 2

great frame and structure. but in order to be competitive conditioning needs to be improved. Need to get back a little wider in the rear pose in order to improve your Xframe score. Also need to stop the squatting motion when you get set for the rear and front poses, it is distracting. Very nice suit color and design. Solid presentation. just make some posing tweaks and come in tighter. good potential here.

Round 2

Final Placing - 1st

Round 2 Total Score - 750 Out of 750. Higher the score the better

Round 2 Scoring - This is a ranking system. It combines the rankings for all the judges. Lowest score is the best. For example, if an athlete gets three 1st place votes, the total number will be a 3. This is the best it can be. Where as three 3rd place votes will yield a 9.

**Muscularity Front - lowest number is best**

Arms - 3

Shoulders - 3

Midsection - 3

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulders - 3

Lats - 3

Arms - 3

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 3

Glutes - 3

Hams - 3

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 3

Upper Body - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Upper Body - 3

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 3

Glutes - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

**X-Frame Ratios - lowest number is best**

Front - 3

Side - 3

Rear - 3

**Posing - lowest number is best**

Front - 3

Side 1 - 3

Rear - 3

Side 2- 3

Transitions - 3

Walk Front to Back - 3

**Presentation - lowest number is best**

Suit Color and Fit - 3

Makeup/Hair - 3

Tan - 3

Video Presentation - 3

**Walk/ Routines - lowest number is best**

Following Instructions - 3

Style/Flow - 3

Posing Execution - 3

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