###### For Each Division and call out I need a text breakdown of the following, and in this format. Also all the parameters need to be based on the Division we are dealing with and scoring prototols. Example - Bikini Scoring vs Femit. Since everything is weighted differently.

**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 -**  Open FemFit Physique

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Claire Burton, Tara Patterson, Heather Schofield

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**Athletes 1 Name - Claire Burton**

Height - 5 ft 4.25

Weight - 128 Lbs

Age - 52 years

Round 1 - Higher the score the better

Round 1 total score - 688 out of 750

Muscularity score - 28.5 out of 30

Conditioning score - 28.5 out of 30

Symmetry score - 27 out of 30

X Frame score - 26 out of 30

Posing score - 27 out of 30

Presentation score - 27 out of 30

Walk Routine score - 28 out of 30

Round 1 Feedback :

Judge 1

phenomenal physique. muscualrity and conditioning near perfect. to further increase these scores I would focus on the hamstring/ glute area, and having the abdominals pop more in that overhead abdominal pose. Front relaxed pose needs to get a little wider in the shoulders and lats in order to improve you Xframe score. As always an incredible package and performance.

Judge 2

Phenomenal physique. My only ask is a pinch more conditioning in the lower rear. This could be a fatigue/posing issue as your video was done on show day, so keep that in mind. Your posing was very poised. Excellent performance as always, Claire!

Round 2

Final Placing - th

Round 2 Total Score - 698.33 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 - 9

Quads - 6

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulders - 3

Lats - 3

Arms - 3

Calves - 8

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 3

Traps - 1.33

Glutes - 5

Hams - 6

Calves - 6

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 3

Shoulder - 3

Arms - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulder - 3

Arms - 3

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 3

Glutes - 3

Calves - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 6

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 Relaxed - 3

Side Relaxed - 9

Rear Relaxed - 3

Front Double Bicep - 3

Rear Double Bicep - 3

**Posing - lowest number is best**

Front Relaxed - 3

Side Relaxed 1 - 5

Rear Relaxed - 3

Side Relaxed 2 - 4

Front Double Bicep - 3

Rear Double Bicep - 3

Ab and Thigh - 5

Side Chest - 3

Side Tricep - 3

**Presentation - lowest number is best**

Suit Color and Fit - 3

Makeup/Hair - 6

Tan - 3

Video Presentation - 6

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

Following Instructions - 5

Style/Flow - 3

Posing Execution - 3

**Athletes 2 Name - Tara Patterson**

Height - 5 ft 5

Weight - 129 Lbs

Age - 52 years

Round 1 - Higher the score the better

Round 1 total score - 580.13 out of 750

Muscularity score - 24 out of 30

Conditioning score - 21 out of 30

Symmetry score - 24 out of 30

X Frame score - 24 out of 30

Posing score - 23 out of 30

Presentation score - 23.5 out of 30

Walk Routine score - 24 out of 30

Round 1 Feedback :

Judge 1

Great foundation for this class. Improving your conditioning will help your other scores along with some posing improvements. Pretty suit and makeup.

Judge 2

very good muscularity base but conditioning needs to be improved. improving conditioning will also improve your Xframe score. arm/hand positioning in the front and rear double bicep pose looks a little awkward, possibly too high and inward. ultimately, better conditioning and posing tweaks will take you far.

Round 2

Final Placing - 1st

Round 2 Total Score - 670.82 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 - 4

Midsection - 3

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 4

Midsection - 6

Shoulders - 4

Lats - 6

Arms - 6

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 3

Traps - 1

Glutes - 6

Hams - 6

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 9

Shoulder - 3

Arms - 6

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulder - 6

Arms - 6

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 9

Glutes - 6

Calves - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 3

Back / Upper Matches Lower - 4

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 - 6

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 3

Front Lower Matches Back Lower - 5

Identical Vertical Halves - 3

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

Front Relaxed - 3

Side Relaxed - 6

Rear Relaxed - 3

Front Double Bicep - 5

Rear Double Bicep - 3

**Posing - lowest number is best**

Front Relaxed - 3

Side Relaxed 1 - 7

Rear Relaxed - 3

Side Relaxed 2 - 6

Front Double Bicep - 6

Rear Double Bicep - 3

Ab and Thigh - 6

Side Chest - 6

Side Tricep - 3

**Presentation - lowest number is best**

Suit Color and Fit - 6

Makeup/Hair - 9

Tan - 6

Video Presentation - 5

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

Following Instructions - 5

Style/Flow - 6

Posing Execution - 5

**Athletes 3 Name - Heather Schofield**

Height - 5 ft 2

Weight - 110 Lbs

Age - 33 years

Round 1 - Higher the score the better

Round 1 total score - 605.19 out of 750

Muscularity score - 24 out of 30

Conditioning score - 23.5 out of 30

Symmetry score - 25.5 out of 30

X Frame score - 23.5 out of 30

Posing score - 23 out of 30

Presentation score - 27 out of 30

Walk Routine score - 24 out of 30

Round 1 Feedback :

Judge 1

good potential for the division but posing and conditioning needs to be improved. the front relaxed pose is hurting your xframe and conditioning scores. need to display better quads lines, and need to get lats flared more. Need more conditioning and tightness in the ham/glute area for the division. Need more mid/lower back thickness. great suit color and presentation.

Judge 2

You have a good foundation for this class. Keep working towards more muscle and better conditioning. Fundamental things you will need to work on will be opening your back to display your lats and getting activation in your legs (quads and hams) in your poses. Getting to your legs would help your conditioning score and the lats will help your x frame score. Very pretty suit and makeup,.

Round 2

Final Placing - 2nd

Round 2 Total Score - 572.5 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 - 6

Shoulders - 5

Midsection - 9

Quads - 6

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 5

Midsection - 3

Shoulders - 5

Lats - 3

Arms - 3

Calves - 6

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 8

Traps - 2

Glutes - 3

Hams - 3

Calves - 6

**Conditioning Front - lowest number is best**

Quads - 3

Midsection - 6

Shoulder - 6

Arms - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Shoulder - 3

Arms - 3

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 3

Glutes - 3

Calves - 6

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 5

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 6

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 - 6

Front Lower Matches Back Lower - 4

Identical Vertical Halves - 3

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

Front Relaxed - 9

Side Relaxed - 3

Rear Relaxed - 9

Front Double Bicep - 4

Rear Double Bicep - 6

**Posing - lowest number is best**

Front Relaxed - 9

Side Relaxed 1 - 3

Rear Relaxed - 8

Side Relaxed 2 - 3

Front Double Bicep - 3

Rear Double Bicep - 9

Ab and Thigh - 3

Side Chest - 3

Side Tricep - 6

**Presentation - lowest number is best**

Suit Color and Fit - 3

Makeup/Hair - 3

Tan - 3

Video Presentation - 5

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

Following Instructions - 5

Style/Flow - 9

Posing Execution - 4

**Division -**  Open FemFit Physique

**Class -**  Class A

**Callout -**  Second Callout

**Athletes Involved -**  Melissa Little, Amanda Cence, Lynn DAngelo

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**Athletes 1 Name - Melissa Little**

Height - 5 ft 2

Weight - 130 Lbs

Age - 33 years

Round 1 - Higher the score the better

Round 1 total score - 635.75 out of 750

Muscularity score - 27 out of 30

Conditioning score - 24 out of 30

Symmetry score - 26.5 out of 30

X Frame score - 25.5 out of 30

Posing score - 24.5 out of 30

Presentation score - 25 out of 30

Walk Routine score - 25 out of 30

Round 1 Feedback :

Judge 1

Great physique. You could use a little bit more size in your upper body. Improved conditioning will take you a long way. Take some time to really practice with the poses and see how to get better activation in your quads and hams. If you achieve this, you may not have to improve your conditioning so drastically. Work with the tanner to figure out a solution to the tan discoloration and uneven-ness. Good improvements, beautiful suit!

Judge 2

great muscularity and physique. to improve even further you need to add some more shoulder and arm size. you need the upper to match the lower a little bit more. especially the rear delt region in the rear poses. a little of the issue may be posing as well. Conditioning needs to be improved. with quad and ham separation you would be very hard to beat. posing is steadily improving for you, keep at it. be carful with the tan discoloration.

Round 2

Final Placing - 3rd

Round 2 Total Score - 459.18 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 - 6

Shoulders - 6

Midsection - 3

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulders - 8

Lats - 6

Arms - 6

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 6

Traps - 1.67

Glutes - 4

Hams - 3

Calves - 3

**Conditioning Front - lowest number is best**

Quads - 6

Midsection - 9

Shoulder - 9

Arms - 8

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulder - 9

Arms - 9

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 6

Glutes - 9

Calves - 6

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 7

Front Lower Matches Back Lower - 3

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 7

Front Lower Matches Back Lower - 8

Identical Vertical Halves - 3

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

Front Relaxed - 6

Side Relaxed - 6

Rear Relaxed - 6

Front Double Bicep - 6

Rear Double Bicep - 6

**Posing - lowest number is best**

Front Relaxed - 6

Side Relaxed 1 - 8

Rear Relaxed - 6

Side Relaxed 2 - 5

Front Double Bicep - 6

Rear Double Bicep - 6

Ab and Thigh - 4

Side Chest - 7

Side Tricep - 9

**Presentation - lowest number is best**

Suit Color and Fit - 8

Makeup/Hair - 9

Tan - 9

Video Presentation - 5

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

Following Instructions - 5

Style/Flow - 9

Posing Execution - 6

**Athletes 2 Name - Amanda Cence**

Height - 5 ft 6

Weight - 133 Lbs

Age - 37 years

Round 1 - Higher the score the better

Round 1 total score - 618.87 out of 750

Muscularity score - 24 out of 30

Conditioning score - 24 out of 30

Symmetry score - 25 out of 30

X Frame score - 24.5 out of 30

Posing score - 24.5 out of 30

Presentation score - 28 out of 30

Walk Routine score - 25.5 out of 30

Round 1 Feedback :

Judge 1

Excellent foundation to work upon for this class. To become more competitive in this class you will need a touch more muscle and even more conditioning, targeting the lower half. Your poses are fundamentally there, you excel in the muscularity poses but look a little uncomfortable in the relaxed poses. Beautiful suit and overall presentation. Great work!

Judge 2

Good base for the class but need more condiitoning in the quads and hamstings to excel further. Front pose needs to look more comfortable and natrural. towards the end you started to do the side chest and tricep pose differently, this looked much better and flowed nice. Needs to be cleaned up but was on a much better track. Need a little more shoulder/arm size for the division. great midsection.

Round 2

Final Placing - 4th

Round 2 Total Score - 342.49 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 - 9

Shoulders - 9

Midsection - 6

Quads - 9

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Shoulders - 7

Lats - 9

Arms - 9

Calves - 7

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 9

Traps - 3

Glutes - 9

Hams - 9

Calves - 9

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 6

Shoulder - 6

Arms - 7

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Shoulder - 6

Arms - 6

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 9

Glutes - 6

Calves - 9

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 8

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 8

Front Lower Matches Back Lower - 7

Identical Vertical Halves - 3

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

Front Relaxed - 9

Side Relaxed - 3

Rear Relaxed - 9

Front Double Bicep - 9

Rear Double Bicep - 9

**Posing - lowest number is best**

Front Relaxed - 9

Side Relaxed 1 - 5

Rear Relaxed - 9

Side Relaxed 2 - 9

Front Double Bicep - 9

Rear Double Bicep - 9

Ab and Thigh - 9

Side Chest - 8

Side Tricep - 6

**Presentation - lowest number is best**

Suit Color and Fit - 7

Makeup/Hair - 3

Tan - 6

Video Presentation - 5

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

Following Instructions - 5

Style/Flow - 6

Posing Execution - 9

**Athletes 3 Name - Lynn DAngelo**

Height - 5 ft 6

Weight - 119 Lbs

Age - 42 years

Round 1 - Higher the score the better

Round 1 total score - 562.62 out of 750

Muscularity score - 19.5 out of 30

Conditioning score - 22.5 out of 30

Symmetry score - 23 out of 30

X Frame score - 23 out of 30

Posing score - 23 out of 30

Presentation score - 24 out of 30

Walk Routine score - 25 out of 30

Round 1 Feedback :

Judge 1

To be competitive in this class you will need to focus on putting on more muscle. Greater conditioning will also be needed. Work on making the lower half of your poses more "athletic". Getting that activation in the lower body could give you back some points in symmetry and conditioning. Careful with the lean in your overhead ab pose. Beautiful suit. Curious to see how the bottoms look if pulled higher up over the hip bone to give the suit a sharper "V" look in the front.

Judge 2

Need more muscualirty and conditioning to excel in this division. But also posing needs to be optimized a little better for your phyaique. get the lats flared a little more in the front relaxed pose. Need to focus on getting more thickness in your back, especially the mid back. Hamstrings have to drop and be tighter. dont squat as much in the side poses. use your height and dont shrink yourself. watch out for discoloration with the tan. decent first run at FemFit, but improvements can be made. good walk, dont be affraid to utilize some of your bikini moves and skills to your FemFit walk/routine.

Round 2

Final Placing - 5th

Round 2 Total Score - 256.68 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 - 9

Shoulders - 9

Midsection - 6

Quads - 9

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Shoulders - 9

Lats - 9

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 7

Traps - 3

Glutes - 9

Hams - 9

Calves - 9

**Conditioning Front - lowest number is best**

Quads - 6

Midsection - 3

Shoulder - 9

Arms - 9

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulder - 9

Arms - 9

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 6

Glutes - 9

Calves - 9

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 9

Back / Upper Matches Lower - 9

Front Upper Matches Back Upper - 9

Front Lower Matches Back Lower - 9

Identical Vertical Halves - 3

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

Front Relaxed - 6

Side Relaxed - 9

Rear Relaxed - 6

Front Double Bicep - 9

Rear Double Bicep - 9

**Posing - lowest number is best**

Front Relaxed - 6

Side Relaxed 1 - 8

Rear Relaxed - 7

Side Relaxed 2 - 9

Front Double Bicep - 9

Rear Double Bicep - 6

Ab and Thigh - 9

Side Chest - 9

Side Tricep - 9

**Presentation - lowest number is best**

Suit Color and Fit - 9

Makeup/Hair - 6

Tan - 9

Video Presentation - 5

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

Following Instructions - 5

Style/Flow - 3

Posing Execution - 9