**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 Figure

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Edna Ferrer, Bridget Lipsey, Heather Schofield

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Athletes 1 Name - Edna Ferrer

Height - 5 ft 5

Weight - 129 Lbs

Age - 34 years

Round 1 - Higher the score the better

Round 1 total score - 705.46 out of 750

Muscularity score - 30 out of 30

Conditioning score - 27 out of 30

Symmetry score - 27.5 out of 30

X Frame score - 29.5 out of 30

Posing score - 27 out of 30

Presentation score - 28.5 out of 30

Walk Routine score - 27.5 out of 30

Round 1 Penalties :

Judge 1

Muscularity : Excessive lean muscle size that falls outside of division criteria

Round 1 Feedback :

Judge 1

a great blueprint for the Figure division. Pushing the limits with muscularity, but everything still flows very well so it works. Conditioning could be improved in the lower back, glutes, and hamstrings. Excellent Xframe. Focus on ab development. Watch the back pose. things can get a little titled back there for you. First side pose needs to match the second one (strong side) a little better. Keep those quads peeled down as much as you can in the front pose. A truly phenomenal athlete and package. Very solid and smooth flowing walk, but got cut off a little in the final location.

Judge 2

Absolutely incredible physique. A perfect display of muscle and grace. This is figure.

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 - 6

Quads - 3

Calves - 3

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulders - 3

Lats - 3

Arms - 3

Calves - 6

**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 - 6

Upper Body - 3

**Conditioning Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Upper Body - 3

**Conditioning Rear - lowest number is best**

Back - 6

Hams - 3

Glutes - 6

**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 - 6

Front Upper Matches Back Upper - 5

Front Lower Matches Back Lower - 4

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 - 5

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 - 6

Video Presentation - 3

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

Following Instructions - 6

Style/Flow - 3

Posing Execution - 3

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Athletes 2 Name - Bridget Lipsey

Height - 5 ft 5.5

Weight - 123 Lbs

Age - 51 years

Round 1 - Higher the score the better

Round 1 total score - 665.63 out of 750

Muscularity score - 26.5 out of 30

Conditioning score - 27 out of 30

Symmetry score - 26.5 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 - 27 out of 30

Round 1 Feedback :

Judge 1

great athlete across the board. muscularity and conditioning very good. Would like to see a little more size in the back and rear delts, hamstrings. Very good Xframe, but work on the front pose, the lats are hiding a little bit. fix that and the xframe score could climb slights. nice suit and fit. posing is very good. solid confident walk but you got cut off in the final spot.

Judge 2

Excellent conditioning for this division. Would like to see a bit more mass, moreso in the legs and hamstrings. Beautiful posing. Great suit color and cut.

Round 2

Final Placing - 2nd

Round 2 Total Score - 474.96 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 - 6

Calves - 9

**Muscularity Side - lowest number is best**

Quad/Ham - 7

Midsection - 6

Shoulders - 6

Lats - 6

Arms - 6

Calves - 3

**Muscularity Rear - lowest number is best**

Delts - 6

Back - 6

Glutes - 8

Hams - 9

Calves - 6

**Conditioning Front - lowest number is best**

Quads - 6

Midsection - 3

Upper Body - 6

**Conditioning Side - lowest number is best**

Quad/Ham - 6

Midsection - 6

Upper Body - 6

**Conditioning Rear - lowest number is best**

Back - 3

Hams - 6

Glutes - 3

**Symmetry Muscularity - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 6

Front Upper Matches Back Upper - 6

Front Lower Matches Back Lower - 7

Identical Vertical Halves - 3

**Symmetry Conditioning - lowest number is best**

Front / Upper Matches Lower - 6

Back / Upper Matches Lower - 3

Front Upper Matches Back Upper - 4

Front Lower Matches Back Lower - 5

Identical Vertical Halves - 3

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

Front - 6

Side - 6

Rear - 6

**Posing - lowest number is best**

Front - 6

Side 1 - 4

Rear - 6

Side 2- 6

Transitions - 6

Walk Front to Back - 6

**Presentation - lowest number is best**

Suit Color and Fit - 6

Makeup/Hair - 8

Tan - 9

Video Presentation - 3

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

Following Instructions - 6

Style/Flow - 6

Posing Execution - 6

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Athletes 3 Name - Heather Schofield

Height - 5 ft 2

Weight - 110 Lbs

Age - 34 years

Round 1 - Higher the score the better

Round 1 total score - 605.5 out of 750

Muscularity score - 24 out of 30

Conditioning score - 24 out of 30

Symmetry score - 24 out of 30

X Frame score - 23.5 out of 30

Posing score - 22.5 out of 30

Presentation score - 27.5 out of 30

Walk Routine score - 25.5 out of 30

Round 1 Feedback :

Judge 1

You have a good foundation for this division. Work on adding more muscle to the upper body, both front and rear. You were more conditioned in the previous CCN - work towards coming in like that. Posing is improving - really focus on getting your lats out in your front and rear pose - they are hidden and it is hurting your symmetry and xframe scores. try not to bend the knees so much in your front/rear poses. very pretty suit and makeup.

Judge 2

presnetation is very good. side poses are strong. rear pose has improved. but the front pose is costing you alot of points in posing and xframe. the lats have to be flared more to bring out the Vtaper. and you need to look less like you are shrugging. the bend in the knees is also creating awkward angles. fix this pose and you will be much more competitive in this division. Muscualrity is good, but you need a little more in the upper. especially the mid back and rear delts. The only thing that did not improve this time around was the conditioning. need to bring that back and then some. piece these things together and you will be very strong in multiple divisions.

Round 2

Final Placing - 3rd

Round 2 Total Score - 275.01 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 - 9

Quads - 9

Calves - 6

**Muscularity Side - lowest number is best**

Quad/Ham - 8

Midsection - 9

Shoulders - 9

Lats - 9

Arms - 9

Calves - 9

**Muscularity Rear - lowest number is best**

Delts - 9

Back - 9

Glutes - 7

Hams - 6

Calves - 9

**Conditioning Front - lowest number is best**

Quads - 9

Midsection - 9

Upper Body - 9

**Conditioning Side - lowest number is best**

Quad/Ham - 9

Midsection - 9

Upper Body - 9

**Conditioning Rear - lowest number is best**

Back - 9

Hams - 9

Glutes - 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 - 8

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 - 9

Side - 9

Rear - 9

**Posing - lowest number is best**

Front - 9

Side 1 - 9

Rear - 9

Side 2- 9

Transitions - 9

Walk Front to Back - 9

**Presentation - lowest number is best**

Suit Color and Fit - 9

Makeup/Hair - 7

Tan - 3

Video Presentation - 3

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

Following Instructions - 3

Style/Flow - 9

Posing Execution - 9

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