**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 Men's Physique

**Class -**  Class A

**Callout -**  First Callout

**Athletes Involved -**  Ryan Sullivan

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Athletes 1 Name - Ryan Sullivan

Height - 6 ft 1

Weight - 265 Lbs

Age - 40 years

Round 1 - Higher the score the better

Round 1 total score - 0 out of 750

Muscularity score - 0 out of 30

Conditioning score - 0 out of 30

Symmetry score - 0 out of 30

X Frame score - 0 out of 30

Posing score - 0 out of 30

Presentation score - 0 out of 30

Walk Routine score - 0 out of 30

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

**Muscularity Side - lowest number is best**

Quad/Ham - 3

Midsection - 3

Shoulders - 3

Lats - 3

Arms - 3

Calves - 0

**Muscularity Rear - lowest number is best**

Delts - 3

Back - 3

Traps -

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 - 4

Style/Flow - 5

Posing Execution - 3

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