



Contestant # _____

IFPA Individual Judging Sheet - Bodybuilding

Contest Name: _____

Date: _____

City/State: _____

Judge Name: _____ Judge Number: _____

Each of the three components is assigned a whole number score (no decimals) by each judge where 10's are considered the highest marks. The three scores are summed on each judge's sheet.

Presentation of Physique – up to 10 points (Score 0-10, 10 being highest – no decimals)

(Was the physique shown well during the routine, was movement not too fast to show physique, were stances used positions that displayed the physique well and were transitions fluid?)

Appearance - up to 10 points (Score 0-10, 10 being highest – no decimals)

(Was coloring even, was competitor well groomed, did competitor possess a good sheen, were muscles full and vascular (not depleted), and did suit fit properly?)

Form of Poses Used - up to 10 points (Score 0-10, 10 being highest – no decimals)

(Did poses incorporated in routine use form that showed the physique in the most impressive manner possible?)

Sum