



Contestant # \_\_\_\_\_

## IFPA Individual Judging Sheet - Figure

Contest Name: \_\_\_\_\_

Date: \_\_\_\_\_

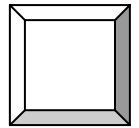
City/State: \_\_\_\_\_

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.

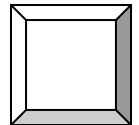
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**Graceful Walk – up to 10 points (Score 0-10, 10 being highest – no decimals)**

(Smooth steps, good posture, controlled arm swing, not rushing through, not looking down most of the time)



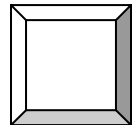
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**Appearance - up to 10 points (Score 0-10, 10 being highest – no decimals)**

(Even coloring, nice sheen, full and shapely muscles (not depleted), proper suit fit, hair/make-up done well)



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

(Poses struck at pivot points of good form to show physique in the most impressive manner, fluid transitions through quarter-turns)



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**Sum**

