

National Physique Committee Of The USA
TEEN FITNESS SCORES

COMPETITOR _____ COMPETITOR NUMBER _____

CONTEST _____ DATE _____

CATEGORY	Pts. Awarded/ Max. Points	COMMENTS	COMMENTS
Strength	/15	<input type="checkbox"/> Pike Hold <input type="checkbox"/> Straddle Hold <input type="checkbox"/> Push Ups <input type="checkbox"/> Other Push Ups <input type="checkbox"/> Other Strength Skills	Good: <input type="checkbox"/> Good Variety <input type="checkbox"/> Strong Skills Needs Work: <input type="checkbox"/> Point Toes <input type="checkbox"/> Legs Bent <input type="checkbox"/> Add More Variety Other Comments:
Flexibility	/15	<input type="checkbox"/> Side Split <input type="checkbox"/> High Kicks <input type="checkbox"/> Other Flexibility Skills	Good: <input type="checkbox"/> Good Flexibility <input type="checkbox"/> Great Kicks Needs Work: <input type="checkbox"/> Flexibility <input type="checkbox"/> Legs Bent <input type="checkbox"/> Point Toes In Splits Other Comments:
Overall Impression/ Performance Quality	/20	<input type="checkbox"/> Entertaining <input type="checkbox"/> Projected Confidence <input type="checkbox"/> Polished Routine	Comments:
Penalties	-	<input type="checkbox"/> Fall From Skill (-3 pts) <input type="checkbox"/> Inappropriate Music (-5 pts) <input type="checkbox"/> Vulgar Choreography (-5 pts)	
Total	/50		

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CATEGORY	Pts. Awarded/ Max. Points	COMMENTS	COMMENTS
Tumbling	/10	<p>Novice – Up to 5 pts.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cartwheel <input type="checkbox"/> Round Off <input type="checkbox"/> Front Walkover <input type="checkbox"/> Back Walkover <p>Advanced – Up to 7 pts.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Aerial <input type="checkbox"/> Standing BHS <input type="checkbox"/> Round Off Bhs <input type="checkbox"/> Standing Tuck <input type="checkbox"/> Front Tuck <input type="checkbox"/> Round Off Tuck <input type="checkbox"/> Round Off BHS Tuck <p>Elite – Up to 10 pts.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Layout <input type="checkbox"/> X Out <input type="checkbox"/> Full <input type="checkbox"/> Arabian 	<p>Good:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Great Technique <p>Needs Work:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Legs Bent <input type="checkbox"/> Legs Apart <input type="checkbox"/> Work On Technique <p>Other Comments:</p>
Tricks/Jumps	/10	<ul style="list-style-type: none"> <input type="checkbox"/> Handstands <input type="checkbox"/> Jumps (toe touch, pike, hurdler, herkie, c jump, etc) <input type="checkbox"/> Leaps (jetes) <input type="checkbox"/> Turns <input type="checkbox"/> Shoulder/Cheek Stand <input type="checkbox"/> Forearm Handstand <input type="checkbox"/> Other: 	Comments:
Overall Impression/ Performance Quality	/20	<ul style="list-style-type: none"> <input type="checkbox"/> Entertaining <input type="checkbox"/> Projected Confidence <input type="checkbox"/> Polished Routine 	Comments:
Penalties	-	<ul style="list-style-type: none"> <input type="checkbox"/> Fall From A Skill (-3 pts) <input type="checkbox"/> Inappropriate Music (-5 pts) <input type="checkbox"/> Vulgar Choreography (-5 pts) 	
Total	/40		

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CATEGORY	Pts. Awarded/ Max. Points	COMMENTS	COMMENTS
Dance	/10	<input type="checkbox"/> Strong Motions <input type="checkbox"/> Good Variety <input type="checkbox"/> Appropriate To Music <input type="checkbox"/> Technique <input type="checkbox"/> Off Beat <input type="checkbox"/> Sloppy	Comments:
Transitions	/10	<input type="checkbox"/> Good Use Of Floor Space <input type="checkbox"/> Smooth Transitions <input type="checkbox"/> Good Timing	Comments:
Choreography/ Creativity/Costume	/10		Comments:
Overall Impression/ Performance Quality	/20	<input type="checkbox"/> Entertaining <input type="checkbox"/> Projected Confidence <input type="checkbox"/> Polished Routine	Comments:
Penalties	-	<input type="checkbox"/> Fall From A Skill (-3 pts) <input type="checkbox"/> Inappropriate Music (-5 pts) <input type="checkbox"/> Vulgar Choreography (-5 pts)	
Total	/50		