Virginia 4-H Contests

Competition Guide

For use with Local, District, and State Contests

Compiled February, 2012

This is a fluid document and will change as information is streamlined and discrepancies are resolved.

| Beef Ambassador |
| Chicken/Turkey Barbecue |
| Egg Preparation (Cookery) |
| Extemporaneous Speech |
| Fashion Revue |
| Film |
| Photography |
| Presentations |
| Public Speaking |
| Radio Spot/4-H Promotion |
| Science Fair Presentation & Display |
| Share-the-Fun |

This packet was created in February, 2012, by 4-H agents in the Northern District and has been quickly reviewed by Kathleen Jamison, Extension 4-H Specialist. The packet combines all known and available information regarding various 4-H contests. The agents did not change information or create new, but simply combined the many sources of information and rules to make for a simpler, standard document for use by 4-H staff, members and volunteers.

The 2012 document will most certainly look different than future documents as we work to streamline information for 4-H members, volunteers and staff, and resolve discrepancies in published information.
Beef Ambassador

Download annual information from http://www.nationalbeefambassador.org/. Additionally, Sally Farrell, Craig County, is our state contact and coordinator.

Contest is open to youth ages 12-20, but State Congress rules are for ages 14-18. Also, national contest participation is limited to youth ages 17 or over as of September 1st of the contest year, so youth should keep in mind that they may be able to participate in the state contest (ages 14-16), but not the . Virginia may or may not have funds to provide an expenses-paid trip to the national contest, so check with the state coordinator.

Excerpts from the rules (remember to consult the national website):

- Contestants may have one 22” x 28” poster.
- The six categories for a presentation are:
  - Production of Beef (General, no specific breed)
  - Food preparation and food safety practices
  - Nutrition
  - Marketing and Economics
  - Environmental Stewardship
  - Animal Welfare
- Participants should narrow a speech to one of the above topics, not more.

For the Virginia state contest, Beef Ambassador presentations are judged with other Presentations at State Congress, so time suggestions there of 10-15 minutes apply for this contest as well.
Description of Contest Area:

1. To help youth develop skills in the preparation and use of chicken and to acquire the ability to express their ideas proficiently and efficiently through participation in projects, talks, discussions, demonstrations and exhibits.

2. To acquire scientific knowledge and improved understanding of the economy, versatility and nutritional value of chicken broiler meat and its relationship to human nutrition and health.

Educational Resources:
- Chick-N-Que: [http://pubs.ext.vt.edu/408/408-287/408-287.html](http://pubs.ext.vt.edu/408/408-287/408-287.html)

Contest Rules:

The Chick-Barbeque Contest is divided into three parts and contestants will be scored on the following areas:

- Sensory Evaluation.
- Barbecue Skills
- Oral Presentation

Sensory Evaluation & Barbecue Skills

1. Each contestant will prepare three 1 1/4 to 1 1/2 pound chicken halves provided to them by the contest monitors. They will be evaluated during the preparation of their chicken by judges utilizing the barbecue skills score sheet.

2. There will be a 2 1/2 hour time limit for the preparation of the chicken. The chicken will not be available to the contestant prior to the contest starting time. The fire may not be lit until the contest starting time. Points will be deducted for extra time used. One point for every 5 minutes late.

3. Chicken shall not be marinated prior to start of the contest. Parboiling and/or deep-frying competition meat is not allowed. Contestants may not inject or insert any fluid, sauce, or additive into the chicken. Chicken halves may not be placed in baskets to aid in turning.

4. Barbecue grills will be provided for all contestants, which they will be required to use. Charcoal and lighter fuel will also be provided. No match light charcoal will be permitted.
5. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Chimney-starters may be used but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the chicken for cooking. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used.

6. Each contestant will be assigned a cooking space and grill along with a work area of one half of a 4' by 8' folding table adjacent to their grill.

7. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation).

8. Commercial devices for covering of meat during cooking will not be permitted.

9. Contestants are expected to use a meat thermometer.

10. Contestant will work alone, except for setting up for the demonstration or in case of emergency as determined by contest monitors.

11. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the chicken to include ingredients and special instructions if necessary for food safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. Recipe cards need to include the following information: a) name of recipe and contestant number, b) ingredients and general cooking instructions, and c) if special cooking techniques were used to achieve unique flavoring.

12. Each contestant will present two barbecued chicken halves to the panel of judges at the conclusion of their cooking time on plates or containers provided. Contestants will be notified 15 minutes prior to the end of the cooking time. No garnishes, dips or additional items shall be presented on the plates or submitted to the judges. Note that one recipe card or cooking outline card for the sensory judges must accompany the product. Product will be evaluated using the sensory score sheets.

**Oral Presentation**

1. An illustrated presentation, including factual information about broilers, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:
   a. The broiler chicken industry in the United States and its economic importance
   b. General food safety, including safe storage and handling of chicken (uncooked and cooked)
   c. Nutritional value of chicken meat and role in a balanced diet

2. Contestants will be allotted a maximum of 10 minutes for their presentation. Judges will have up to 3 minutes for questions directed to contestants. Questions may be related to statements made by the contestant during their presentation that the judges feel might need further explanation.
3. No contestant will be allowed to have any form of identification as to name or unit represented.

4. Easels will be provided. PowerPoint presentations using a computer and computer projector can be used. A Windows based laptop computer and computer projector will be available. PowerPoint 2010 will be installed on the computer and contestants should have their talk on a USB flash drive device. PowerPoint presentations are not to include audio.

5. The top contestant (14 years or older as of January 1, of the current year) will receive a trip to the National Poultry and Egg Conference in Louisville, Kentucky.

6. In case of a tie following tabulation of contestant scores, the tie scores of the top five contestants will be broken in descending order by:
   - Highest score in Sensory Evaluation.
   - Highest score in Barbecue Skills portion.
   - Method determined by contest committee

Score Sheet

Sensory Evaluation (80 pts)
- Doneness (28 pts)
  - Ends (14 pts)
  - Center (14 pts)
- Appearance (12 pts)
  - Color (5 pts)
  - Burn Free (5 pts)
  - Ash absence (2 pts)
- Organoleptic (40 pts) - the aspects of food as experienced by the senses, including taste, sight, smell, and touch
  - Flavor (14 pts)
  - Tenderness (12 pts)
  - Juiciness (14 pts)

BBQ Skills (50 pts)
- Contestant Appearance (5 pts)
  - Hands and nails clean
  - Hair restrained
- Timing (6 pts)
- Starting & controlling fire (12 pts)
- Sanitary handling of product and sauce (12 pts)
- Skill in turning & applying sauce (10 pts)
- Suitable utensils (5 pts)
Oral Presentation (70 pts)

- Participants (8 pts)
  - Well groomed (2 pts)
  - Dressed appropriately (2 pts)
  - Voice distinct & reasonably strong (2 pts)
  - Pleasant, natural, yet enthusiastic and convincing (2 pts)

- Subject Matter (23 pts)
  - Accuracy, practicality & completeness of information (5 pts)
  - Factual nutritional information (5 pts)
  - Appropriateness for topic chosen (4 pts)
  - Participant well informed (5 pts)
  - Knowledge of broilers and industry (4 pts)

- Presentation (30 pts)
  - Introduction brief & interesting (5 pts)
  - Method suited to subject matter 4 points
  - Information given in logical manner 5 points
  - Equipment & materials handled with ease and skill 4 points
  - Effective use of time 4 points
  - Visuals, easily seen & used effectively 4 points
  - Important points summarized 4 points

- Results (9 ts)
  - Methods & principles well taught 4 points
  - Questions answered satisfactorily 5 points

In Virginia, (and this may be different at the national contest), scores of 90-100 will receive a blue ribbon, 75-89: red, and 74 or below: white.

**Awards:** Top individual (14 years of age or older as of January 1 of the present year) at the state contest is eligible to compete at the National 4-H Poultry and Egg Conference, Louisville, Kentucky.
Turkey Barbeque Contest

Information obtained from 2009 4-H Congress Rules (http://128.173.64.134/Extension/PoultryPrograms/4H/Turkey_Que.html) and National Poultry & Egg Conference Rules

Description of Contest Area:
1. To demonstrate and teach proper skills and techniques to use in preparation and use of poultry meat.

2. To acquire knowledge and improved understanding of the economy, versatility and nutritional value of poultry meat and its relationship to human nutrition and health.

3. To help youth develop skills in the preparation and use of poultry and to acquire the ability to express their ideas proficiently and efficiently through participation in projects, talks, discussions, demonstrations and exhibits.

Educational Resources:
None found

Contest Rules:
The Turkey Barbeque Contest is divided into three parts and contestants will be scored on the following areas

- Sensory Evaluation.
- Barbecue Skills
- Oral Presentation

Sensory Evaluation & Barbeque Skills

1. Each contestant will prepare 1 to 2 pound turkey filets (skin optional) provided to them by the contest monitors. They will be evaluated during the preparation of their turkey by judges utilizing the barbecue skills score sheet.

2. There will be a 3 hour time limit for the preparation of the turkey. The turkey will not be available to the contestant prior to the contest starting time. The fire may not be lit until the contest starting time. Points will be deducted for extra time used. One point for every 5 minutes late.

3. Turkey shall not be marinated prior to start of the contest. Parboiling and/or deep-frying competition meat is not allowed. Contestant may not inject or insert any fluid, sauce, or additive into the turkey. Turkey may be cooked in aluminum foil wrap.

4. Barbecue grills will be provided for all contestants, which they will be required to use. Type of grill will be announced prior to the contest. Grill lid or cover will be provided.
5. Fire is restricted to inside the provided grill. Burning materials outside the grills will be considered as a fire hazard. The use of non-charcoal combustible fuel is to be limited. Chimney-starters may be used but such devices must be placed inside the grill before and during ignition and removed from the grill prior to addition of the turkey for cooking. Accessories such as spits, augers, or forced draft are not permitted. Electricity will not be provided or used.

6. Each contestant will be assigned a cooking space and grill along with a work area of one half of a 4' by 8' folding table adjacent to their grill.

7. All other equipment and supplies, including sauce, must be furnished by the contestant. Sauce, if used, may be commercial or private recipe (description must be provided to judges on the recipe card to assist during flavor and appearance evaluation).

8. Contestants are expected to use a meat thermometer.

9. Commercial devices for covering of meat during cooking will not be permitted; only aluminum foil wrap may be used.

10. Contestant will work alone, except for setting up for the demonstration or in case of emergency.

11. Contestant must provide recipe or preparation outline cards describing sauce, rubs, or other treatments associated with the cooking of the turkey to include ingredients and special instructions if necessary for food safety, relating to these ingredients such as keeping sauce ingredients either cool or heated. Recipe cards need to include the following information: a) name of recipe and contestant number, b) ingredients and general cooking instructions, and c) if special cooking techniques were used to achieve unique flavoring.

12. Each contestant will present two barbecued turkey filets to the panel of judges at the conclusion of their cooking time on plates or containers provided. Contestants will be notified 15 minutes prior to the end of the cooking time. No garnishes, dips or additional items shall be presented on the plates or submitted to the judges. Note that one recipe card or cooking outline card for the sensory judges must accompany the product. Product will be evaluated using the sensory score sheets.

**Oral Presentation**

1. An illustrated presentation, including factual information about turkey, will be made by each contestant (see score sheet). The participant is to demonstrate their knowledge in the following areas:
   a. The turkey industry in the United States and its economic importance
   b. General food safety, including safe storage and handling of turkey (uncooked and cooked)
   c. Nutritional value of turkey and role in a balanced diet

2. Contestants will be allotted a maximum of 10 minutes for their presentation. Judges will have up to 3 minutes for questions directed to contestants. Questions may be related to statements made by the contestant during their presentation that the judges feel might need further explanation.
3. No contestant will be allowed to have any form of identification as to name or unit represented.

4. Easels will be provided. PowerPoint presentations using a computer and computer projector can be used. A Windows based laptop computer and computer projector will be available. PowerPoint 2010 will be installed on the computer and contestants should have their talk on a USB flash drive device. PowerPoint presentations are not to include audio.

5. The top contestant (14 years or older as of January 1, of the current year) will receive a trip to the National Poultry and Egg Conference in Louisville, Kentucky.

6. In case of a tie following tabulation of contestant scores, the tie scores of the top five contestants will be broken in descending order by:
   - Highest score in Sensory Evaluation.
   - Highest score in Barbecue Skills portion.
   - Method determined by contest committee

**Score Sheet**

**Sensory Evaluation (80 pts)**
- Doneness (28 pts)
  - Ends (14 pts)
  - Center (14 pts)
- Appearance (12 pts)
  - Color (5 pts)
  - Burn Free (5 pts)
  - Ash absence (2 pts)
- Organoleptic (40 pts) - the aspects of food as experienced by the senses, including taste, sight, smell, and touch)
  - Flavor (14 pts)
  - Tenderness (12 pts)
  - Juiciness (14 pts)

**BBQ Skills (50 pts)**
- Contestant Appearance (5 pts)
  - Hands and nails clean
  - Hair restrained
- Timing (6 pts)
- Starting & controlling fire (12 pts)
- Sanitary handling of product and sauce (12 pts)
- Skill in turning & applying sauce (10 pts)
- Suitable utensils (5 pts)
Oral Presentation (70 pts)

- Participants (8 pts)
  - Well groomed (2 pts)
  - Dressed appropriately (2 pts)
  - Voice distinct & reasonably strong (2 pts)
  - Pleasant, natural, yet enthusiastic and convincing (2 pts)

- Subject Matter (23 pts)
  - Accuracy, practicality & completeness of information (5 pts)
  - Factual nutritional information (5 pts)
  - Appropriateness for topic chosen (4 pts)
  - Participant well informed (5 pts)
  - Knowledge of turkey industry (4 pts)

- Presentation (30 pts)
  - Introduction brief & interesting (5 pts)
  - Method suited to subject matter 4 points
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- Results (9 ts)
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In Virginia, (and this may be different at the national contest), scores of 90-100 will receive a blue ribbon, 75-89: red, and 74 or below: white.

**Awards:** Top individual (14 years of age or older as of January 1 of the present year) at the state contest is eligible to compete at the [National 4-H Poultry and Egg Conference](https://www.4h.org/egg), Louisville, Kentucky.
Egg Cookery (Egg Preparation)

*Information below taken from 2009 Virginia 4-H website:
http://128.173.64.134/Extension/PoultryPrograms/4H/Egg_Cookery.html

**Purpose of Contest:**

- To develop leadership abilities, build character, and assume citizenship responsibilities.
- To acquire knowledge of quality standards, size classifications, nutritional value, storage, versatility and economic value of eggs.
- To develop creative skills in the preparation, use and serving of eggs.
- To learn to enjoy eggs as a food.
- To use sound nutritional knowledge when planning meals.

**Educational Resources:**

- This contest shall follow the rules for the national contest, available:
  http://national4hpoultryandegg.psu.edu/eggprep.html

**Contest Rules and Information:**

- The contestants will be scored according to the attached score sheet.
- Each participant must present a demonstration on the preparation of an egg dish.
- The demonstration must include the following:
  - Information on nutritional value, versatility, functional properties, ease of preparation and economics of cooking with eggs.
  - Steps in preparation of the dish.
  - A finished dish ready for sampling. This must be prepared in the contest-site kitchen facilities prior to demonstration or during the actual demonstration. No contestant may prepare any portion of their dish outside of the contest-site facilities. Judges will be served and will sample each finished product at the conclusion of each demonstration.
- The demonstration must be no more than 12 minutes in length. Contestants will be permitted to finish the demonstration. If the talk goes over 13 minutes, five (5) points will be deducted. An additional three (3) minutes will be provided for the judge to ask questions.
- The contestant must have demonstrated the selected recipe no less than 3 times prior to the contest.
- Each contestant must submit to the judges three copies of the recipe used in the demonstration. This recipe must not contain the name of the contestant nor the unit represented.
- The egg dish must contain a minimum of:
  - 1/2 egg per serving if the dish is classified as an appetizer or snack.
  - 1/2 egg per serving if the dish is classified as a dessert.
  - 1/2 egg per serving if the dish is classified as a beverage.
  - 1 egg per serving if the dish is classified as a salad or main dish.
• The egg dish recipe may utilize prepared packages of food ingredients (i.e. grated cheese) or canned items (i.e. tomato paste).

• Each contestant will furnish his or her own supplies for the demonstration EXCEPT the contest committee will provide a range, oven, microwave oven and refrigerator for preparation of the egg dish.

• Easels will be provided for the demonstration. Only posters and table-top displays will be allowed. No slides or videos will be allowed.

• Posters displayed must be the work of the contestant. Contestants may use notes or outlines to assist them but reading from notes exclusively will hurt their presentation.

• No contestant will be allowed to have any means of identification as to his or her name or the unit they represent either on their person or on their posters.

• The preparation room will be off limits to everyone except the contestants and the egg preparation room staff.

• Contestants will work alone in the contest preparation room unless an emergency arises, in which case, they will be assisted by the preparation room staff.

• Each contestant is responsible for clean up after his or her demonstration.

• In case of ties, the ties will be broken by the following method in order listed.
  o The contestant with the highest score in "Presentation" will win.
  o The contestant with the highest score in "Recipe" will win.
  o The contestant with the highest score in "Finished Product Quality" will win.
  o A method will be decided upon by the contest committee.

Recipe Includes the Following Parts:
1. Name of recipe
2. List of Ingredients: (listed in order they are used in the instructions).
   a. Measurements given in common fractions
   b. No abbreviations used
   c. No brand names used
3. Instructions for combining ingredients.
   a. Clean instructions for every step in combining and cooking the ingredients.
   b. Short, clean, concise sentences.
   c. Correct food preparation terms to describe combining and cooking process.
   d. Size of pan stated.
   e. Temperature and cooking time stated
   f. Number of servings and calories per serving.

Score Sheet

1. PROGRAM CONTEST - Maximum Score = 35
   a. 5 points: Introduction (Visual impact: introduction sparks interest, importance established, purpose outlined.)
   b. 10 points: General Nutrition Information (Accurate, complete, up-to-date, correct terminology: knowledge of nutrients in eggs, attention to balanced meals, health aspects, appropriate references.)
c. 10 points: Knowledge of Eggs (Nutritional value, preparation and storage, functional properties in foods, grading and sizing, use in menu planning, appropriate references.)
d. 5 points: Summary of Main Points
e. 5 points: Response to Judges' Questions

2. PRESENTATION AND SKILL - Maximum Score = 35
   a. 5 points: Appearance (Neatly and appropriately dressed, hair neat and restrained, hands and nails cleaned, no distracting jewelry.)
   b. 10 points: Delivery (Voice projection, interpretation of information, confidence and speaking ease, avoidance of cliches, general effect on audience.)
   c. 15 points: Work Techniques (Acceptable food demonstration techniques and equipment, ease and efficiency in work, materials conveniently arranged, work sequence, table and work area clean and neat.)
   d. 5 points: Visuals (Appropriate, neat, clean, visually appealing, easily read or seen. Contributes to demonstration.)

3. III. THE PRODUCT - Maximum score = 30
   a. 15 points: Sensory Appeal (Appetizing appearance, aroma, flavor.)
   b. 5 points: Reason for Selection (Dish is selected for economic, convenience, nutrition or other suitable reasons.)
   c. 5 points: Health Aspects (Dish appropriate nutritionally for intended use; not exceptionally high in fat, calories, sodium.)
   d. 5 points: Recipe (Correctly written, preparation time not excessive, ingredients available and economical. It is appropriate for today's lifestyles.)

   100 points: TOTAL SCORE

In Virginia, (and this may be different at the national contest), scores of 90-100 will receive a blue ribbon, 75-89: red, and 74 or below: white. The national score sheet will be used.

Awards: Top individual (14 years of age or older as of January 1 of the present year) at the state contest is eligible to compete at the National 4-H Poultry and Egg Conference, Louisville, Kentucky.
Description of Contest Area:
This contest is designed to encourage the development of the life skill of communicating with others through enhancing the ability to think, to organize, to speak, and to answer questions readily by participating 4-H’ers before an audience. The extemporaneous questions are divided into three age divisions. Youth draw three topics from a hat and then they pick one that they will speak on.

Educational Resources:
• Rules (same as listed below), posted in pdf format online, available: http://www.4-h.ext.vt.edu/programs/competitions/extemporaneous-speech-rules.pdf

Contest Guidelines and/or Rules:
• Speakers will draw three topics and choose one topic to speak on. The questions will be based on 4-H and life skill experiences that will not require any research. Judges will create a list of topics/questions prior to the competition for the youth to draw from.
• Juniors and Intermediates may have up to 30 minutes and Seniors up to 15 minutes to prepare their talk.
• Juniors and Intermediates time limit is 2 to 3 minutes and Seniors is 3 to 5 minutes. Judges may deduct points for presentations not meeting or exceeding time limits.
• Extemporaneous speakers will be shown color time cards at correctly timed intervals indicating "30 SECONDS", "1 MINUTE" AND "STOP".
• Extemporaneous speech contestants should not introduce themselves as part of their presentation. This will be done by the room facilitator.
• Judges may ask questions of contestants.
• Speeches are given by individuals, not teams.
• Note cards will be provided for each participant by the room facilitator.

Score Sheet – TWO SCORE SHEETS AVAILABLE ONLINE; SLIGHTLY DIFFERENT CONTENT & FORMATTING; Kathleen Jamison is working to get this resolved.
• Score sheet, VCE publication #380-024, available: http://pubs.ext.vt.edu/380/380-024/380-024.html
• Score sheet by Kathleen Jamison and Communications and Expressive Arts Sub-committee, available: http://www.4-h.ext.vt.edu/programs/competitions/extemporaneous-speaking-score-card.pdf
• All contestants receive a ribbon using the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below).
  o At State 4-H Congress, the overall high score blue ribbon winner in each category will receive a medal.
**4-H Fashion Revue**

**Description of Contest Area:**
Fashion Revue is a contest that aims to increase youths’ knowledge of consumerism, textiles, and garment construction while providing opportunities to express fashion trends and present themselves in an appropriate manner. Categories exist for purchased and constructed garments.

**Educational Resources:**

**Guidelines:**
- Participants may enter a purchased “ready to wear” garment or a sewn “constructed” garment. Category 1 is for constructed garments. Category 2 is for purchased garments.
- Participants should wear their garment and be ready to model.
- Participants should bring a change of clothes, so judges may examine garment off the model. Both constructed and purchased garments will be examined for workmanship.
- Participants should note the categories on the score sheet for judging.
- Participants will need to bring a portfolio (folder) with four pieces of documentation on the day of the contest. Bring to the registration desk and judges will pick them up. **Kathleen will check with agents and verify the four specific pieces of documentation needed.**
- For State competition, this portfolio must be mailed to 4-H Congress 3-4 weeks ahead of time. Always keep a photocopy or scanned copy of these documents.

1. Fashion Revue Clothing Record – Publication #346-147. This must contain a photograph of contestant in garment and coordinating accessories.
2. Consumer Comparison Worksheet – Publication #346-148
3. A written 5 minutes or less narrative to be read while participant models garment (Participant should use the commentary worksheet to help write paragraph (Publication 346-149), but submit their own personally written paragraph – not the worksheet.)
**Film**

**Who can enter?**

Any 4-H filmmakers age 9 – 19. Group projects are encouraged. One entry form should be submitted for each film. For the purpose of the entry form, filmmakers are defined as those youth involved in storyboarding, writing, directing, and/or editing the film. Actors who did not take part in the storyboarding, writing, directing, or editing processes should not be listed as filmmakers. All filmmakers will receive ribbons and copies of score sheets, but the film will be judged as a whole. Everyone in the film must have a media release form on file with the unit 4-H office prior to filming.

**What kind of films can be entered?**

Filmmakers may submit a maximum of one film in each of the following classes.

<table>
<thead>
<tr>
<th>Documentary Classes- any film in which the persons on screen portray themselves as opposed to real or fictitious characters.</th>
<th>Fiction Classes- Films entered into these classes must include actors who portray real or fictitious characters as opposed to themselves.</th>
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<tbody>
<tr>
<td>Live-action Documentary</td>
<td>Puppets and Animation</td>
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<td>Stop-motion Documentary</td>
<td>Comedy</td>
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<td>Drama/Suspense</td>
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<td>Action/Adventure</td>
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<td>Music Video</td>
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Films must not use any copyrighted material. All video, photography, and music must be original or royalty free. Special care should be used to ensure that brand names are obscured.

**How long should a film be?**

Films should be no longer than 15 minutes including title and credits. There is no minimum length.

**How should films be submitted?**

Each film must be submitted on a DVD. Do not put more than one film on each DVD. An entry form should be submitted with each film.

**What resources are available for 4-H filmmaking?**

http://www.4-h.org/resource-library/curriculum/4-h-filmmaking-studio-and-workshop/

https://adobeyouthvoices.org
# 4-H Short Film Contest Entry Form

## Filmmakers

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<th>Name</th>
<th>Age</th>
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## Class Entered: (check one)

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## Title of Film: ____________________________________________________________

## Length: ______________________

## Short Description of the Film. You can also include background information about the filmmaking process here.
**Title of Film**

<table>
<thead>
<tr>
<th>5 points</th>
<th>1 point</th>
<th>score</th>
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</thead>
<tbody>
<tr>
<td><strong>Plot</strong></td>
<td>The plot is strong and defined. For a documentary, the message is singular and focused.</td>
<td></td>
</tr>
<tr>
<td>The movie lacks focus or development of main idea, and is in no sequential order.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Characters</strong></td>
<td>The characters are well thought-out and defined.</td>
<td></td>
</tr>
<tr>
<td>The characters are defined carelessly and are one-dimensional.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Acting</strong></td>
<td>The acting is strong, and performances are appropriate for the story. For a documentary, the investigation is strong.</td>
<td></td>
</tr>
<tr>
<td>The acting is weak. Inappropriate emotion is displayed for the storyline.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Writing</strong></td>
<td>The writing is engaging and imaginative.</td>
<td></td>
</tr>
<tr>
<td>The writing is dull and does not captivate.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Direction</strong></td>
<td>The overall direction is clear, with a clear vision that is well expressed.</td>
<td></td>
</tr>
<tr>
<td>The direction is unclear resulting in a disjointed narrative.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Originality</strong></td>
<td>The story or concept is original, offers new twists or fresh perspective.</td>
<td></td>
</tr>
<tr>
<td>The story or concept is clichéd.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sound Design</strong></td>
<td>The film’s sound design is clean, with a soundtrack/sound effects that aid the story line and enhances images/words</td>
<td></td>
</tr>
<tr>
<td>Audio is distracting or inappropriate.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinematography</td>
<td>The film’s cinematography is technically competent, with attention to camera work (e.g. framing, panning and lighting.)</td>
<td>Most scenes are too dark or too light to determine what is happening. Many shots are unfocused and poorly framed. Excessive panning and zooming distracts the viewer.</td>
</tr>
<tr>
<td>-------------------------</td>
<td>----------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Editing</td>
<td>The editing is precise with smooth transitions between scenes. The story is told with the right amount of detail throughout – it does not seem too short or too long.</td>
<td>Transitions between scenes are awkward. The story needs extensive editing – it is too short or too long to be interesting and/or effective.</td>
</tr>
<tr>
<td>Pacing of Narrative</td>
<td>The pace fits the story line and helps the audience really &quot;get into&quot; the story.</td>
<td>No attempt to match the pace of storytelling to the story line or the audience.</td>
</tr>
<tr>
<td>Choice of Media Content</td>
<td>Content creates an atmosphere or tone that connects the story to the audience</td>
<td>Little or no attempt to use content to create an appropriate atmosphere or tone</td>
</tr>
<tr>
<td>Youth Participation</td>
<td>Clearly a youth driven effort with appropriate level of support and guidance from 4-H staff and volunteers</td>
<td>Level of youth engagement and participation is unclear – not all team members involved</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Final Rating:</strong></td>
<td>60 – 50 points</td>
<td>49 – 35 points</td>
</tr>
<tr>
<td></td>
<td><strong>Blue</strong></td>
<td><strong>Red</strong></td>
</tr>
<tr>
<td></td>
<td>34 points and below</td>
<td>60 – 50 points</td>
</tr>
<tr>
<td></td>
<td><strong>White</strong></td>
<td>49 – 35 points</td>
</tr>
</tbody>
</table>

(Circle Appropriate One)
**Photography Contest—Currently Northern District Only**

**Description of Contest Area:**
This contest combines youths’ photography and presentation skills. Members will enter a photograph in one of the annual categories and present their photo and themselves to judges.

**Educational Resources:** (none available)

**Guidelines or Rules:**
- Open to all Virginia 4-H members enrolled in any project.
- Age categories are as of September 30th of the 4-H year: Junior 9-11; Intermediate 12-13; Senior 14-18.
- Photo must have been taken by the 4-H member submitting the entry and photo must have been taken during the 4-H contest year (October 1-September 30).
- Each entrant may submit only one photo in each of the three categories. This means that each individual 4-H’er may have as many as three entries so long as they submit each entry in a different category. **Unresolved: may be limited to number of entries because youth are limited in other areas of Northern District contests.**
- Photo size must be 5” x 7”, 8” x 10” or a panoramic shot.
- Photos must be mounted on a piece of white poster board with a margin of one to two inches all around. No mats, no frames.
- Please attach an entry form to the back of your photographs.
- Photos may be in color OR black-and-white, but will be judged strictly by category, not separate based on color.
- Youth will present their photo and tell their photo story to the judges, in person.

**Photo Categories for 2012 (may change annually):**

1. **4-H in Action:** We’re looking for pictures that show us what happens at 4-H events throughout the year. The key is the action. We want to SEE what’s happening. We want the photographer to get in close and show us what really happens when 4H’ers get together for an event or activity.
2. **Nature’s Beauty:** Some show beautiful things such as sunsets and flowers. Others create beauty from something unexpected (mushrooms, a turtle having a snack, a dragonfly with torn wings.) All contain strong composition, nice light and sharp focus on the subject.
3. **Humor:** Interpret this category any way you like. Judges will look for creativity and originality in the content of the photos, as well as good technique.
Score Sheet:

- Relevancy to Topic – 10 points
- Composition/Arrangement – 15 points
- Focus/Sharpness – 15 points
- Lighting – 15 points
- Creativity – 15 points
- Photo Story – 20 points
- Poise/Presence of 4-H Member – 10 points

Final Rating: 100 – 90 points 89 – 75 points 74 points and below
- Blue Award
- Red Award
- White Award

Judging Standards

- Relevancy to Category Topic (10 points) - Is the photo an obvious illustration of the category in which it is entered? If the picture doesn’t tell us, does the information on the entry form make it clear how the subject fits the category?
- Composition / Arrangement (15 points) - Are the objects in the photo arranged in a meaningful, pleasing manner or are they haphazard? Did the photographer use the best angle or otherwise interesting perspective?
- Focus / Sharpness (15 points) - Is the object of the photo in focus? If not in sharp focus, does it appear to be an intentional effect to enhance the image in some artistic way?
- Lighting (15 points) - Did the photographer use proper lighting of the subject matter? Do any extremes of darkness or brightness lend to or detract from the image content?
- Creativity (15 points) - Does the photographer show some creative thought or original idea in the making of this image? Is the subject something unusual or is the content of the photo presented in a way we haven’t seen before?
- Photo Story (20 points) – Did the photographer describe/tell the story behind the photo? Did they describe what is happen, the setting of the photo, the people in the photo, the methods used in capturing this image? Did their description help transport the viewer to the place.
  - Example Photo Stories
    - This is a picture of my dad's boat.. on the water, parked next to a dock.. it's after he just re-did the whole interior.. the boat is empty.. i love the pic because the water is so beautifully calm and the boat is just sitting there, waiting to be taken out!
    - I took a picture of my nephew playing with a duck decoy in a bird bath. he is "washing" his "duck" and he is amongst beautiful orange, red, and fuchsia zinnias. The colors are so rich and beautiful and he didn't know that i was there. so it was a captured moment of him playing. he wasn't cheesing it up for the camera, he was just being a kid and i caught it. It is so beautiful.
- Poise/Presence (10 points) - Calm, pleasant, confident. Does he/she have self-assurance, yet a pleasant manner
4-H Photography Contest Entry Form

Name of Photographer: ____________________________

Home Address/Phone: ________________________________

__________________________________________________

4-H County: _________________________________________

☐ Male    ☐ Female    Age_______    Birth date:______________

Parent’s/Guardian’s Name(s): __________________________

Entry Division:  ☐ Junior Division (Ages 9-13)
                 ☐ Senior Division (Ages 14-18)

Category:  ☐ 4-H in Action
            ☐ Nature’s Beauty
            ☐ Lines

Picture Name/Title: ____________________________________

My signature on this form gives permission to Virginia 4-H and its agents to use such reproductions of my photo in any and all forms of media for educational, publicity, or advertising purposes.

____________________________________________________

Youth Signature                  Parent/Guardian Signature
4-H Presentations

Description of Contest Area:
Presentations can be a demonstration, which shows how to do something, or an illustrated talk, which uses visuals to provide information on a topic. Either type of presentation includes at least one visual, such as posters or an electronic slide, and tangible items when possible.

Educational Resources:
- Special Notes on Foods Presentations, source unknown—discovered in old VCE unit files, included below with ‘Foods, Nutrition & Health’ category

Contest Guidelines and/or Rules (differentiated):
- Contests are divided by subject matter on a state level, with awards given in each category, but may be combined in contest rooms at Districts as needed. See below for list of choices.
- Age categories vary by contest, but generally follow standard 4-H ages, which are as of September 30th of the 4-H year (Oct. 1 to Sept. 30).
  - Junior (ages 9-11)
  - Intermediate (ages 12-13)
  - Senior (ages 14-18)
- Suggested time frame for age categories are as follows:
  - Juniors – 2 – 5 minutes
  - Intermediates – 5 – 10 minutes
  - Seniors – 10 – 15 minutes
  There are no deductions listed for presentations outside of the suggested time frame.

Score Sheet
- 4-H Presentations Scoring Aid, VCE publication #388-062, available: http://www.4-h.ext.vt.edu/forms/388_062.pdf
- The Northern District uses a reformatted score sheet that is easier to compute. No content was changed, only formatting, and it is their suggestion to put this version forward for state consideration.
- All contestants receive a ribbon using the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below).
  - At State 4-H Congress, the overall high score blue ribbon winner in each category will receive a medal.
Presentations Categories (aligned with State 4-H Congress Categories):

- **ANIMAL SCIENCE (ANSC):** Dairy/Livestock, Horse, Team Horse, Poultry, Pet, Egg Cookery-separate rules
- **CAREERS AND ECONOMIC EDUCATION (CEE):** Careers, Entrepreneurship, Economic Education
- **CITIZENSHIP (CIT):** Citizenship
- **COMMUNICATIONS & EXPRESSIVE ARTS (COMM):** Photography, Creative Arts, etc.
- **LEADERSHIP (LPD):** Leadership
- **SCIENCE, TECHNOLOGY, ENGINEERING & MATH (STEM):** Science and Technology (Note: Science Fair/Presentation and Display is a separate contest and uses a separate judging sheet)
- **NATURAL RESOURCES AND ENVIRONMENTAL EDUCATION (NREE):** Forestry, Wildlife, Angling Education, Outdoor Adventure, Shooting Education, Environmental Education
• **PLANT, SOILS, AND ENTOMOLOGY (PSE):**
• **FAMILY SCIENCES (FAM):** Personal Appearance, Consumer Resource Management, Child Care, Housing and Interior
• **FOODS, NUTRITION AND HEALTH (FNH):**
  o **Illustrated Talks/PowerPoint Presentations**—talk with posters, PowerPoint slides or other visual aids; includes Farm to Table, Health and or Human Nutrition, Outdoor Cookery, Food Safety and/or Food Preservation
  o **Food Demonstrations**—Focus should be cooking and/or preparation; includes Grains, Fruits & Vegetables, Protein Food, Beef Ambassador (National Qualifying Event)
Food Demonstration Recommendations

Original Source Unknown, Discovered in VCE Unit Files

- Unless otherwise stated in event guidelines, assume no kitchen is provided and participants must bring all equipment and ingredients necessary for demonstration.
- A finished product should be shown at the end, but only as a visual aid. Judges are neither required nor encouraged to taste food.
- At 4-H Congress, participant will be allowed up to 2 hours preparation time and will be expected to provide all non perishable ingredients. Congress participants are expected to fill out and mail, fax or email the “Perishable Foods and Equipment List for Food Demonstrations at 4-H Congress at least two weeks prior to the competition. Kathleen Jamison will check with Elena Serrano to see if this is still current.

Presentation Time Limit: 15 minutes MAXIMUM; consult general 4-H Presentations Guidelines for suggested timeframes by age category. We cannot find this rule in any ‘official’ documents, such as publications or score sheets. Kathleen Jamison will take back to committee.

PRESENTATION COMPONENTS: (introduction, body, summary)
1. INTRODUCTION: Give the name of your presentation, why you chose the recipe and why you want to demonstrate it to others.
2. BODY: This is where you show how to make your recipe. You can tell the ingredients you will need, the equipment you will be using, how to measure ingredients properly and give the correct nutritional information. You will be talking as you work.
3. SUMMARY: In this part you should summarize the important message of your demonstration, show the finish product and ask if the judges have any questions. (Expect at least two from your judges). Do not introduce any new information in the summary.

TEACHING AIDES (Posters or slides)
1. Title Poster
2. Recipe Poster (Directions or steps are not necessary)
3. Nutritional information poster
4. Summary Poster

FOOD SAFETY: Always wash your hands before your presentation and follow all food safety procedures recommended by Virginia Cooperative Extension, especially involving raw foods and proper cooking times. Avoid cross-contamination of raw and cooked food. Gloves are not required for food preparation.

ADDITIONAL TIPS FOR SUCCESS:
- Do not refer to or use products with the brand name showing. For example: if you use Bisquick, cover the box or place in another container. Refer to it as ‘buttermilk baking mix’.
• Clear bowls and liquid measuring cups make it easier for the audience to see.
• If you will be using an electrical appliance, such as a blender or mixer, bring an extension cord.  *Hint: Do not try to speak over appliances as they are running.*
• Wear an apron; comfortable, appropriate clothes; and closed-toe shoes.
• Consider using two aprons—one while preparing food and one for the presentation.  *Plain, white aprons are less distracting.*
• If you have long hair, tie it back securely. Do not touch hair or face while preparing food.
• Keep your work area neat.  *Organize items on trays and remove items as you use them to avoid clutter. Tape a bag to the side of the table, out of sight, or place a trash can underneath so that you can dispose of wrappers and trash. Have towel handy to wipe up spills or your hands.*
• Demonstrate measuring techniques correctly. It is not necessary to show how to measure every ingredient. Some may be pre-measured.
• Have copies of your recipe for the judges.
• **ALWAYS HAVE A FINISHED PRODUCT, ATTRACTIVELY PRESENTED.**
4-H Public Speaking

Description of Contest Area:
Public Speaking helps youth develop communication skills by understanding the basics of public speaking through the delivery of a speech on a chosen topic.

Educational Resources:

Contest Guidelines and/or Rules (differentiated):
• Contest rooms are not divided by subject matter (like Presentations).
• Public speaking participants may not have visual aids, props or costumes (per the score card). ([this conflicts with info on p. 2 of VCE publication #388-028 (educational resource)].) Use the rule – no visual aids, props, costumes.
• Age categories vary by contest, but generally follow standard 4-H ages, which are as of September 30th of the 4-H year (Oct. 1 to Sept. 30).
  • Junior (ages 9-11)
  • Intermediate (ages 12-13)
  • Senior (ages 14-18)
• Time limits, with five points deducted for speeches outside of the range, are:
  • Junior & Intermediate (Elementary & Middle School): 3-6 minutes
  • Senior (High School): 5-7 minutes
  • Adherence to time limits receives five points on the score card. Deduct five points for speeches outside the range. (≤2:59, ≥6:01 for juniors/intermediates; ≤4:59, ≥7:01 for seniors)

Score Sheet
• The Northern District uses a reformatted score sheet that is easier to compute. No content was changed, only formatting, and it is their suggestion to put this version forward for state consideration.
• Score sheet contains judging rubric with suggested criteria
• All contestants receive a ribbon using the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below).
  • At State 4-H Congress, the overall high score blue ribbon winner in each category will receive a medal.
4-H Radio Spot

Description of Contest Area:
A Radio Spot is an opportunity for members to quickly and creatively promote some aspect of 4-H to the general public.

Educational Resources:
• Radio Spot Guideline:  
  http://www.4-h.ext.vt.edu/programs/competitions/radiospotrules.pdf

Contest Guidelines and/or Rules:
• The Radio spot should be exactly 30 seconds in length.
• Musical/sound effect introductions and endings are considered a part of the radio spot and must not cause the 30 second time limit to be exceeded.
• It may include a musical or sound effect introduction and/or background, but may not include a spoken introduction or “tag” by anyone other than the contestant.
• The contestant must provide a complete written script (including notations about music/sound effects) to the timekeeper to aid in timing accuracy.
• The judges are not to visibly see the contestant, only hear. Therefore, contest managers will provide a sheet/blanket or other screen/divider between the contestant and the judges.

Score Sheet – Two different versions currently posted online; Kathleen Jamison is working to get this resolved.
• Radio Spot Score Card: (VCE publication #380-025) Available:  
  http://pubs.ext.vt.edu/380/380-025/380-025.html Currently incorrect format on the web, but Kathleen is working to get fixed and it will be this pub number with the format of the document at the link shown below.
• There is a pilot version of another score card online; and it is this pilot version that should have been formatted as a numbered pub. Radio Spot Score Card by K. Jamison & Communications & Expressive Arts Committee, no VCE publication number, available:  
  http://www.4-h.ext.vt.edu/programs/competitions/radiospotscorecard.pdf
• Score sheet contains judging rubric with suggested criteria
• All contestants receive a ribbon using the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below).
  o At State 4-H Congress, the overall high score blue ribbon winner in each category will receive a medal.
Science Display & Demonstration

Created by Lori Marsh, Extension Engineer and Associate Professor

This document presents the rules and judging criteria.

1. **Originality** - The youth presenting the demonstration must have been actively involved in the science experiment demonstrated. However, it is acceptable for one youth to present a research project that involved a team effort. There is no restriction on presenting work that was prepared as a school project or other formal activity. If the original project was a group effort, the youth presenting the work must prepare his/her own display specifically for this event.

2. **Size** -- The display must be capable of sifting (freestanding) on a 3 ft x 3 ft space on a tabletop.

3. **Display Contents** - The display must "tell the whole story" by itself and will count for 70 out of a total of 120 points toward the final competition score (see Scoring). It must contain the following parts:
   a. **Title** - the title may state the independent and dependent variables (The effect of salt concentration on the boiling point of water) or may be worded to capture the observers' interest (Does Salty Pasta Cook Faster?)
   b. **Statement of Problem** - the essential research must be communicated through the problem statement. On a display board, a statement followed by the experimental hypothesis often achieves this. (Is the temperature at which a salt/water solution boils higher than the temperature at which pure water boils? Hypothesis: The more salt added, the higher the temperature at which the mixture boils.)
   c. **Procedure (materials/methods)** - The procedure (materials methods) should be communicated either as a list or in narrative/paragraph form.
      i. **Example 1:**
         1. Step 1: Measure one cup of distilled water into a saucepan. (Control)
         2. Step 2: Place the saucepan on the stove and bring the water to a boil.
         3. Step 3: Once the water is rapidly boiling, measure and record the temperature to the nearest degree Fahrenheit.
         4. Step 4: Discard the liquid and rinse the saucepan in tap water.
         5. Step 5: Repeat steps 1-4 two times for a total of three trials.
         6. Step 6: Repeat steps 1 through 5 except for each repetition add the appropriate amount of salt to the saucepan along with the distilled water (1, 2, 3, 4, and 5 teaspoons of salt)
      ii. **Example 2:**
         1. **Materials required** for this experiment were distilled water, table salt, a sauce pan, a measuring cup, a teaspoon measure, a thermometer capable of measuring in the range of 200 to 250 Fahrenheit in one degree increments, and a stove.
2. **Procedure:** One cup of distilled water was measured into a saucepan. For each trial a measured amount of table salt, varying from none to five teaspoons (in one-teaspoon increments) was added and the mixture was stirred and brought to a rapid boil on the stove. Once boiling, the temperature was recorded to the nearest degree Fahrenheit. The boiling salt-water mixture was discarded and the saucepan rinsed with tap water. This procedure was repeated three times for each amount of salt.

d. **Sufficient graphs and data tables must be presented to communicate the findings and to show how the data supports or denies the experimental hypothesis.** Brief sentences summarizing the data may accompany the graphs and tables.

e. **Conclusions:** The major research findings are summarized here. This may be done in list or paragraph form. Possible future research studies may be suggested. Example: The data clearly show that the saltier the water, the higher the boiling point. Based on this finding it would be interesting to see if pasta will cook more rapidly in salted water than in unsalted water.

4. **Oral Presentation** - Each contestant will have 10 minutes (plus two for questions from judges) in which to present their research and results. They may use their display or alternatively, prepare other visuals for the oral presentation.
**Share-the-Fun**

**Description of Contest Area:**
Share-the-Fun is a project in the 4-H Communications and Expressive Arts curriculum area and is a talent show. Categories include: Dance, Drama, Instrumental, Variety, Vocal and Combination.

**Educational Materials:**

**Contest Guidelines and/or Rules:**
- Age categories generally follow standard 4-H ages, which are as of September 30th of the 4-H year (Oct. 1 to Sept. 30).
  - Junior (ages 9-11)
  - Intermediate (ages 12-13)
  - Senior (ages 14-18)
- Acts containing mixed ages will compete in the age division of the oldest person in the act.
- Acts that advance to state competition must contain ONLY senior members.
- Six categories exist for entry:
  - **Combination** – two or more categories below, such as singing and playing the guitar or dancing and singing
  - **Dance** – includes Tap, Ballet, Interpretive, Modern, Jazz, Acrobatic, Folk, Clogging, Step, Celtic
  - **Drama** – includes Play or Scene from a Play, Monologue, Mime
  - **Instrumental** – only the playing of the instrument will be judged
  - **Vocal** – all singing, including rap, yodeling, a cappella, or with musical accompaniment (If you accompany yourself, only voice will be judged in this category.)
- Acts are limited to no more than four (4) minutes in length. This rule will be strictly enforced and the act will be stopped.
- Acts will be marked down one color placing if they exceed 15 seconds after the allotted 4 minutes. This was verified at state level through previous committee; needs to be added to score sheet.
- There is a maximum of four (4) members per act.
- Once a member is selected as a state winner in a category, he/she cannot enter the same routine again, nor can he/she enter the same contest area. A state winner may
compete again in future years with a different routine in a different Share-the-Fun category.

- Each VCE unit (county/city) may enter only one act per Share-the-Fun category in the state competition.

**Score Sheet**


- All contestants receive a ribbon using the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below).
  - At State 4-H Congress, the overall high score blue ribbon winner in each category will receive a medal.