

4-H & FFA

4-H & FFA Say It, Set It, Strut It Department

GENERAL RULES & REGULATIONS

This department is open to youth who are participating in 4-H Youth Development Programs conducted by Iowa State University Extension and Outreach. All exhibitors are responsible to read and comply with the Fremont County 4-H General Exhibit Rules, 4-H General Rules and Regulations, and all 4-H department exhibit class rules and regulations. Exhibits may be dual enrolled as appropriate.

SAY IT - COMMUNICATIONS

Superintendents: Youth Committee

1. The Communications Department is designed to provide opportunities for youth to select a method by which they might develop their personal communication skills in sharing talents, knowledge, or information with others. The classes are designed to provide a series of developmental experiences for various age levels. The ability to communicate will be the major criteria for evaluating this department.
2. Topics selected by the 4-H member(s) should be an outgrowth of his/her 4-H experiences(s). Topics should be appropriate for presentation to a general audience.
3. A maximum of six Educational Presentations and two Extemporaneous Speakers can be chosen to attend the Iowa State Fair.
4. 4-H members participating in the 4-H Communication programs are encouraged to wear appropriate clothing representative of the 4-H Youth Program and/or the topic of the presentation.
5. All 4-H participants will be given Certificates of Recognition.
6. 4-H members must use sanitary and safe procedures and methods at all times, including established food safety guidelines when appropriate.
7. All participants are required to furnish their own supplies.
8. Those selected to advance to the Iowa State Fair will be awarded \$20 from the Fremont County Fair Association to help defray expenses.

A. EDUCATIONAL PRESENTATION

- a) Provides an opportunity for 4-H members to personally demonstrate their communication skills by presenting knowledge, information, or a process to gain a desired response from an audience.
- b) Educational presentations will be evaluated according to the Fair Schedule.
- c) Educational presentations may be given by one or more 4-H members. Teams consisting of youth of mixed grades must be entered in the class of the member in the highest grade level.
- d) The topic of the presentation should determine its length, but intermediate/senior level must not exceed 20 minutes. Junior presentations must not exceed 15 minutes. Presenters will be verbally told to "STOP" when they exceed the time limit.
- e) Participants must turn in a completed Educational Presentation Report Form upon check-in.
- f) Presentation content must be the original work of the presenter(s). Extensive paraphrasing from other sources is prohibited. Use of brief quotations or excerpts from other work(s) is permitted provided the source is identified.
- g) Presentations will be made before a judge(s) for evaluation at the time indicated on the Program of Events.
- h) Educational Presentations will be evaluated on the following criteria:
 - Subject matter – selection and content.

- Delivery – voice, grammar, salesmanship, workmanship, personal appearance, and ability to handle questions.
- Results – audience interest and achievement of purpose

EDUCATIONAL PRESENTATION CLASSES

- *Junior*
- *Intermediate*
- *Senior*

B. EXTEMPORANEOUS SPEAKING

- Designed to encourage the development of communication skills by providing an opportunity to think, organize thoughts, prepare a speech, and respond to questions when given a limited amount of preparation time.
- Extemporaneous Speaking entries will be evaluated according to the Fair Schedule.
- Only senior 4-H members – completed 9th-12th grades (or that equivalent), will be eligible to advance to the State Fair.
- Each county may enter a maximum of two entries; individuals may participate once per year at the Iowa State Fair.
- Thirty minutes before the program, each participant will draw three of the available topics, selecting one to speak on. The selected topic will not be available to the other participants in the speaker's assigned room. The general nature of the topics will relate to 4-H. The other two topics drawn but not chosen will be returned to the available topics for the other participants.
- All reference material will be screened by a program official on the following basis:
 - Participant may bring his/her own books, magazines, or newspaper clippings for reference during the thirty minutes of preparation.
 - Reference material must be printed material such as books or magazines (cannot be notes, outlines, or speeches prepared by the participant or by another person for use in this program).
 - Some relevant reference material will be available in the preparation room. This material will consist of historical material related to the 4-H program.
- Each speech shall be the result of the 4-H members own efforts using approved reference material that a participant may bring to the preparation room. No other assistance may be provided. Plain 3"x5" note cards will be provided for each participant in the preparation room. If notes are used, the 3"x5" note cards provided must be used in delivering the speech.
- Only notes made during the preparation period may be used.
- The program timekeeper will introduce each participant by name. The participant will be expected to introduce his/her speech by title only.
- Participants are not permitted to use any props, gadgets, posters, or audiovisuals of any sort. A podium will not be available.
- Each speech shall not be less than four or more than six minutes with five minutes additional time allowed for related questions, which shall be asked by the judge. The participant will be shown timecards in an ascending order (1, 2, 3, 4, 5) by the timekeeper. "Stop" will be said at six (6) minutes.
- Speeches will be evaluated using the following criteria:
 - Content related to topic.
 - Knowledge of the subject.
 - Organization of material.

- Power of expression.
- Voice.
- Stage presence.
- General effect.
- Response to questions.

m) A judge's critique/conference with each participant will be included as part of the program.

EXTEMPORANEOUS SPEAKING CLASSES

- *Junior- not eligible for State Fair*
- *Intermediate – not eligible for State Fair*
- *Senior*

SET IT – TABLE SETTING

Superintendents: Amanda Moore

The table setting contest is a fun way to learn how to properly set a table, plan nutritious meals, express originality and creativity in choose a theme, present to a judge, express knowledge of food, nutrition and food safety, and have fun in planning a special occasion meal for entertaining.

1. Exhibitors may work as an individual or in a team of two members with the grade division determined by the oldest of the two members.
2. Exhibitors may enter only one Table Setting entry.
3. Exhibitors may choose to enter a casual or formal exhibit.
 - a. Casual themed place settings would include events planned for indoors or outdoors using any type of table cover (tablecloth, blanket, or paper), and any type of table service.
 - b. Formal themed place settings would include more than three pieces of flatware along with China, tablecloth and/or mats, and cloth napkins.
4. Exhibitors must bring their own structure that functions as a table for the display, unless being seated on the floor fits with the theme (example: picnic). In this case, and an appropriate covering may be placed on the floor. All table settings must fit in a 4 ½' x 4 ½' space.
5. Exhibitors are to display one place setting, including table coverings, dinnerware, stemware or glasses, flatware, centerpiece, menu and write up. Chairs should NOT be included.
6. Exhibitors should wear clothing that coordinates with the theme/occasion of their table setting entry. Appearance and personal hygiene will be part of the evaluation.
7. Exhibitors must set their own table without assistance from others.
8. Menus should contain food groups according to www.myplate.gov.
9. Prepared food is NOT part of the exhibit. However, exhibitors should be familiar with recipes and how they are safely prepared.
10. Foods should be listed in the order they will be served. List beverages last. Foods that are served together should be grouped. Use single line spacing between food items and double line spacing between courses. When an item on the menu has food or sauce that goes with it, they should be placed on the same line with the main item to the left. Capital letters should be used at the beginning of all words except a, an, and, or, for, to, with, or, on.
11. Menus must be displayed on the table. Examples may include an index card o paper, ceramic tile, chalkboard, etc. and be printed or typed by the exhibitor. The menu can be decorated and/or propped.
12. Evaluation will include an interview with the judge. Participants should be prepared to talk about the theme of their table, the menu, food preparation and food safety. Exhibitors will be asked age-appropriate questions regarding recipes for the provided menu and food safety practices.
13. Table settings should follow appropriate table setting guidelines according to the Southwest Field 4-H Table Setting Contest Guide.
14. If candles are included in the table setting, they must not be lit.
15. Alcoholic beverages may not be used in any menu. Stemware is allowed.
16. A Junior, Intermediate and Senior Individual or Team will be selected for each of the two categories, Casual and Formal, as the Grand Champion, and have the opportunity to represent Fremont County at the Southwest Field Table Setting Contest in August. Reserve Champion winners may be sent as alternates if the Grand Champion is unable to attend. Pre-registration for the Southwest Field Table Setting Contest is required.

TABLE SETTING CLASSES

- *Junior Casual*
- *Intermediate Casual*

- *Senior Casual*
- *Junior Formal*
- *Intermediate Formal*
- *Senior Formal*

STRUT IT – CLOTHING

Superintendent: Angie Alley

1. Evaluation for clothing event entries will be held according to the Fair Schedule.
2. Exhibitors are expected to participate in the Fashion Revue and Clothing Selection awards ceremony according to the fair schedule. Those chosen to compete at the State Fair will be announced at that time. Only senior 4-H members are eligible for the state contest.
3. Senior 4-H members who compete at the state contest will receive \$20 from the Fremont County Fair Association to help defray associated expenses.
4. The appropriate entry form(s) must be submitted to the judge for evaluation.

A. FASHION REVUE

- a) To qualify as a participant in this class, the exhibitor must model for evaluation the garment they have personally cut and constructed, knitted, or crocheted during the current 4-H year and was an outgrowth of the Clothing Project.
- b) Outfits may be either dressy or casual such as tailored or party clothes, suits, active sportswear, and coats.
- c) An outfit consisting of one or two pieces is very acceptable for a Fashion Revue entry. Additional pieces do not necessarily strengthen the entry.
- d) Undergarments may be made or selected by the 4-H member.
- e) Accessories such as handbags, scarves, ties, decorative collars, suspenders, and belts may be made or selected by the 4-H member.
- f) Blouses and sweaters are normally considered as garments. If they are used under a coat or jacket for a touch of color at the neck (similar to a scarf) they may be selected or made.
- g) An outerwear coat is considered to be an outfit.
- h) Up to two participants may be selected by the judges to represent Fremont County at the State Fair Fashion Revue Contest.

FASHION REVUE CLASSES

- *Junior – not eligible for State Fair*
- *Intermediate – not eligible for State Fair*
- *Senior*

B. CLOTHING SELECTION

- a) This event gives exhibitors a chance to show their skills in selecting and purchasing an outfit for a particular purpose.
- b) Exhibitors may select up to one outfit for each category.
 - o *Casual clothes*: clothes for school or work. Work may range from professional to non-technical and service types. Restaurant, sales, hospital (receptionist, nurse's aide), grocery store (from manager to stock person), household cleaning, secretary, 4-H volunteer, etc. are examples of types of work that might suggest casual clothes.
 - o *Sport or Functional clothes*: clothes that assist with a task or activity, protect you from the environment or promote safety. Clothing may be chosen for a particular sport (e.g. bicycling), temperature control situation, or for use in specific hazardous situations (e.g. farming). This clothing may be selected to minimize environmental conditions or to help prevent accidental injury.

- Special occasion clothes: clothing for special events (graduation, prom, wedding, etc.). Clothing is chosen to allow personal expression with some thought about appropriateness for future use.

CLOTHING SELECTION CLASSES

- *Junior – not eligible for State Fair*
- *Intermediate – not eligible for State Fair*
- *Senior*

C. \$15 CHALLENGE

- a) This category is designed to expand the 4-H member's shopping experience to shopping venues emphasizing recycling, reducing, and reusing.
- b) Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or similar place.
- c) Online venues are allowed and must be second-hand in nature. Shipping and handling are not included in the total calculations.
- d) Traditional shopping venues may not be used, regardless of a low regular or sale price.
- e) Hand-me-downs or clothing as gifts do not qualify.
- f) Participants may purchase up to two outfits that represents the 4-H members goal or intended use for the outfit(s).
- g) The project will be evaluated on how the exhibitor chose shopping alternatives, the fit of the garment, quality and construction features, price, and cost comparison.
- h) Cost of outfit must be \$15 or less, including tax.
- i) An outfit consists of major clothing pieces such as a shirt and pants, or a dress. Shoes, accessories, or undergarments are not included in the total cost.
- j) Alterations are permitted to achieve a desired look or fit. However, home-sewn items are not eligible unless the completed garment was purchased from a used clothing source.
- k) Receipt(s) for every time included as a part of the calculated total must be submitted with Clothing Event Report Form. A garage sale or online swap page receipt can be a piece of paper with the name of the location such as "Jane Doe garage sale" or "Fremont County Swap-Jane Doe," date, amount paid, and signature of the seller. If the outfit was free, "free" can be listed as the sale price. Failure to provide receipts will be reflected in the evaluation.

\$15 CHALLENGE CLASSES

- *Junior – not eligible for State Fair*
- *Intermediate – not eligible for State Fair*
- *Senior*