



STATE 4-H AREAS OF COMPETITION

Held at State 4-H Congress; Congress registration (1 day or 4 days) required

Chicken Que †

Egg Preparation Demonstration †

Extemporaneous Speaking

Fashion Revue – Constructed Garment

Fashion Revue – Purchased Garment

Food Challenge – Texas Food Challenge Site

http://texas4-h.tamu.edu/files/2013/08/healthy_food_challenge_manual.pdf

Presentation – Animal Science – Dairy/Livestock/Poultry/Horse*/Camelid/Domestic Food or Fiber Animal

Examples: *How to Groom a Horse, Dairy Free Stall Barn Design, How to Shear an Alpaca*

Presentation – Animal Science – Pet

Examples: *Geckos, Dogs, Cats, Exotic animals*

Presentation – Careers, Entrepreneurship, & Economic Education

Examples: *How to Start Your Own Business, Careers that Interest Me, How to Budget Money*

Presentation – Citizenship and Leadership

Examples: *The History of the Constitution, How to Be a Good Citizen in My School, Parliamentary Procedure*

Presentation – Food Demonstration (includes food preparation)

Examples: *How to Make Chocolate Chip Cookies, How to Preserve Garden Vegetables*

Presentation – Food Knowledge

Examples: *How to Prevent Foodborne Illness, Cooking Methods for Beef, Gluten Free Recipes*

Presentation – Home, Family & Personal Management

Examples: *How to Prepare Meals on a Budget, Furniture Upholstery, How to Manage Your Time More Efficiently*

Presentation – Natural Resources & Environmental Education –

Examples: *Forestry, Wildlife, Conservation, Fisheries, Recycling*

Presentation – Nutrition, Health, and/or Fitness

Examples: *How to Prepare to Run a 5K, Proper Tooth Care and Hygiene, Vitamins and Minerals*

Presentation – Outdoor Adventure, Sports & Recreation

Examples: *Fishing, Hunting, Trapping, How to Dribble a Basketball, Safety Gear for Rock Climbing*

Presentation – Communications & Performing Arts

Examples: *Ballet, Knowledge presentations about instruments (How to Care for your Violin), HAM radio, How to Give a Presentation*

† = denotes national contest availability

* state winner for horse (and qualifying event for Southern Regional and Eastern National) is awarded at EquiSmartz, but horse presentations CAN compete at Congress

Presentation – Plants, Soils, & Entomology

Examples: The Importance of the Honey Bee, Establishing a Community Garden, Amending Soil to Grow Fruit Trees, How to Grow a Plant from a Seed, Understanding Invasive Plant Species

Presentation – Shooting Education

Examples: Understanding Shooting Disciplines, Precision and Accuracy for Hitting the Target, Safety Whistle Commands on the Archery Line

Presentation – Science, Technology, Engineering, Math (STEM Topics)

Examples: Minecraft, Coding, Web Page Design, Gravity, The Importance of the Triangle in Designing Structures, How to Use a 3D Printer, How to Create Effective PowerPoint Presentations

Presentation – Visual & Creative & Constructive Arts

Examples: Tie Dye, Friendship Bracelets, How to Make Paper, Duct Tape Art, How to Compose a Photo, Architecture Styles, How to Use a DSLR camera

Public Speaking

Radio Spot/4-H Promotion

Science Fair Presentation & Display
Experiments, research

Share-The-Fun – Combination

Share-The-Fun – Dance

Share-The-Fun – Drama

Share-The-Fun – Instrumental

Share-The-Fun – Variety

Share-The-Fun – Vocal

Turkey Que †

Shooting Education – (Pilot) This event does not replace the state shoot.

Notes:

- Participants have a responsibility to review the rules, resource documents, and score sheets which can be found on the state 4-H website posted online very soon. For now, use resources found on the 4-H website at: <http://www.ext.vt.edu/topics/4h-youth/forms.html#select=10>
- A list of sample topics is provided for additional information only. Participants are not limited on subjects, but do have to fit into one of the above categories. Contestants should be prepared to show judges the connection/correlation to the category area. Judges' or contest managers' decisions are final.
- State contests will use the rules, score sheets, etc. posted only on the competitions web page listed above, regardless of how qualifying county and district contests are run. Local units and districts are encouraged to adopt and abide by the state rules out of fairness to youth participants. For contests in which there is a national event, contestants should check the national rules for any differences at that level of competition.
- At 4-H Congress, the Share-the-Fun contests have limits on the number of acts each unit can send. Each unit may send one act per Share-the-Fun category.
- State medal winners (1st place in a category) cannot compete in that category again and should not repurpose their act in order to try to fit into another category in another year.

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- All Congress competitors must have participated in a qualifying event whether at the unit or district level, depending on local situation. All units and districts are encouraged to hold contests prior to Congress.
- 4-H Congress (and therefore state level competition at Congress) participation is limited to senior age 4-H youth, those ages 14-19 as of September 30 of the 4-H year. Mixed-age acts that competed at the unit or district level will be ineligible at the state level. (Example: four young people in a Share-the-Fun act where at least one is age 13 or less would not qualify.)
- At 4-H Congress, youth may participate in only one contest, even if he/she qualified in more than one contest at previous levels of competition.
- State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants in order to compete. Pre-registration is required; see Congress information for deadlines.

Additional State 4-H Contests Offered (not at State 4-H Congress)

- Avian Bowl † - National 4-H Avian Bowl manual can be purchased at https://shopping.clemson.edu/index.php?main_page=product_info&products_id=378
- Beef Ambassador – spring, Junior Beef Roundup, Harrisonburg
- Cattle Working Contest, location varies, usually in spring
- Dairy Judging †, location varies, usually August
- Dairy Quiz Bowl †, location and time varies
- F.I.R.S.T. LEGO League Robotics
- Forestry Judging, State Fair of Virginia
- Hippology †, location varies, EquiSmartz event
- Horse Bowl †, location varies, EquiSmartz event
- Horse Judging †, location varies, EquiSmartz event
- Horse Presentation – Individual †, location varies, EquiSmartz event
- Horse Presentation – Team †, location varies, EquiSmartz event
- Junior Stockman’s †, location and time varies
- Life Smarts †, location varies, usually March
- Livestock Judging †, Virginia Tech, State FFA Convention
- Meat Judging, March, Virginia Tech
- Poultry Judging – April, Harrisonburg
- Shooting Education † – various disciplines, location and time varies
- State Dog Show
- WHEP † (Wildlife Habitat Education Program), location and time varies

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