

4-H Competitive Guidelines

Age Requirements

The North Carolina 4-H Youth Development programs are open to young people aged 5 through 18 (Note: This is through their 18th year; if they are 19 years old on January 1, they cannot compete). 4-H age is determined by a young person's age on January 1 of the 4-H program year, which runs (January 1 to December 31). This is consistent with National 4-H competitive guidelines. 4-H participation should involve age-appropriate experiences designed for youth aged 5 to 7 (Cloverbuds) and youth aged 8 through 18.

Competition is only open to youth who are ages 8 as of Jan. 1 and not have passed their 18th birthday on Jan. 1 of the year they are competing. Check with your county for specific eligibility rules for all 4-H Competitions.

Participation Requirements

- Must be enrolled and approved in 4-H through 4-H Online at <https://nc.4honline.com/>
- Approval from 4-H Agent/County 4-H Office
- Project work in presentation area.
- See rules and regulations page at the end of this handout.

CloverBud

North Carolina 4-H and NC State Extension has a no competition rules for 5-7 year old's. Best program management practices for youth ages 5-7 do not involve peer-to-peer competition. Peer-to-peer competition is defined as head to head absolute of youths 5-7.

Presentation Age Categories

CloverBud – 5-7
8-10, 11-13, 14-18 - for all presentation competitions.

2022 4-H Presentations at A Glance

Age Categories: CloverBud 5-7, 8-10, 11-13 & 14-18

Animal Science

Horse

Objective: To increase the level of horse knowledge and expertise. **Topics Include:** horse selection, feeding, health, management, training, etc.

District Award if applicable: Medal

State Award if applicable: \$25

Horse Public Speaking

Objective: To build confidence in a youth's ability to present horse related information in a logical and concise manner. **Topics Include:** horse selection, feeding, health, management, training, etc.

District Award if applicable: Medal

State Award if applicable: \$25

Livestock & Dairy Production

Objective: To increase the level of knowledge and expertise of production technologies and issues of the livestock and dairy industries. **Topics Include:** feeding, management, herd health, industry specific issues, genetics & reproduction, promotion, etc.

District Award if applicable: \$75

State Award if applicable: \$50

Small & Companion Animals

Objective: To learn basic information and skills needed in the selection, care, and training of small animals. **Topics Include:** the basic care of a dog, cat, bird, rabbit, hamster, etc., dog obedience, care of pets during a hurricane or emergency, picking the right pet, etc.

District Award if applicable: \$50

State Award if applicable: \$50.00

Poultry

Objective: To increase the level of knowledge & expertise of poultry science, poultry industry, poultry production, and poultry products. **Topics Include:** embryology, backyard or commercial flocks, food safety in the preparing poultry products, industry specific issues, etc.

District Award if applicable: Medal

State Award if applicable: \$50

Citizenship & Civic Education

Citizenship/Community Service

Objective: To encourage youth to learn about the citizenship program, to learn to be better citizens, how they can support their community, country, and world, to become involved in their community through service activities, to teach youth the importance of giving back to their community. **Topics Include:** The Constitution, the three branches of government, how bills become laws, the rights & responsibilities of being a US citizen, identify a community need, plan a service project, etc.

District Award if applicable: \$50

State Award if applicable: \$75

Communication & Expressive Arts

Arts & Communication

Objective: To study and investigate the varied aspects of communications and expressive arts. Also, to provide a forum for youth to share information related to communications and expressive arts. **Topics Include:** modern crafts, art, collections, hobbies, dance, sign language, creative writing, music, etc. **NOTE:** This is a presentation category, not a performance opportunity.

District Award if applicable: \$50

State Award if applicable: \$50

Digital Reality - New for 2021

Objective: Defined as a combination of real and virtual worlds, real-time interaction, and accurate 3D registration of virtual and real objects. It is also described as real world connecting with technology. In this presentation, youth will showcase the enhance natural environments and present enriched experiences using digital technology.

Topics Include: Showing technologies or computer-generated that uses augmented reality, how AR is enhancing the world today, how AR is used on smartphones, how AR is used in the military, etc...

District Award if applicable: \$50

State Award if applicable: \$75

Public Speaking

Objective: To develop an appropriate speaking presence and increase knowledge of and skills in speech preparation and delivery. **Topics Include:** patriotism, 4-H involvement, teen pregnancy, alcohol and teens, staying in school, the effects of media on youth, academic testing, volunteerism, being a positive role model, etc.

District Award if applicable: \$50

State Award if applicable: \$75

Family & Consumer Sciences

Family & Consumer Sciences

Objective: To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science. **Topics Include:** Parenting, preparing and/or following a budget, stain removal, fabrics and selection of fabrics, living space re-designs, room makeovers, home safety (radon, carbon monoxide, etc.), comparison shopping, etc.

District Award if applicable: 8-10 & 11-13 = \$50; 14-18 = \$100

State Award if applicable: 8-10 & 11-13 = \$25; 14-18 = Gold \$150, Silver \$75, Bronze \$25

Hospitality, Etiquette & Social Graces

Objective: To encourage youth to learn and model proper etiquette and social graces. **Topics Include:** introductions, a proper place setting, cell phone etiquette, party/event planning, dining Do's and Don't's, writing thank you notes, dressing for a social occasion, flag etiquette, etc.

District Award if applicable: \$100

State Award if applicable: \$100

Environmental Science

Entomology

Objective: To depict aspects of entomology as fun and illustrate the importance of insects to human health and well being. **Topics Include:** insect collecting, life cycle of insects, beekeeping, insect pests, fire ants, ticks, spiders, etc. (Formerly called Bugs & Bees).

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75

State Award if applicable: \$37.50

Fisheries & Aquatics

Objective: To engage youth in a deeper understanding of our aquatic environment and how to make wise decisions concerning aquatic resources. **Topics Include:** aquaculture, marine life (fresh & salt water), fishing (commercial & recreational), marine environmental issues, (oil spills, beach litter, etc.), sea turtles, scuba diving, setting up an aquarium, whales, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75

State Award if applicable: \$50

Forestry & Wildlife

Objective: To learn basic information and skills involved in forest and wildlife management. **Topics Include:** tree identification, reforestation, invasive species, wildlife habitat, endangered species, prescribed burning, North Carolina wildlife identification, backyard wildlife, wildlife rehabilitation, ect.

Guidelines on web: <https://forestry.ces.ncsu.edu/4h/>

District Award if applicable: Medal

State Award if applicable: \$50

Environmental Science (Soil & Water)

Objective: To increase awareness of environmental problems, which involve soil, land, or water resources and to recognize the importance of these resources to individuals and society today. **Topics Include:** lake/river beautification, storm water, landfills, estuaries, protecting the Outer Banks, erosion control, ground water, flood control, recycling, etc.

District Award if applicable: 8-10 & 11-13 = Medal; 14-18 = \$75

State Award if applicable: 11-13 & 14-18 = \$50

Healthy Lifestyles

Agricultural Safety and Health

Objective: To encourage youth to explore the area of agromedicine, farm safety and health as well as to gain a greater understanding of the connection between mental/physical health and agricultural work. **Topics Include:** first aid for pesticide exposure, best steps for hazard mapping, grain bin safety and rescue, managing farm stress, tractor rollover proections, how to build safe play areas on farms, field hygiene and hand-washing, respirator fit-testing, safe handling of livestock, zoonotic disease, PTSD Veteran farmers, how to read pesticide labels, needle stick prevention, farming ergonomics, and many more...

District Award if applicable: Gold - \$150

State Award if applicable: Gold - \$200; Silver - \$150, Bronze - \$100

Health/Fitness

Objective: To encourage youth to investigate and improve their health, the health of their family and community. **Topics Include:** weight management and diet, exercise, fitness plans, asthma, car seat safety, carbon monoxide poisoning, child abuse, dental hygiene, eating disorders, CPR training, Heimlich maneuver, gang violence, heart disease, immunizations, Down syndrome, cancer and cancer screening, sport injuries, the benefits of recreational activity, karate, etc.

District Award if applicable: \$75

State Award if applicable: \$25

Foods & Nutrition

Objective: To learn the nutritional contributions in any foods area that is not already identified as a presentation category, to acquire skills in planning, purchasing, preparing, and serving healthy foods, basic in-depth nutrition. **Topics Include:** breads, cookies, dairy, nutrition, etc.

District Award if applicable: \$75

State Award if applicable: \$75

Turkey Grilling

Objective: The contestant will prepare and cook turkey patties using ground turkey (as is 85-90% lean) provided by the contest monitors. At least 75% by weight of the burger ingredients must consist of the ground turkey. Only the patties are submitted, and no other hamburger toppings may be included.

Contestands must use a charcoal grill, and to learn outdoor grilling skills, cooking principles of poultry and knowledge of nutritional values are to be demonstrated. Oral Presentation required for 14-18 Age Category.

<http://www2.ca.uky.edu/national4hpoultry/TurkeyBBQ.html>

District Award if applicable: Medal

State Award if applicable: Medal & trip to National 4-H Turkey Barbecue Contest (Gold)

Chicken Grilling

Objective: Each contestant will prepare four (4) bone-in, skin-on chicken thighs (1.5-2.0 lb. total) using a charcoal grill, and to learn outdoor grilling skills, cooking principles of poultry, and knowledge of nutritional values are to be demonstrated. Oral Presentation required for 14-18 Age Category.

<http://www2.ca.uky.edu/national4hpoultry/ChickenBBQ.html>

District Award if applicable: Medal

State Award if applicable: Medal & trip to National 4-H Chicken Barbecue Contest (Gold)

Beef Char Grilling

Objective: Prepare at least ¾-pound of beef using charcoal OR gas grill, and to learn outdoor grilling skills, cooking principles of beef, and knowledge of nutritional value are to be demonstrated.

District Award if applicable: \$50

State Award if applicable: \$75

Pork Char Grilling

Objective: Prepare at least ¾-pound of pork using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of pork, and knowledge of nutritional value are to be demonstrated.

District Award if applicable: \$50

State Award if applicable: \$75

Seafood Grilling

Objective: Prepare a recipe that must contain no more than 750 calories per serving (serving size 3-4 oz.). Participants will learn outdoor grilling skills, cooking principles of seafood, and knowledge of nutritional value are to be demonstrated.

District Award if applicable: \$50

State Award if applicable: \$75

Safety

Objective: To encourage and promote safe living in the home and in the community. **Topics Include:** first aid, CPR, home fire safety plans, child identification safety, Amber Alerts, farm safety, school bus safety, baby-sitting safety tips, etc.

District Award if applicable: Medal

State Award if applicable: \$25

Fruits & Vegetable Use

Objective: To learn the nutritional contributions of fruits and vegetables and acquire skills in planning, purchasing, using freshly picked fruits and vegetables, in preparing and serving fruits and vegetables in meals and snacks. **Topics Include:** fruits and vegetables in your diet, the importance of fiber in your diet, vitamin A, fruit salads, fun with vegetables, etc.

District Award if applicable: \$75

State Award if applicable: \$100

Egg Cookery

Objective: To learn the nutritional contributions of eggs and acquire skills in planning, purchasing, preparing, and serving eggs. **Topics Include:** creating a prepared dish, meeting the minimum egg service size requirement, information on nutritional value, quality, and versatility of eggs, steps involved in preparation of the dish, and a finished dish ready for sampling.

District Award if applicable: \$75

State Award if applicable: \$50

Peanut Foods

Objective: To learn the nutritional contributions of peanuts and acquire skills in the planning, purchasing, preparing and serving peanuts in meals and snacks. Recipes presented must contain at least 1/8 cup (2 tablespoons) peanuts, peanut butter, or flavored peanut pieces per serving. **Topics Include:** peanut dishes, peanuts add protein to meals, combining peanuts and grains in main dishes, peanuts and salads together, etc.

District Award if applicable: \$75

State Award if applicable: \$100

Dairy Foods

Objective: To acquire skills in planning, purchasing, and serving dairy foods in meals and snacks, to learn scientific principles related to the safe care and handling of dairy foods, how dairy foods help meet the calcium and protein requirements of normal nutrition, develop an appreciation of the nutritional value of dairy foods.

8-10 & 11-13: Mastery of preparation steps of product chosen to represent a healthy choice of dairy foods

14-18: Present a creative, knowledge-based presentation. Food preparation skills **are not** an emphasis. Each presentation should be knowledge-based with little or no focus on food preparation skills.

Rules & Regulations: <https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/presentation-guidelines-dairy-foods/>

District Award if applicable: Medal

State Award if applicable: \$50

Personal Development

Open Class

Objective: To provide opportunities for youth to present unique subjects that are broader than the established subject categories. **Topics Include:** how to play chess, cake decorating, studying your family tree, flying a kite, the great pyramids, how to pack for a trip, setting a beautiful table, etc.

District Award if applicable: Medal

State Award if applicable: \$25

Careers & Entrepreneurship

Objective: To encourage youth to investigate careers in which they are interested and refine skills they will need for the workplace. **Topics Include:** presentations on any career path, how to become a veterinarian, nurse, teacher, lawyer, rocket scientist, etc., what a park ranger does, a day in the life of a racecar driver, I want to be an archeologist, resume writing, dress for success, how to select a college, starting your own business, interview skills: what you need to know, etc.

District Award if applicable: \$50

State Award if applicable: \$50

Plant Science

Horticulture Science

Objective: To learn how to gather information related to fruits, vegetables, ornamental plants, and landscape design for the purposes of increasing food security and food safety, sustaining the environment, enhancing economy vitality. **Topics Include:** Determine strategies for selling organic flowers at a farmer's market, Grow the flowers for the farmer's market and sell them, Collect and propagate seed of native wildflowers in your area, Tour a tissue culture lab and learn about micropropagation, Make a secret garden hideaway, Build a self-sufficient treehouse with hydroponic containers, Create an edible landscape for your school, Evaluate the best beans for a teepee

Design edible place favors, Create a corsage for your favorite person using herbs, Make a wreath using all natural materials, Build a fairy crown using leaves from your favorite plant.

Note: This category is new. We combined Horticulture Production/Marketing, Landscaping and Artistic Arrangement.

District Award if applicable: \$100

State Award if applicable: \$100

Science & Technology

Agriculture Science (Crops)

Objective: To explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization. **Topics Include:** alternative crops, pest management, biotechnology in crop production, no-till crop production, crop issues surrounding peanut, cotton, tobacco, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = \$75

State Award if applicable: \$50

Wheels & Engines

Objective: To learn basic information and skills needed to purchase, operate and maintain a bicycle, skateboard, automobile, motorcycle, ATV, tractor, small engine equipment. **Topics Include:** road rules, types of bikes, skateboards, maintenance, repair, recreational activities, car selection, repair, maintenance and performance racing, etc.

District Award if applicable: Medal

State Award if applicable: \$50

Science & Technology

Objective: To encourage study and investigation in all aspects of science and technology. **Topics Include:** DNA, genetics, science fair competitions, chemistry, physics, geology, biotechnology, aerospace, rocketry, computer science, science of volcanoes, hurricanes, etc.

District Award if applicable: \$75

State Award if applicable: \$50

Electric

Objective: To demonstrate knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts. **Topics Include:** magnets, solar energy, energy saving devices, how electricity is generated, wire size, amps, watts and voltage, meter reading, lamp repair, construction, etc.

District Award if applicable: \$75

State Award if applicable: \$50

Please note that all awards are contingent upon funding.

Presentation Rules and Regulations

Age Divisions: 8-10, 11-13 & 14-18

Each county may enter two participants per age division per category for District Competition.

District GOLD winners in all age categories are eligible to compete in State Presentation Finals. The 11-13 and 14-18 age category SILVER winners are eligible to compete as well.

1. Age eligibility is established on January 1, 2022. To participate in 2022, the 4-H member must be 8 years old on January 1, 2022 and not have had his/her 19th birthday before January 1, 2022.
2. The same presentation may be repeated from one year to the next (exception: see #15). However, the individual's personal development will be greater if the presentation is revised and improved.
3. Time Requirements: For all general presentation categories, the following time requirements are expected: a minimum of 5 minutes and a maximum of 12 minutes. Judges will use their discretion in ranking presentation length. Exceptions are as follows: Public Speaking (5-7 minutes); All Horse Categories (see #4); Chicken Barbecue (2 hours); Turkey Barbecue (2 hours); Pork Cookery (2 hours); Beef Char-Grill (2 hours). Turning baskets or cooking baskets are not permitted during Chicken and Turkey BBQ.
4. Horse Category Time Requirements: Horse, Individual 8-10, 11-13: 4-12 minutes; Horse, Individual 14-18: 9-12 minutes; Horse, Team 8-10, 11-13: 5-15 minutes; Horse, Team 14-18: 10-15 minutes; Horse Public Speaking 8-10, 11-13: 4-10 minutes; Horse Public Speaking, 14-18: 8-10 minutes. One point is deducted per judge for each minute under or over time limits.
5. Youth competing in presentations compete against their room's competition, not a standardized norm.
6. Each county may enter two participants in each age division in each category.
7. 4-H'ers may compete in no more than one presentation program per year. The "Talent Showcase" (4-H Entertains) is not considered a presentation program.
8. Horticulture Science, Fruit & Vegetable, Egg Cookery, and Peanut Foods categories must be a "demonstration" however these categories will NOT participate in NJHA anymore. Monetary awards will be given to these category gold winners.
9. Presentation Awards: A participation ribbon is given to each district participant at District Activity Day. A medal is presented to the gold, silver and bronze winners. One presentation in each category will be designated the district winner. The district gold winner in all age categories and the silver winner in the 11-13 and 14-18 categories will be eligible to compete on the state level. EXCEPTION: Talent Showcase/4-H Entertains awards blue ribbons and participation ribbons.
10. The decision of the judges in each category is final.
11. All awards monies on the District level is a stipend to attend the State 4-H Presentation Finals/4-H Congress. A 4-H'er must present at State Finals to receive the stipend. The value of a stipend to 4-H Congress varies for each category. Please note specific stipend values for each category. Other expenses are the responsibility of the recipient. If a winner elects to participate in presentation finals only, funds can only be applied to that youth's on-site expenses for presentations.
12. District stipend, either in full or in part, will not be given to the district winners in lieu of the stipend to attend North Carolina 4-H Congress or State Presentation Finals. All must be used towards these events.
13. When a gold medal winner cannot compete in the state presentation contest, the award will be given to the district silver winner. See #11.
14. Ages 11-13 and 14-18 district silver presentation winners are invited to participate in the state contest at their expense. There will be no stipend available for silver winners to attend Congress unless the district gold winner decides not to participate.
15. 4-H members may continue to compete in a presentation category/division until declared a state gold winner. When the member reaches another age division, he/she may again participate in the same category.
16. A team is composed of two individuals except in 4-H Entertains, which has no limit. If team members are not in the same age division, they must compete in the older division. CloverBuds are not able to participate in 4-H Entertains.

17. No live animals may be used in any presentation. Firearms and/or weapons or anything resembling these are not allowed during any presentation.
18. Donor contacts and addresses can be obtained through the North Carolina 4-H Development Office.
19. 4-H members age 14-18 will be asked to present a knowledge-based presentation. There should be no food preparation presented during the presentation; thus, no tasting by judges.
20. Presenters are not required to say “the question has been asked” and then repeat the question.
21. 4-H Entertains is for amateur performers only. Any 4-H members or groups who perform for pay are not eligible.
22. Chicken and Turkey Char-Grill 14-18 Age Categories are required to do an oral presentation. See specific category descriptions above for more information. The meat will be provided for state level competition for these categories provided funding is available.

23. Please avoid promoting any “brand” items in your presentations. If you use specific brands especially in your foods presentations, just cover up the name labels.

24. Costumes or appropriate clothing can be worn in your presentations. All clothing must meet the 4-H Guidelines and must be 4-H appropriate.

25. 4-H Presentations MUST BE presented in person and cannot be pre-recorded except for VERY SHORT inserts to demonstrate something that can't be shown during the presentation (ie. serving a volleyball; a robot driving over a course).

For specific suggestions on the use of visuals, see the Presentation Handbook.

2022 4-H Presentation (District Activity Day) Dates

District Presentation Competition

Presentation in all categories will be held face to face observing the Governor’s Rules and Regulations at the time of the event.

Outdoor Cookery Competitions will be held Face to Face.

- **NE - Currituck County - June 17 (Currituck County Middle School, 4263 Caratoke Hwy, Barco, NC 27917, USA)**
- **SC – Moore County - June 18 (Harnett County – location TBD)**
- **NC – Wilkes County - June 23 (Wilkes County – location TBD)**
- **SE- Duplin, Sampson, Onslow - June 24 (Lenoir Community College - 231 North Carolina Hwy 58, Kinston, NC 28504)**
- **West – Polk/Rutherford - June 25 (AB Tech - 340 Victoria Rd, Asheville, NC 28801)**

District Activity Day **State Registration Deadline is May 27th for all DAD participants.** Counties will set their own deadline. There will be no exception to the May 27th due date.

State Presentation Finals

Presentation in all categories will be held face to face at the current time. We will follow COVID Guidelines as established by NC State and the Governor of North Carolina at the time of the event. We will notify every one of those guidelines prior to the event.

- **State Presentation Finals Registration Deadline is June 28, 2022 - NOON**
- **State Presentation Finals Date – July 16, 2022**