

## ***In Person Contests***

### **County Communications Contest**

**The County Communications Contest will be April 21, 2025, at 5:30 p.m. in the Ag Building, Aurora. Pre-register by Noon-April 21, 2025, by using the link sent via 4-H Online.**

Awards will be awarded to the top purple ribbon winner in each division with the exception of Clover Kids.

PREMIUM	Purple	Blue	Red	White
	\$5.00	\$4.75	\$4.25	\$3.75

### **Prepared Speech Contest**

All speeches must be original and include 4-H as the major component of the speech.

- Many speakers in the Public Speaking Contest have given speeches in other contests. This is fine; however previous speeches may not be used verbatim for the 4-H contest. It is okay to use the same ideas from a speech previously delivered in competition, but it must be 4-H related. Enough changes should be made to make that speech new to the speaker and the audience. 4-H public speakers may not use an old speech written by a sibling, other 4-H member, or anyone else.
- Acknowledge the source of information used in the speech. For example, an article from a magazine may be used for reference but should not be quoted directly unless you tell the audience your source.
- Use of visual aids and props are not allowed.
- Dress appropriately. Do not wear costumes or special effect clothing.
- No team speeches are allowed.

4-H age divisions:

**Z567-915 Prepared Speech Contest Clover Kids**, ages 5-7, ½ - 2 minutes, original speech or any reading (poem or story)

Participation Ribbons only.

**B990-001 Prepared Speech Contest Junior**, ages 8-10, 2-3 minutes, original speech related to 4-H

**B990-002 Prepared Speech Contest Intermediate**, ages 11-13, 3-5 minutes, original speech related to 4-H

**B990-003 Prepared Speech Contest Senior**, ages 14-18, 5-8 minutes, original speech related to 4-H

*Grand Champion & Reserve Grand will be awarded in each age division.*

### **Impromptu Speech Contest**

The Impromptu Speech competition gives youth the opportunity to write and present a speech around a 4-H-related topic that they select during the competition, where they are given 15 minutes to develop and prepare for their presentation. Judges evaluate the subject, organization, and delivery of the speech.

#### **Rules:**

#### **Length**

Junior Division (ages 8-10): 1 1/2 minutes

Intermediate Division (ages 11-13): 3 minutes

Senior Division (ages 14-18): 5 minutes

Only individuals may compete in this class; no team entries are allowed.

On the day of the contest, participants will have a topic randomly selected for them. Youth will have no more than 15 minutes to develop a speech on the selected topic. Participants will then deliver the speech to judges and audience members.

Example topic: My Day in 4-H

**B990-007 Impromptu Speech Junior**, ages 8-10

**B990-008 Impromptu Speech Intermediate**, ages 11-13

**B990-009 Impromptu Speech Senior**, ages 14-18

*Grand Champion & Reserve Grand will be awarded in each age division.*

### **Public Service Announcement (PSA)**

All PSA's are 60 seconds in length. • The state theme for the 2025 Public Service Announcement is **"Ready through 4-H...and beyond"** and should be incorporated in the PSA.

• All radio PSA's must promote 4-H and be general enough to be used anywhere in Nebraska at any time of the year.

• All 4-H PSA's must include the following tag line within the last ten seconds of the PSA: "Learn more about Nebraska Extension 4-H Youth Development Program at 4h.unl.edu." The tag line is included in the 60 second time limit. The tagline Know How, Know Now should not be used.

• Sound effects and public domain music may be used. Copyrighted material may not be used. • All PSA's must be the original work of the presenter. Contestants may not use PSA's written and provided by the state or national staff.

• No team PSA's are allowed. • Radio PSA's will be submitted electronically as a .wav or mp3 audio format along with 1 copy of the PSA text. (No CDs accepted)

**B990-004 Public Service Announcement Junior**, ages 8-10

**B990-005 Public Service Announcement Intermediate**, ages 11-13

**B990-006 Public Service Announcement Senior**, ages 14-18

*Grand Champion & Reserve Grand will be awarded in each age division.*

### **Illustrated Presentations Contest**

An Illustrated Presentation is a live presentation with a formal talk where youth will use visual aids (such as props, posters, computer-based visuals, handouts, video, etc.) to show and tell others how to do something. The judge views the entire presentation and engages in a question-and-answer session following the presentation.

#### **Rules**

Length:

Individual - Junior Division: 3-5 minutes

Individual - Intermediate and Senior Divisions: 6-8 minutes

Team - Junior Division: 5-7 minutes

Team - Intermediate and Senior Divisions: 8-10 minutes

Participants will be penalized if their presentation exceeds the time limit.

An Illustrated Presentation may be given by one (1) individual or a team of two (2) individuals. If team members are not in the same age division, they must compete in the age division of the oldest team member.

All presentation topics should be related to what the 4-H youth is learning through 4-H educational experiences.

Presentations should include an introduction (the "why" portion of the topic), a body (the "show and tell" portion of the topic), and a conclusion/summary (the "what" portion of the topic).

The check-in area will contain temporary storage space for presentation supplies. Only presenters and contest officials will be permitted in the designated preparation areas; no relatives or friends, please. Presenters are expected to clean up the areas in which they work.

Equipment provided includes two (2) tables, one (1) easel, PC compatible computer (including Microsoft PowerPoint) with a Wi-Fi internet connection, and a projector or television screen.

Presenters using computer-based visuals may bring files on a USB drive that is PC formatted. Participants may also provide their own computer or other equipment as needed; however, participants must be able to connect their computers to an HDMI cord.

**State Fair Only:** due to event location, live animals will not be able to be used in the presentation. Alternative ways of showing information about live animals (models, videos, photos, etc.) are encouraged. Animals may be used at the Hamilton County Fair.

**Z567-916 County Presentations Contest Clover Kids**, ages 5-7, "Show & Tell" Participation Ribbons only.

**B990-110 Illustrated Presentation Junior**, ages 8-10, 3-5 minutes

**B990-111 Illustrated Presentation Intermediate**, ages 11-13, 6-8 minutes

**B990-112 Illustrated Presentation Senior**, ages 14-18, 6-8 minutes

**B990-113 Illustrated Presentation Team Junior**, ages 8-10, 5-7 minutes

**B990-114 Illustrated Presentation Team Intermediate**, ages 11-13, 8-10 minutes

**B990-115 Illustrated Presentation Team Senior**, ages 14-18, 8-10 minutes

*Grand Champion & Reserve Grand will be awarded in each age division.*

### **Video Communication Contest**

The video communication contest allows youth to create a multimedia video around a theme related to 4-H. Judges will be evaluating on both the organization of information as well as the audio and video production.

**Rules:**

**Length:** 60-90 seconds

Only individuals may compete in this class; no team entries are allowed.

Youth may use a phone, laptop, or tablet to create a multimedia piece around the theme: "Ready through 4-H...and beyond"

Sound effects, public-domain music, and graphics can be used. Copyrighted materials may not be used.

Videos will be submitted electronically as MP4 files along with the registration form.

**B990-116 Video Communication Junior**, ages 8-10

**B990-117 Video Communication Junior Intermediate**, ages 11-13

**B990-118 Video Communication Junior Senior**, ages 14-18

*Grand Champion & Reserve Grand will be awarded in each age division.*

## **Favorite Foods & Culinary Challenge Contests**

**July 23, 2025**

### **Favorite Foods**

The Favorite Foods Contest will be held on July 23, 2025, at 9 a.m. Awards will be given to the Grand Champions in each age division. Participants should plan a menu suitable for an indoor or outdoor meal. Prepare one food from the menu and bring it along with selected table service, display cards, and own card table. Recipe prepared may or may not be from a 4-H project manual. The food may be an individual or family-size serving. Recipes may be from any part of the menu. The table service will include: dishes, flatware and table linens for one or two place settings. Paper plates, etc. are acceptable. Print the occasion (example: lunch for bike hike) and complete the menu on one card and the recipe prepared on another.

Fresh flower centerpieces may be used if the flowers have been arranged by the 4-H member. Silk or other centerpieces may be used. The 4-H members' dress will be considered in the scoring. Attire should reflect the theme of the meal.

Displays will be set up by the 4-H'er at the 4-H Building the day of the contest. Individuals will interview judge and should be able to demonstrate healthy decision making through nutrition, menu planning, food preparation and food safety; apply healthy living knowledge. After judging has concluded all food items must be removed by the 4-H member. Tables will be maintained intact and will be displayed throughout the fair.

Champions and Reserve Champions will be on display at the fair.

**Registration is due July 10, 2025.**

PREMIUM	Purple	Blue	Red	White
	\$5.00	\$4.75	\$4.25	\$3.75

### **Favorite Foods Contest**

**T500-905 Junior (4-H ages 8-10)**

**T500-906 Intermediate (4-H ages 11-13)**

**T500-907 Senior (4-H ages 14-18)**

### **Culinary Challenge**

The 4-H Culinary Challenge Contest will require youth to demonstrate healthy decision making through nutrition, food preparation, menu planning, and food safety, utilizing a foods and nutrition curriculum. They will apply healthy living knowledge and skills by planning a nutritious menu, demonstrating their understanding of time management skills in the kitchen, and expressing their originality and creativity through an appropriately themed and properly set table. To showcase these skills, youth will create a menu, prepare one food item, and choose an appropriate theme for their occasion while expressing their food, nutrition, and food safety knowledge during a live interview with a judge at the contest. In order to highlight knowledge and skills acquired during pre-contest preparation, youth will utilize technology as part of their interview.

### **Rules**

1. A team will consist of two members to be eligible to compete. 4-H members must be 9 years of age by January 1 of the current calendar year.
2. All team members must be enrolled in a 4-H foods and nutrition project during the current 4-H year.
3. Judging interviews will be approximately 12 to 15 minutes. This time includes a short presentation by the teams, as well as questions from the judge.
4. Teams should arrive at least 15 minutes prior to your assigned time to set up their table.
5. Team members must provide their own card table for the display.
6. Upon arriving, check-in at the registration table. Teams will be assigned a specific area to set up.
7. Check-in area will contain a microwave and \*limited\* temporary storage for table settings.
8. Only contestants will be allowed to set up or arrange table settings.
9. Participants must have their table setting ready by the assigned time. Once tables are set, contestants should stay with their tables, as they are responsible for items placed on tables. Chairs will be available for contestants.
10. During judging, 4-H members may choose to dress in appropriate clothing, costumes, or accessories relevant to the theme.
11. All tables will be removed following a designated time.

### **Eligibility**

Winners at a county contest may advance to the 4-H Culinary Challenge Contest, but participation at the county level is not required. The 4-H'er must be rolled in at least one Foods and Nutrition project to enter the contest. Each county is eligible to submit up to 4 teams of two 4-H members for the 4-H Culinary Challenge Contest State Fair 4-H Foods Event to be held during the Nebraska State Fair. Selection of such eligible teams shall be at the discretion of the county.

State Contest: County teams of two 4-H members will have the opportunity to participate in the 4-H Culinary Challenge Contest. Teams will be determined by the oldest 4-H'ers age and will be placed as follows:

Age divisions will be determined by their 4-H age, the age of the youth before January 1 of the current year.

PREMIUM	Purple	Blue	Red	White
	\$5.00	\$4.75	\$4.25	\$3.75

**T500-096 Junior (4-H ages 8-10)**

**T500-097 Intermediate (4-H ages 11-13)**

**T500-098 Senior (4-H ages 14-18)**

#### Challenge Ingredient/Item

1. A challenge ingredient will be selected each year, highlighting a Nebraska commodity food product. The 2025 challenge ingredient is pork. Please keep food safety in mind when selecting the recipe used for the Challenge. Foods must be able to be kept chilled during transport to the contest, then be able to be reheated in a microwave if needed. Each team must incorporate the challenge ingredient into their food item they will be presenting during the contest. This may require altering a recipe or creatively incorporating an item into their overall table theme. The challenge ingredient must also be included in the interview presentation, demonstrating youth knowledge of the ingredient, such as nutritional value, a farm-to-fork concept, or how to adapt a recipe to include the ingredient.

#### Judges Interview

1. The team should view themselves as the hosts, welcoming the judge, cooperatively presenting the table to the judge, incorporating multimedia resources, and answering any questions from the judge. Teams must be prepared to present to the judge utilizing technology, such as PowerPoint, picture story, or other multimedia resource. Presentations may include photos, clip art, animation, video or audio sound. The 4-H members should cooperatively present a verbal presentation to the judge that is highlighted by their multimedia presentation via computer or tablet. Participants must provide their own computer or other equipment needed for their 4-H Foods Event judging interview. Presentations will occur at participants' tables. Please do not bring projectors or other equipment which will require extra space.

Considerations should be given to creatively include the following items through the multimedia presentation:

- Nutritional facts of their menu
- Food safety
- Time management
- Choice of menu
- Food preparation
- Cost of item/per serving
- Food handling techniques
- Recipe of the food item shared with the judge
- Challenge ingredient (nutritional value, farm-to-fork, recipe revision, etc.)

### Fashion Show Judging

**MONDAY, JULY 21, 2025**

**Event Superintendent, Jaime Pachta**

The Fashion Show is open to all members of clothing projects. At the county level, members may model multiple outfits in their current STEAM level and STEAM Beyond the Needle. Fashion Show participants **must** model in the public Fashion Show to receive ribbon and premium money unless personally excused by the Extension Educator. The Public Fashion Show will be held on Monday, July 21, 2025, at 6:00 pm.

All clothing entries and the Fashion Show Judging will be Monday, July 21 during the day in the Ag Auditorium. Details will be sent via mail or email. A youth cannot show the same article of clothing in both fashion show and construction at the state level. If the article of clothing is chosen for both, they must choose one. Sewn accessories may be worn to complete the ensemble but will not be judged separately.

Narration must be submitted ELECTRONICALLY for EACH entry to the Fashion Show Entry Form (<https://go.unl.edu/fs>) by Wednesday, July 16th, 2025 at 5:00pm. Narrations the day of the Fashion Show will NOT be accepted, and 4-H members will not be allowed to model the garment.

#### Fun Parade

Items made but not modeled or judged as a part of Fashion Show. To participate in this event, 4-H'ers must submit a brief description, through the Fashion Show Entry Form (<https://go.unl.edu/fs>), by July 16, for the items to be carried across the stage. Participation Ribbon only.

**C410-902 Quilted Item from Quilt Quest (SF117)**

**C410-916 Any non-clothing item made in Beyond the Needle (SF117)**

**Clover Kid Z567-932 Beyond the Needle – decorate an item of clothing (simple techniques).**

## 4-H Fashion Show

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

### STEAM Beyond the Needle

**C410-903 Modeled STEAM Beyond the Needle Beginning Embellished Garment with Original Design** (SF117) Create a garment using beginning techniques as defined in the project manual. Designs are the original idea of the 4-H'er using the elements and principles of design to make an original statement. (Constructed class C221-902)

**\*C410-010 Modeled Beyond the Needle Embellished Garment with Original Design** (SF117) Garment is created using intermediate or advanced techniques as defined in the project manual. Designs are the original idea of the 4-H'er using the elements and principles of design to make an original statement. (Constructed class C221-003)

**\*C410-015 Modeled Beyond the Needle Original Designed Fabric** (SF117) Fabric yardage is designed first, then a garment is constructed from that fabric. Other embellishments may be added. (Constructed Class C221-005)

**\*C410-020 Modeled Beyond the Needle Textile Arts Garment** (SF117) Garment is constructed using new unconventional materials. Examples: rubber bands, plastic, duct tape. (Constructed class C221-006)

**\*C410-025 Modeled Beyond the Needle Wearable Technology Garment** (SF117) Garment has integrated technology into its design. (Constructed class C221-008)

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

### Beginning Sewing Exhibits

**C410-905 Modeled STEAM 1 Simple Top** (SF117) (Constructed class C900-912)

**C410-906 Modeled STEAM 1 Simple Bottom** (SF117) pants, shorts, capris (Constructed class C900-913)

**C410-907 Modeled STEAM 1 Simple Dress** (Constructed class C900-907)

**C410-908 Modeled STEAM 1 Other** (SF117) Using skills learned in project manual (apron, vest, etc.) (Constructed class C900-926)

**C410-909 Modeled STEAM 1 Upcycled Simple Garment** (SF117) (Constructed class C900-916)

**C410-917 Modeled STEAM 1 Simple Skirt, Wrap Skirt, Skort** (SF117) (Constructed class C900-924)

### STEAM Clothing Level 2

4-H members who have enrolled in or who have completed STEAM Level 3 are not eligible to enter STEAM Level 2.

**\*C410-030 Modeled STEAM 2 Garment(s)** (SF117) 4-H members who have enrolled in or who have completed STEAM Clothing 3 projects are not eligible to enter STEAM Clothing 2. - Possible types of STEAM Clothing 2 garments include:

- Dress; OR
- Romper or Jumpsuit; OR
- Two-Piece Outfit Combination (skirt with top, vest, or lined/unlined jacket; jumper and top; pants or shorts outfit (pants or shorts with top, vest, lined/unlined jacket). A purchased top can be worn to complete a skirt, pants, or shorts outfit with a vest or lined/unlined jacket
- Upcycled Outfit Combination - must contain a complete constructed outfit (examples: if the top is upcycled, must include a constructed bottom, upcycled dress).

**C410-910 Modeled STEAM 2 Modeled STEAM 2 Garment(s)** (SF117)

**C410-911 Modeled STEAM 2 Modeled STEAM 2 Top (vest acceptable)** (SF117) (Constructed class C222-006)

**C410-912 Modeled STEAM 2 Bottom (pants or shorts)** (SF117) (Constructed class C222-007)

**C410-913 Modeled STEAM 2 Skirt** (SF117) (Constructed class C222-008)

**C410-914 Modeled STEAM 2 Unlined Jacket** (SF117) (Constructed class C222-009)

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

### STEAM Clothing Level 3

A purchased top can be worn to complete a vest or jacket outfit with a skirt, pants, or shorts.

**\*C410-040 Modeled STEAM 3 Garment(s)** (SF117) Possible types of STEAM Clothing 3 garments include:

- Dress or formal; OR
- Skirted Outfit Combination (skirt with top, vest, lined/unlined jacket OR jumper and shirt) A purchased top can be worn to complete a vest or jacket outfit with a skirt, pants or shorts.; OR
- Pants or Shorts Outfit Combination (pants or shorts with top, vest, lined/unlined jacket) A purchased top can be worn to complete a vest or jacket outfit with a skirt, pants or shorts.; OR
- Romper or Jumpsuit; OR
- Specialty Wear (swimwear, costumes, western wear-chaps, chinks, riding attire or hunting gear); OR
- Non-tailored Lined or Unlined Jacket or Coat, additional pieces with jacket or coat may either be constructed or purchased.; OR
- Tailored Coat, Blazer, Suit Jacket, or Outerwear. Additional pieces with coat, blazer, jacket or outerwear may either be constructed or purchased.  
Nightwear or loungewear can NOT be modeled.
- Upcycled Outfit Combination - must contain a complete constructed outfit (examples: if the top is upcycled, must include a constructed bottom, upcycled dress).

**C410-915 Modeled STEAM 3 Modeled STEAM 3 Garment(s)** (SF117)

**\*C410-050 Modeled Knitted or Crocheted Clothing (Level 2 or 3)** (SF117) Knitted garment using pattern stitches such as diamond, block, twist or seed/moss stitches or advanced knitting stitches such as pass slip stitch over, double-pointed needle knitting, cable, Turkish, Tamera, plait, Germaine, feather and fan or knitting with one or more patterns such as Aran or Fair Isle. Crocheted garment using pattern stitches such as texture, shell, cluster or mesh stitches or advanced crochet stitches such as afghan, broomstick, hairpin lace, design motifs or pattern stitches. Garment can be a cardigan, dress, coat, a top and bottom, or a two piece ensemble. (Constructed class C225-001, C225-005, C226-001 or C226-003) )

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

### **Consumer Management Modeling**

**\*C410-060 Modeled Shopping in Style Purchased Outfit and Written Report** (SF184) The curriculum is developed and designed for youth ages eight and older to help them strengthen their consumer skills when purchasing clothing. Participants must model a complete outfit. All pieces of the garment must be purchased. Note: The form- SF 184 must be included when modeling Shopping in Style (contact Extension office for the form). (Constructed Class C240-001 and C240-002)

PREMIUM	Purple	Blue	Red	White
	\$4.00	\$3.50	\$3.00	\$2.50

**C440-912 \$20 CHALLENGE** Open to any 4-H member.

Rules for the \$20 Challenge:

- Purchase an outfit that represents the 4-H'ers intended use for the selected outfit.
- Outfits must be selected and purchased from a garage sale, thrift store, consignment store, or resale shop including Goodwill, Salvation Army or other secondhand stores (Garage sale "free box" items would qualify).
- Cost of outfit must be \$20 or less, not including shoes, accessories or undergarments.
- Complete a report form to be entered when the garment is modeled. (Pick up at Extension Office)
- Receipt(s) - including garage sale purchases - MUST be attached to the report form.
- Model outfit for fashion revue judging July 21, 2025. Narration must be submitted ELECTRONICALLY, through the Fashion Show Narration Google Form, by July 10. Narrations turned in on the day of the Fashion Show will NOT be accepted.
- (This contest is adapted with permission from Iowa State 4-H.)

**\*Indicates State Fair Fashion Show Eligibility**