



# 4-H Events and Contests HANDBOOK





Events ..... 2



Contests ..... 4

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## County 4-H Events

County events are selected and organized by the local 4-H agents and volunteer leader council. All county events are non-competitive learning opportunities. County events are optional and may include day camps, super Saturdays, and field days.

## Utah 4-H Events

Events are non-competitive events designed for youth to participate on a community, regional, and state level with their peers by participating in age appropriate activities. As with all 4-H programs, mission mandates are the staple at any event.

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## Junior Youth Conference

Held at Snow College each June. It is a tremendous experience for 5th and 6th grade 4-Hers to participate in fun workshops, the annual Snow Follies, and great learning experiences. With older 4-H youth serving as mentors, 4-Hers improve self-esteem, strengthen involvement and interest in 4-H, and have opportunities to meet other youth throughout the state.

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## Intermediate 4-H

A fun-filled adventure targeted for 7th and 8th grade youth to help them discover the future of 4-H in their lives. Learn more about and/or develop teamwork and leadership skills. Older teens serve as group leaders. Highlights of the camp include: ropes course, rappelling, canoing, camping, hiking, and learning different kinds of outdoor education.

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## Teen Leadership Training

Held in the fall on the USU Logan campus, this is an in-depth training for youth in grades 9-12. Workshops are presented on leadership and communication skills, as well as the workings of the State and District Ambassador Program. Usually held over UEA break.

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## Teen Winter Retreat

Teen Winter Retreat is held in January for High School aged teens who come to a two day camp about relationships. Teens are taught by the State Ambassadors about how to interact with peers, family members, and dating.

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## Mock Legislature

In April 4-Hers actually take over the leadership of the House of Representatives for a day in our State Capitol Building in Salt Lake. They go through the Legislative Process from presenting a Bill to Committee work to passing the Bill.



## National Events

An event is hosted by a national 4-H committee. National events are sponsored by 4-H council and/or 4-H headquarters. 4-H members who qualify or meet the specific requirements for each event are able to attend a national event. Requirements may include an application, interviews, and a selection process.

In Utah we attend the following National Events:

- National Conference
- Citizenship Washington focus
- National Youth Summit on Healthy Living, Robotics, Agri-Science (When Offered)
- National 4-H Science Day <http://www.4-h.org/4-h-national-youth-science-day/>
- National Congress
- National 4-H Week

## National Conference

Several youth are selected each year through an interview process to represent Utah at National Conference. They spend 10 days in the nation's capital meeting with other 4-Hers from across the U.S. developing recommendations for future 4-H programming, and meeting with State Legislators. Applications are due in September; the conference is held in April of the following year. Applications are available online at [www.utah4-h.org](http://www.utah4-h.org) and <http://www.4-h.org/4-h-conference/>

## National Congress

Outstanding 4-H members from all over the nation are honored and recognized at the annual 4-H Congress. Utah delegates are selected from their portfolios and an interview conducted during State Contests. Portfolios are due February 15th. 4-H Congress is held in late November in Atlanta, Georgia. [http://national4-hcongress.com/wordpress\\_813119671/](http://national4-hcongress.com/wordpress_813119671/)

## Citizenship Washington Focus

This program enables a minimum of six Utah youth (6-12 grades) and a volunteer leader to observe our national government in action, visit with their elected officials, and see historic sites. It is held in the summer. For dates, application and more information about these activities go to: <http://www.4hcenter.org/youth-conference-center-overview/educational-programs/citizenship-washington-focus/>

## National 4-H Science Day

This event takes place in urban, suburban and rural communities all across the nation, and is intended to spark an early interest and leadership in science, technology, engineering and math (STEM) careers in an effort to keep America competitive in those fields. For more than 100 years, 4-H has been at the forefront of teaching young people about STEM. 4-H National Youth Science Day is the premier national rallying event for year-round 4-H STEM programming, bringing together youth, volunteers and educators from the nation's 109 land-grant colleges and universities to simultaneously complete the National Science Experiment. For more information go to: <http://www.4-h.org/4-h-national-youth-science-day/>



All competitive activities and events should be preceded by sufficient learning and practice. Training sessions and local contests should be modeled after the format for regional, state or national events. Youth in any competitive 4-H event must have had the benefit of prior preparation. The competitive element in 4-H is designed to complete the learning process. Youth selected for participation in state competition should have had sufficient learning and practice to develop a feeling of competence and confidence. State level competition should not be the first time a youth presents to an audience in the area chosen for competition. These participants should have had the opportunity to present on a club, county or regional level prior to state competition.

## Eligibility Requirements

- All boys and girls must be 4-H members working under the supervision of Utah State University Extension
- 4-H members may compete in the same contests area until top honors are won
- 4-H members entering a contest should be enrolled in the project or activity for which the contest is planned. This may include a self-determined project. 4-H Handbook and Policy Guidelines 30
- Members should have had sufficient information, instruction, and practice to feel comfortable and to perform well
- 4-H members should be familiar with the rules of the contest in which he or she is entering
- Some contests which have national level events may have different age requirements

## Trips, Awards, Scholarships

Recognize achievement and motivate youth to strive for excellence. These awards will be provided according to the following guidelines:

- A member must meet the specific requirements established for the trip, award or scholarship.
- A member shall not receive the same top state award more than once.
- Scholarships or other monetary awards provided by donors must be used in the year in which they are received or passed to an alternate. Exception: college scholarships awarded to 4-Hers still in high school will be held in the state 4-H office until they are enrolled in college.
- 4-H members and volunteers accepting funds to participate in 4-H activities and/or training are expected to meet all requirements of the activities and/or training. If all requirements are not met, funds are to be repaid by the recipient.

Members may receive more than one state award in different areas during a calendar year, however the following restrictions apply:

- A 4-H member may attend National 4-H Congress only once.
- A 4-H member may attend National 4-H Conference only once.
- A 4-H member may submit one portfolio in a given year.
- A 4-H member may compete in the same contest until the top state award is received.
- A 4-H member may compete only once in each national contest area.



## Danish System of Judging

The Danish system is the preferred strategy for recognition, affording all participants appropriate recognition. The purpose of the Danish system is to recognize all the individuals involved for reaching a level of achievement or performance. The Danish system allows a judge to award three blue (1sts), two reds (2nds), and one white (3rds) if that is the appropriate award combination for what the youth achieved. In another class, the judge may feel that the youth have not reached an achievement level of blue (1st), and awards two reds (2nd), and one white (3rd). A top blue may be chosen from a class to be considered for champion, if the judges deem necessary and appropriate.

- Peer competition should balance the development of life skills, while sensitive to the current interests of youth.
- Peer competitions in which the overriding theme is "winner take all" should be discouraged.
- Competition should be judged in accordance with established criteria, and appropriate feedback and comments should be provided to each participant. Comments should be constructively focused for the purpose of the participant's improvement.
- In the spirit of the 4-H motto: "To Make the Best Better", it is imperative that judges of all 4-H events be adequately trained to provide quality feedback to all participants.
- Quality competitive events are an important component of the 4-H Program and serve as a means to attract young people to engage in 4-H educational experiences. These events provide evaluation and feedback and help 4-Hers learn how to make and defend decisions and to speak publicly.
- All areas of peer competition are to be project driven and should characterize the cycle of the "4-H Learning Model".
- To maximize the educational benefits to the 4-H member, feedback and recognition should happen at the time of the achievement.
- A system of "Qualifying Events" for both individual and team activities may be implemented to determine eligibility at higher levels of peer competition, when appropriate. A qualifying event may be a workshop, or peer competition (local, regional, state), and may serve as an added opportunity for skill development, and to encourage a high standard of quality.



# County Contests

## County Contests

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County contests are also selected and organized by the local 4-H agents and volunteer leader council. A county contest is competitive according to age appropriate grouping. Each county offers contests every year. Members of any age may compete, but only members in grades 9-12 who win a blue ribbon are eligible for State Contests. County contestants will earn blue, red or white ribbons for their efforts. Contact your County Extension Office for contests and entry information.

## County Fair

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Exhibiting in the county fair is an important highlight of a club member's 4-H experience. Members have an opportunity to exhibit what he or she has learned in the project area(s) during the year. Members may enter projects in Communications and Expressive Arts, Consumer and Family Sciences, Health Lifestyle Education, Plants and Animals, and Science and Technology. Contact your County Extension Office for deadlines and entry information.

# Regional Contests

## Regional Shows

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Regional competitions are held to select representatives to compete in state team and individual competitions. Contact your county or state horse specialist for show dates and times.



*Notes*

