



# 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 8 (Cloverbuds) and youth aged 9 through 18.

Competition is only open to youth who are ages 9 as of Jan. 1 and not have passed their 18<sup>th</sup> birthday on Jan. 1 of the year they are competing. Check with your county for specific eligibility rules for all 4-H Competitions.

## Membership Requirements

- Completed 4-H Enrollment Form/Media Release
- Current completed Medical Form (good for one year from date signed)
- Read the 4-H Code of Conduct
- Approval from 4-H Agent/County 4-H Office
- Payment of entry fees if applicable

## Cloverbuds

The Extension Administrative Council has established a policy of no peer-to-peer competition for youth ages 5-8. Best program management practices for youth ages 5-8 do not involve peer-to-peer competition. Peer-to-peer competition is defined as head to head absolute of youths 5-8.

## Age Categories

- Age Categories are listed below unless noted otherwise in specific competitions:
- - 9-10, 11-12, 13-15, 16-18 – Project Records
  - 13-15, 16-18 – Portfolios
  - 9-10, 11-13, 14-18 – Presentation
  - 9-13 – Junior
  - 14-18 - Senior

Competition Year is January - December



# 2016 4-H Presentations At A Glance

Age Categories: 9-10, 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:** Medal

### 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:** Medal

### 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:** \$100

**State Award if applicable:** \$200

## 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:** Medal

**State Award if applicable:** \$50

### 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:** 9-10 & 11-13 = \$50; 14-18 = \$100

**State Award if applicable:** 9-10 & 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**

### **Bugs & Bees**

**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.

**District Award if applicable:** 9-10 = 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:** 9-10 = Medal; 11-13 & 14-18 = \$75

**State Award if applicable:** \$50

### **Forestry & Wildlife**

**Objective:** To teach youth the skills involved in forest and wildlife management. **Topics Include:** tree identification, forest reforestation, wildlife habitat, endangered species, forest fires, controlled burns, national parks and forests, snake identification and safety, camping, hiking, the red wolf, barn owls, etc. Guidelines on web: <http://www.ces.ncsu.edu/forestry/pdf/FWPresentations.pdf>

**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:** 9-10 & 11-13 = Medal; 14-18 = \$75

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

# Healthy Lifestyles

## 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 Char Grill

**Objective:** Prepare two 1 to 2-pound whole chicken halves OR two ¼ to 1- pound pieces of turkey breast filets/tenderloins 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/TurkeyBBQ.html>

**District Award if applicable:** Medal

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

## Chicken Char Grill

**Objective:** Prepare two 1 to 2-pound whole chicken halves OR two ¼ to 1-pound pieces of turkey breast filets/tenderloins 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

## Beef Char Grill

**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 Grill**

**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

### **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, pesticide 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, 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:** \$37.50

### **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. **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:** \$50



## **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.

**9-10 & 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:** <http://www.nc4h.org/nc4h-publications/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:** Medal

**State Award if applicable:** \$200

## Plant Science

### **Artistic Arrangement/Landscaping**

**Objective:** To learn how to properly arrange horticultural crops or wild plants with live or dried material and recognize the value an arrangement plays in a decoration scheme, apply landscaping principles (design & construction) to daily life situations. **Topics Include:** making a table arrangement, wreath decorating, Feng Shui, floral selection, arrangement, and presentation, how to properly arrange, establish and maintain flowers, ornamental plants and turf, recognize positive and negative landscaping practices in their environment, etc

**NOTE:** Categories will be split at the district and state level for the 14-18 age group. Gold, silver, and bronze will be presented in both Artistic Arrangement and Landscaping due to these categories offering national competitions.

**District Award if applicable:** \$50

**State Award if applicable:** \$25

### **Horticulture Production & Marketing**

**Objective:** To learn how to properly grow and market horticulture crops and ornamental plants. **Topics Include:** producing healthy vegetables, marketing fruits and vegetables, how to run a pick-your-own operation, etc.

**NOTE:** Categories will be split at the district and state level for the 14-18 age group. Gold, silver, and bronze will be presented in both Horticulture Production and Horticulture Marketing due to these categories offering national competitions.

**District Award if applicable:** \$50

**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:** 9-10 = 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

## **Cecil & Leonard 4-H Talent Showcase**

**Objective:** To explore skills in performing and talent.

### **Specifics:**

- Incorporate into 4-H Showcase of Talent at DAD
- Select one per district to compete in state final; will receive up to \$500 scholarship to Congress to include registration, lodging, etc.
- Compete in State competition; will award gold, silver and bronze medals
- Winner will be featured on WRAL TV and represent 4-H throughout the year – travel stipend included
- 4-H'er must use materials from the original Cecil & Leonard, as narrated by Ray Wilkinson. More information is available on the web at:
  - <http://www.nc4h.org/nc4h-publications/presentations>
- This is an individual talent designed for one 4-H'er, NOT a team act.
- This is in addition to the 2 acts per county that each county can bring for DAD 4-H Entertains. Example: Each county can enter one Cecil & Leonard act and two 4-H Talent Showcase acts at DAD.

**District Award if applicable:** Medal, \$500

**State Award if applicable:** Travel Stipend & Prize

***Please note that all awards are contingent upon funding.***

## **Presentation Rules and Regulations**

Age Divisions: 9-10, 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, 2016. To participate in 2016, the 4-H member must be 9 years old prior to January 1, 2016 and not have had his/her 19<sup>th</sup> birthday before January 1, 2016.
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 9-10, 11-13: 4-12 minutes; Horse, Individual 14-18: 9-12 minutes; Horse, Team 9-10, 11-13: 5-15 minutes; Horse, Team 14-18: 10-15 minutes; Horse Public Speaking 9-10, 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) or Cecil and Leonard are not considered a presentation program.
8. Members participating in presentations, Cecil and Leonard, and the Talent Showcase (4-H Entertains) are required to indicate their involvement in both areas on the sign-up sheet (outside both rooms) on the day of the event. The Talent Showcase coordinator should also be notified that the 4-H'er will be participating after his/her presentation.
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. The value of a scholarship to 4-H Congress varies for each award. Please note specific scholarship 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. Cash awards, either in full or in part, will not be given to the district winners in lieu of the scholarship to attend North Carolina 4-H Congress.

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 scholarship 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 particular 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.

17. No live animals may be used in any presentation. Firearms and/or weapons are not allowed during any presentation.

18. Donor contacts and addresses can be obtained through the North Carolina 4-H Development Office.

19. Only members 15 years old or older are eligible for National NJHA Contests.

20. 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.

21. Presenters are not required to say "the question has been asked" and then repeat the question.

22. All seniors in Artistic Arrangement, Horticultural Production & Marketing, Landscaping, Fruit & Vegetable, Egg Cookery, and Peanut Foods categories must be a "demonstration" from the beginning at the county level in order to be prepared for national competition.

23. 4-H Entertains is for amateur performers only. Any 4-H members or groups who perform for pay are not eligible.

24. Chicken and Turkey Char-Grill 14-18 Age Categories are required to do an oral presentation. See specific category descriptions above for more information.

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

For awards traditionally funded by endowments, the payment of the award in 2016 will be dependent upon the availability of investment income.

## Rules and Guidelines for National Junior Horticulture Association (NJHA)

**Qualifying Presentations Categories:** Artistic Arrangement, Landscaping, Horticultural Production & Horticultural Marketing, Fruit & Vegetable Use, and Peanut Foods

Only members 15 years old or older are eligible for National NJHA Contests.

State monetary award is presented only to those who use the funds toward expenses to compete in the National Junior Horticultural Association contest. At NJHA, a demonstration must be given. To compete in the national contest, individuals must be 15 by December 31<sup>st</sup> of the year of participation. A 4-H member may receive sponsorship awards to no more than two NJHA conventions in his/her 4-H career.

**NOTE:** Terrarium construction and dish garden presentations may only be given in the Horticultural Production program.

Check Out These Presentations That Allow You to Compete in A National Contest as a Senior Winner:

Artistic Arrangement/Landscaping

Chicken Char-Grill

Egg Cookery

Fruit and Vegetable Use

Horse

Horse Public Speaking

Horticultural Production/Marketing

Peanut Foods

Turkey Char-Grill

See Subject Matter Specialist for specifics.



# 4-H Project Records

*Age Categories: 9-10, 11-12, 13-15 & 16-18*



## **Animal Science**

**Objective:** Allows youth to explore the world of animal science. Records in this category should include any project related to animal science. Animal science is described as the study of the biology of animals that are under the control of mankind. Typically, you will include, but not limited to, cattle, sheep, pigs, poultry, and horses.

## **Citizenship & Civic Education**

**Objective:** Allows youth to explore the world of citizenship and civic education. Civic means relating to the community and connecting with the duties and obligations of belonging to a community. Citizenship is about understanding certain duties, rights, and privileges and solving real problems in a community. Youth discover the possibilities of democratic citizenship and build a commitment to take action in new and exciting ways. Service learning is engaging youth in actively giving back to the community and reflecting thoughtfully on the implications of service, all to make their communities a better place.

## **Communication Arts**

**Objective:** Allows youth to explore topics that emphasize artistic expression and communication. Topics range from photography, crafts, dance, music, media, creative writing, poetry, clowning, theater, acting, speech, language etc.

## **Environmental Science**

**Objective:** Allows youth to explore through fields, forest, wetlands, and urban areas to discover the wonders of the environment. Through 4-H projects in this area, youth learn about the interconnection of people and nature.

## **Family & Consumer Sciences**

**Objective:** To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science.

## **Healthy Lifestyles**

**Objective:** Allows youth to explore the world of healthy lifestyle programs that include food and nutrition, health, and safety projects. Youth learn to make healthy food choices, gain knowledge of nutrition, and improve physical, intellectual, emotional, and social health.

## **Plant Science**

**Objective:** Allows youth to explore the world of plant science. Youth can investigate soils, plants, crop production, and more.

## **Personal Development & Leadership**

**Objective:** To encourage youth to develop themselves in the area of leadership. Focus on what they have done in 4-H as it relates to career readiness and leadership.



## **Science & Technology**

**Objective:** To allow youth to demonstrate their knowledge of basic electricity, electric energy, conservation of energy, as well as the technology that is used to help understand science. Science is defined as the study of the world around us. It's the theory that lies behind all of our 4-H projects. Technology is defined as the tools and applications of science that help individuals advance.

## **Discovery**

**Objective:** Allows youth to explore the 4-H Discovery curriculum and helps those new to 4-H explore all of the curriculum areas.

## 4-H Project Record Rules and Regulations

Age Categories: 9-10, 11-12, 13-15 & 16-18

Each county may enter two participants per age division per category for District Competition. Records are only judged on the District Level. Gold, Silver and Bronze winners will be selected.

1. The project record competition recognizes excellence in annual 4-H project record books. Youth, who have been declared county champions in one or more of the curriculum areas listed, are eligible to compete for district awards in four age groups: 9-10, 11-12, 13-5, and 16-18.
2. District gold awards are valued at \$50.
3. Age eligibility is established on January 1 of the project year. Work on the project may cover no more than 12 months. The 4-H program year is January – December, annually.
4. Records will be held in the County Extension office after judging. The 4-H'ers may not make improvements or alterations to the content of the record books after they have been submitted for county competition. This will ensure equal time for competitors to work on their project records. Project work in records should reflect work from January through December. Records are due in the 4-H Youth Development office on March 1 or as noted by the state 4-H staff.
5. A 4-H member may submit up to two project records for district competition. Counties may submit their top two projects in each category for district competition.
6. The district award will be mailed to the County Extension office and distributed as determined by the county 4-H program staff. Award checks are written in the fall upon completion of all 4-H award areas.
7. Project records that are partially funded will receive a monetary award, which reflects current funding.
8. A 4-H member can be named a district gold winner in a curriculum area only one time for each age category. They are able to continue competing in that category, however can only be named a gold winner once.

For awards traditionally funded by endowments, the payment of the award in 2016 will be dependent upon the availability of investment income.

\*Certificates are available for county level recognitions from the State 4-H office. Pins, plaques, and other award items can also be purchased from the National 4-H Supply Service for county level recognition.





# 4-H Portfolios

*Age Categories: 13-15 & 16-18*

## Animal Science

### **Agriculture**

**Objective:** Allow youth to explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization.

### **Beef**

**Objective:** To increase the level of knowledge and expertise of production technologies and issues of the beef industry.

### **Dairy**

**Objective:** To increase the level of knowledge and expertise of production technologies and issues of the dairy industry.

### **Poultry Production & Preparation**

**Objective:** To increase the level of knowledge & expertise of poultry science, poultry industry, poultry production, &/or poultry products.

### **Horse**

**Objective:** To increase the level of horse knowledge and expertise and build confidence in a youth's ability to present horse related information in a logical and concise manner.

### **Sheep/Goat**

**Objective:** To increase the level of knowledge and expertise of production technologies and issues of the sheep/goat industries.

### **Veterinary Science**

**Objective:** To increase the level of knowledge and expertise of issues related to veterinary science.

### **Swine**

**Objective:** To increase the level of knowledge and expertise of production technologies and issues of the swine industry.

## 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 the world, to become involved in their community through service activities, and to teach youth the importance of giving back to their community.

## Communication & Expressive Arts

### Public Speaking/Communications

**Objective:** To provide opportunities for youth to develop an appropriate speaking presence and increase their knowledge of and skills in speech preparation and delivery

### Expressive Arts

**Objective:** To encourage youth 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

## Environmental Science

### Forestry & Natural Resources

**Objective:** To teach youth the skills involved in forest & wildlife management

## 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

## Healthy Lifestyles

### Foods & Nutrition

**Objective:** To encourage youth to learn the nutritional contributions in any foods to acquire skills in planning, purchasing, preparing, and serving healthy foods, and to learn about basic/in-depth nutrition

### Health & Safety

**Objective:** To encourage youth to investigate and improve their health and the health of their family and community

### Sports Nutrition

**Objective:** To encourage youth to research topics associated with nutrition and diet as it relates to athletic performance. Research should connect to the type and quantity of fluid and food taken by an athletes and sports training regiments, such as strengths and endurance sports.

## Personal Development

### Achievement

**Objective:** To encourage youth to develop and recognize personal growth through their 4-H career. In this portfolio, youth will share all of their most valuable 4-H experiences and combine them into one 4-H Portfolio. Focus on those projects, activities, and accomplishments that they have excelled in and learned the most about.

## **Leadership**

**Objective:** To encourage youth to develop themselves in the area of leadership. Focus on what they have done in 4-H as it relates to leadership

## **Personal Development & Careers**

**Objective:** To encourage youth to investigate careers in which they are interested and refine skills they will need for the workplace

# **Plant Science**

## **Plant & Horticultural Sciences**

**Objective:** To encourage youth to research plant and horticultural sciences. To teach youth how to properly grow and market horticultural crops, ornamental plants, how to apply landscaping principles etc.

# **Science & Technology**

## **Electric Energy**

**Objective:** To allow youth to demonstrate their knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts

## **Science & Technology**

**Objective:** To encourage study and investigation in all aspects of science & technology.

## 4-H Portfolio Rules and Regulations

Age Categories: 13-15 & 16 -18

Each county may enter as many Portfolios as they wish, however a 4-H'er may only submit 2 total for District and State Competition. Portfolios are judged on the District and State Level.

1. Age eligibility is established on January 1, 2016. To participate in the 13-15 year old age group, the 4-H member must be 13 years old on or before January 1, 2016 and not have had his/her 16<sup>th</sup> birthday before January 1, 2016. To participate in the 16-18 year old group, the member must be 16 years old on or before January 1, 2016 and not have had his/her 19<sup>th</sup> birthday before January 1, 2016.
2. To be eligible for district and state awards, the member must:
  - a. have been enrolled in 4-H at least three years, and preferably more than three years,
  - b. be enrolled during the current year in the program area in which competing,
  - c. record three years of information on the pages of the NC 4-H Portfolio report form.
3. A 4-H member may submit a Portfolio for district and state competition in no more than two program areas during the same year.
4. A 4-H member may be declared a state winner in only one 4-H Portfolio per year. He/she may also be declared state silver or bronze winner in one additional program area per year.
5. A 4-H member may continue in the same Portfolio category after they are declared a gold winner in that age category. However, they cannot be awarded state gold more than one time in each age category. They can be declared state silver or bronze more than one time.
6. There is no limit to the number of Portfolios a county can submit in any categories.
7. If a creditable Portfolio is not submitted in a project area, no winner will be declared.
8. As of December 1, 2015, some donors had not renewed their support contracts or a donor had not yet been secured for some 2016 programs. Therefore, if a donor is not secured or renewed for a category, the state award will be a certificate and medallion.
9. Awards that are provided by state donors will be distributed in the fall of the year selected.

### State and District Portfolio Awards

District level winners receive a ribbon. State level winners receive a ribbon, medal, and award of the following value, unless otherwise noted. \*

Ages 13 to 15:	Ages 16 to 18:
Gold, \$100	Gold, \$150
Silver, \$50	Silver, \$100
Bronze, \$25	Bronze, \$50

Once a member has achieved the gold medal at the state level, the 4-H'er may not compete in the same program area until he/she reaches the next age level.

*\*For those awards traditionally funded by endowments, the payment of the award in 2016 will be dependent upon the availability of investment income.*





# 4-H Scholarships

State Deadline - February 1, 2016

We are pleased to announce that through the North Carolina 4-H Development and the support of 4-H Donors, we will have the opportunity to award scholarships for outstanding 4-H members in North Carolina.

A complete list of scholarships, including detailed information can be found:

<http://www.nc4h.org/youth/4-h-awards-incentives-programs>

## Application Process:

The following constitutes a completed NC 4-H Scholarship Application (4) Four copies total:

- a. [NC 4-H Scholarship Application Form](#)
- b. Photograph of the applicant
- c. Official High School Transcript
- d. Scholastic aptitude test scores (SAT or ACT)
- e. Letter of recommendation
- f. Applicant's current resume
- g. Essay (required for NC 4-H Horse Program scholarships)
- h. Financial need statement (optional, confidential)

Each student is responsible for completing his/her NC 4-H Scholarship application package. However, the 4-H Agent is required to review the entire packet with them and the checklist for a completed application on the back of the application form, after it has been completed by the 4-H'er.

**Four (4) copies of the application package is required. This includes the application form, official transcript, SAT or ACT scores, current resume, photograph of applicant, letter of recommendation, and essay if applying for an NC 4-H Horse Program scholarship. Please note that the financial need statement is optional and will be confidential.**

# Trophy Awards

Each year, NC 4-H honors the most outstanding 4-H'ers in Agriculture, Citizenship and Community Service, and Family and Consumer Sciences with named trophies.

4-H Trophy's are awarded to our top young people in the three (3) different categories. They are chosen based on their outstanding 4-H record work in citizenship, FCS and Agriculture.

Award Winners will be recognized at the 4-H Donor Event during 4-H Congress. Winners each year will be presented with a as well as the traveling trophy. The trophy can be housed in the county office to showcase what great work the winner has done.

## ***Commissioner James A. Graham 4-H Agriculture Trophy***

### ***4-H Citizenship & Community Service Trophy***

### ***Dr. Eloise Cofer Family & Consumer Science Trophy***

Congratulations to the following individuals for being named a 4-H Trophy Winner for 2015.

#### **2015 Trophy Winners**

Commissioner James A. Graham 4-H Agriculture Trophy  
Michael Parisher  
Edgecombe County

4-H Citizenship & Community Service Trophy  
Hope Robinson  
Yancey County

Dr. Eloise Cofer Family & Consumer Science Trophy  
Hannah Worrell  
Henderson County



# 4-H Donors

4-H has led the pack for over a century because of the incredible generosity of folks in the community who understand its great mission and great potential.

The generosity of our 4-H Donors provides the awards and incentives that challenge each and every 4-H'er to live up to our motto, "to make the best better."

This generosity sends us to camp and provides the means for us to attend Congress and Council Conference.

And their generosity finally propels us to college, that great launching point for success in the world today.

Every step of our 4-H journey is possible due to the generosity of our donors. Their giving of time, funds and encouragement have each year, made our progress a little easier, our futures a little brighter.

Thank you on behalf of every 4-H award winner and scholar for helping us "make the best better"!

