

# 2016 COLORADO 4-H STATE Skill-A-Thon

## General Rules

### I. Contest Rules

A. Classes will be judged by 3 or 4 person team. On a four-person team, the lowest score is considered a drop score and that person will automatically become the alternate. Team score is a combination of the top three scores on the four individual events, plus the Life Skills Assessment Team event. Individual rank is based on scores from the four individual events.

B. Classes and Activities to be Completed:

1. Sewing and Clothing related ID: (50 possible points) Identify from a provided list fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing. Contestants will have 15 minutes to identify 25 items.
2. Interior Design and Housing related ID: (50 possible points) Identify from a provided list decorating techniques, colors, patterns, design elements and/or layouts. Contestants will have 15 minutes to identify 25 items.
3. Food and Cooking related ID: (50 possible points) Identify from a provided list appliances, utensils, spices, herbs and/or food related items. Contestants will have 15 minutes to identify 25 items.
4. Food Nutrition Judging Classes: (100 possible points) Participants will judge two food nutrition judging classes with four items in each class, based on a scenario provided from one of these classes: Fast Foods, Trail Foods, Cereals, Healthy Snacks, or Yogurt. Contestants will have 15 minutes to place the two classes.
5. Life Skills Assessment (To be completed as a team. 50 possible points) Each team will orally complete a response to one brief scenario. Scenarios will deal with basic life skills such as: Resume Writing and Cover Letters; Job Interviews and Dress; Garage Sales; Disaster Preparedness; Managing Your Money and Time Management. Teams will have 10 minutes to prepare the response and 5 minutes for the oral presentation. Questions (scenarios) will come from the Life Skills Assessment Study Materials found on the Western National FCS Classic website:  
<http://www.westernnationalroundup.org/contests-fcs.aspx>

## II. Awards

- A. Awards will consist of Grand and Reserve Rosettes and awards for 1<sup>st</sup> and 2<sup>nd</sup> place teams and 3<sup>rd</sup>-5<sup>th</sup> place teams will receive ribbons. Grand and Reserve Rosettes and awards for 1<sup>st</sup> and 2<sup>nd</sup> place individuals and 3<sup>rd</sup> -5<sup>th</sup> place individuals will receive ribbons. Grand and Reserve Rosettes will be given to the 1<sup>st</sup> and 2<sup>nd</sup> place teams and 3<sup>rd</sup>-5<sup>th</sup> place teams will receive ribbons in Life Skill Assessment.
- B. If only one individual or team is register for this contest it will still be held. To receive a champion award the individuals must receive at least 80 percent of the total points and the team should receive at least 80 percent of the total points available.

## III. References

Refer to the website for study materials for the **Life Skills Assessment** component.

Refer to the website for study materials for the **Food Nutrition Judging Class**. Food Nutrition Judging study materials include:

Fast Foods	Healthy Snacks
Trail Foods	Yogurt
Cereals	Placing Card Example

Refer to the website for study guide available for the **FCS Skill-a-Thon ID Classes**.

All of these materials can be located on the Western National Roundup website at: <http://www.westernnationalroundup.org/contests-fcs.aspx>