

# 4-H Demonstrations Contest Guidelines 2025

The 4-H Demonstrations Contest is an opportunity to present a “how to speech” where the youth show the audience how to perform a task as they explain the process. With a demonstration, the youth **MUST** use posters and other visual aids/props to accompany the demonstration process.

## General Guidelines for 4-H Speeches and Demonstrations

- Awards (ribbons) will be based on the criteria established on the 4-H score sheets for speeches and demonstrations. The champion will be the youth that receives the highest points (average among the judges); the reserve champion will be the youth that receives the second highest points average. Only the champion will advance to the area competition.
- 4-H participants will be introduced by their name and title of their speech or demonstration. There will not be a penalty if the 4-H member repeats this information during the presentation.
- If the presenter does not fall within the established time guidelines, he/she will receive a point penalty, but if he/she still has the highest overall score, he/she will still be awarded the champion honor.
- If there is a tie for champion or reserve champion, the tie will be broken by a coin toss or other equitable method.
- The reserve champion will be invited to attend the area competition **ONLY IF** the champion cannot attend.
- Costumes are not permitted in speeches, but they are acceptable in demonstrations.
- Judges' decisions are **FINAL**.
- 4-H age is determined by the youth's age by December 31, 2024. Junior age speeches and demonstrations are for ages 9-13. Senior age speeches and demonstrations are for ages 14-18.

## Demonstration Contest Guidelines

- The time limits for 4-H Demonstrations are 5-15 minutes. (Penalty points are given for being over or under the stated times.)
- Categories for the 4-H Demonstrations contest are as follows:

Agriculture – to include information on agriculture business and economics, aquaculture, permaculture, horticulture, and plant and soil science (e.g. crops, agronomy, gardening).

Animal Sciences – to include information on selection, care, and feeding of animals, financial records, operations, and animal products for small or large animals. This also can include companion animal and horse demonstrations.

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrapbooking, embroidery, quilting, silk screen, batik, block print, corn-shuck flowers, ceramics, jewelry making, and similar topics. This category also includes demonstrations related to photography such as picture taking, composition, framing, or scrapbooking.

Performing Arts – all demonstrations related to the performing arts including theatre, dance, musical instruments, and musical performance.

Clothing & Textiles – to include construction techniques, wardrobe selection and planning (color, design, accessories, appropriate dress for various occasions), selection, use of and care of clothing-related equipment, care of clothing, posture as it relates to fit, fibers, and textile-related topics.

Family & Consumer Sciences – to include information on childcare, consumer and financial education, family life, and home environment. **THIS CATEGORY EXCLUDES CLOTHING & TEXTILES AND FOODS. THESE ARE SEPARATE CATEGORIES.**

Foods – to include preparation skills and creativity in using foods for meals and snacks (including breads). Please submit a copy of the recipe on the day of the event.

Health – to include information on physical activity, bullying, substance abuse, personal development, and safety.

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. both juniors or both seniors). Each participant must have a significant speaking AND presentation role in the demonstration. **Youth may participate in either the individual demonstrations or the team demonstration category. They may NOT do both.**

Natural Resources – includes entomology (insects), environment, geology (rocks/minerals/fossils), forestry (trees), soils, water, and wildlife. This category can include science-fair type experiments related to these topics.

Shooting Sports – includes proper care and cleaning of equipment, safety, sighting alignment and shooting techniques, selecting equipment and ammunition. Weapons of any sort cannot be brought into buildings or on the grounds of school or university property. This includes firearms, bullets, broadheads, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.

Science, Engineering, and Technology (SET) – to include information on ATV safety, aerospace/rocketry, biotechnology, bicycle, energy, GPS/GIS, robotics, general science, and computer science (may not use computer projection equipment in place of posters). This category can include science-fair type experiments related to these SET topics.

- 4-H youth may participate in only one demonstration category. For example, the 4-H member cannot do an individual demonstration and a team demonstration.
- Visual aids should be used in a 4-H Demonstration. The 4-H member must use poster(s) or trifold display boards to outline or show the steps involved in the demonstration. Other visual aids and props may be used as well.
- 4-H youth may have help in preparing and setting up the demonstration, but there cannot be any help from parents, teachers, or audience members during the demonstration.
- After the 4-H member presents a conclusion to the demonstration, he/she should ask the audience if they have any questions. The question and answer portion will NOT be included in the time of the demonstration.
- Illustrated talks are permitted in the demonstrations category. An illustrated talk uses pictures and other visual aids in presenting the topic instead of the youth performing a hands-on demonstration.

How many participants can you send to the County Contest?

Demonstrations

JES 4<sup>th</sup> – 4

JES 5<sup>th</sup> – 4

SES 4<sup>th</sup> – 3

SES 5<sup>th</sup> – 4

RSES 4<sup>th</sup> – 5

RSES 5<sup>th</sup> – 5

RCMS – 1 champion per class

RCHS – 1 champion per class

Project Clubs – 2 champions per club

Home School Club – 8

NOTE: Please only send ONE demonstration per category (i.e. only one demonstration in Team, only one demonstration in Foods, etc.)

Timeline

Jan-early March

Write/Prepare/Practice demonstration

March 11, 2025

Registration deadline for demonstrations to 4-H agent

Please register youth on the official entry form.

Late March

County Demonstrations Contest (tentative – depending on weather)

TBA

E1/E2 4-H Communications Competition

July

Kentucky 4-H Communications Day (Lexington area)

For further information, please contact:

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**Russell County**  
**4-H Demonstrations Contest**  
**Registration Form**

Teacher \_\_\_\_\_ School/Grade \_\_\_\_\_

Student(s) Name	4-H Age	Demonstrations Category	Title of Demonstration

Please fax this form to (270) 866-8645 or e-mail to [christy.martin@uky.edu](mailto:christy.martin@uky.edu) by Tuesday, March 11, 2025 by 3:30pm.

