

# GARRARD COUNTY 4-H SPEECH CONTEST

**WHEN: MARCH 13TH, 2025 AT 5:45 P.M.**

**WHERE: GARRARD MIDDLE SCHOOL**



**ONE OF THE KEY MEMORIES FOR SEVERAL 4-H ALUMNI IS THE FIRST SPEECH OR JUST PREPARING AND DELIVERING THEIR SPEECH IN FRONT OF A CLASSROOM**

**TO REGISTER FOR THIS EVENT, PLEASE CLICK ON USE THE QR CODE AND COMPLETE THE ONLINE FORM.**



**YOU HAVE THE OPPORTUNITY TO MOVE ON TO AREA AND STATE LEVEL COMPETITION**

**ATTACHED TO THIS FLIER WILL BE SOME INFORMATION ABOUT REQUIRED LENGTH OF SPEECH AND SOME TIPS ABOUT DOING YOUR BEST!!!**



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Lexington, KY 40506



# Kentucky 4-H State Communication Contest

## *Speech and Demonstration Contest Rules and Categories*

### General Rules

1. This event includes speeches and demonstrations (individual and team).
2. The age of a young person participating in the State Communication Contest is the age they are on January 1 of the program year in which the state contest is held. Age divisions include: Junior: 9-13 years old; Senior: 14-18 years old.
3. Each Area Grouping can send one participant per category.
4. The state standard is that State Communication Contest participants earn a blue ribbon at the Area Grouping level to qualify for the State Communication Contest event.
5. Participants can participate in one speech and one demonstration category per year.
6. State champions may participate only in categories in which they have NOT previously won.
7. It is suggested that the speech or demonstration given by the 4-Her be a new topic from previous years.
8. The contestant will be introduced by name and title by the room host. There will be no penalty if name and subject or title is used during the presentation.
9. A penalty of three points will be subtracted from the participant's total overall score for time errors (under/over time). The time requirement penalty will apply to the state contest, but not necessarily to county or area events. Participants will be eligible for champion placement.
10. The decisions of the judges are FINAL.

### Speech Specific Rules

11. Speeches by Senior level 4-H members must be between 5 to 7 minutes long. Speeches by Junior level 4-H members must be between 3 to 5 minutes.
12. Senior level: Because this is an educational learning experience, the Senior 4-Her is expected to choose a topic, research and write their own speech. A participant may have help with practicing the speech. Junior level: The 4-Her may have assistance in writing and preparation based on age level.
13. 4-H members should dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
14. No visual aids will be used in speech competitions. Custom costumes\* and/or electronic equipment (with the exception of electronic notes, see #15) are considered visual aids. Speakers using visual aids will receive a ribbon but will not be considered for champion placement. \*If a 4-Her would not wear the item on a daily basis, then the item is considered a costume item and is not allowed.
15. The use of note cards/electronic notes is optional. Points will not be added or subtracted for the use of notes unless the speaker uses them in a distracting manner. \*Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
16. Dramatic readings, dramatic monologues and recitation of poems (as the entire speech) including web-based information will not be accepted. Excessive or distracting body or hand gestures will be counted against participants in the scoring section.

### Demonstration Specific Rules

17. Participants can receive assistance while practicing their demonstration, which may involve rehearsing in front of peers, club leaders, and others. However, at the Senior level, 4-H members are expected to showcase their own original work. This includes selecting a topic, conducting research, and writing their own speech or demonstration. While the internet can be used for reference, it should not be relied upon for non-original content.
18. A participant may have help setting up their demonstration but may not have another person helping during the demonstration. Only team demonstrations may have more than one person participating.

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Assistance from the audience is not permitted.

19. Team demonstrations are permitted at the state level. They will follow the same rules and regulations of the single participant demonstrations. Two 4-H members will comprise a team. Each person must have a significant speaking and presentation portion. Team demonstrations will be placed in a Junior Category or a Senior Category regardless of topic. All team members must be in the same age category.
20. Weapons of any sort cannot be brought into the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow, or other firearm.
21. The use of computers and presentation equipment is only permitted in the Digital Media Presentation Demonstration Category. The use of computers or presentation equipment is not allowed in any other category. \*Electronic devices such as smart phones and tablets may be used in place of notecards for any category, however, laptops are not permitted except in the Digital Media Presentation Demonstration Category.
22. Demonstrations must have a posterboard or tri-fold poster as aids during their demonstration with the exception of the Digital Media Presentation Demonstration Category.
23. Videos may not be used during presentations in any category with the exception of the Digital Media Presentation Demonstration Category.
24. Special attire or costumes are permitted when used as visual aids during demonstrations. Otherwise, 4-H members are encouraged to dress in business attire (such as dress shirt, blouse, slacks, dress pants, skirt, dress). Business attire refers to clothing to be worn in professional settings.
25. NO LIVE ANIMALS of any size are permitted.
26. Youth may participate in the individual demonstrations or choose to participate in the team demonstration category. They may NOT do both.

\*Notes for State Contest:

- If judges for the same 4-H member are not within 20 points of one another's score, judges must meet and discuss scores.
- If there is a tie in a category and the judges are not able to come to a consensus, the room host will determine the winner for that category.

### **Speech Categories**

9-Year-Old  
10-Year-Old  
11-Year-Old  
12-Year-Old  
13-Year-Old  
14-Year-Old  
15-Year-Old  
16-Year-Old  
17–18-Year-Old

### **Demonstration Categories**

Junior (9-13) and Senior (14-18) -Category selection should be based on the primary purpose of the demonstration. It is suggested that demonstrations that do not clearly fit into one category be modified to include information and material relative to the selected category.

### **CORE: AGRICULTURE**

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

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

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(Demonstrations on horses or horse related topics can be included in this category, however, it does not qualify the participant for the State Horse Contests as this is a different event).

### **CORE: EXPRESSIVE ARTS**

Visual Arts – to include drawing, painting, mixed media, decoupage, candle making, macramé, scrap booking, 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.

### **CORE: FAMILY & CONSUMER SCIENCES**

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

### **CORE: HEALTH**

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

### **CORE: LEADERSHIP**

Team Demonstrations – any demonstration (regardless of topic) conducted by two (2) 4-H members of the same age category (i.e. either 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.

### **CORE: NATURAL RESOURCES**

Natural Resources– includes Entomology, Environment, Geology, Forestry, 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 the building or on the grounds of school or university property. This includes firearms, bullets, bows and arrows. Mockups, models, and charts must be used instead. Models cannot look like an actual gun, bow or other firearm.

### **CORE: SCIENCE, ENGINEERING & TECHNOLOGY**

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

Digital Media Presentation – must include a hands-on demonstration with the use of presentation software (i.e. PowerPoint, Prezi) regardless of topic. Slides are used in lieu of poster boards. Please bring the presentation on media that can be transferred to another computer (i.e. portable drive).

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# Kentucky 4-H Speech Planning Guide

*Before you start getting your speech ready, it's important to check out the 4-H Speech Contest rules. These rules will give you all the important information and guidelines you need to follow to make sure your speech fits the contest requirements. You can get the contest rules from your county 4-H agent.*

## Preparation Checklist

- Choose a topic
  - Select a title
  - Collect information
  - Organize ideas into three parts: introduction, body, and conclusion
  - Practice giving your speech
- 

## Speech Outline

*Use this outline to organize your ideas into three parts: the introduction, body, and conclusion of your speech. Use additional space as needed.*

## Introduction

*The purpose of your introduction is to capture the attention of your audience. Get them excited to listen to the speech through a joke, a quote, a poem, or a captivating story. Share why this speech can be important to them.*

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## Body

*Explain two or three main points of your topic. Explain each point clearly and concisely, using up-to-date factual information and key points in a logical order.*

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## Conclusion

*Wrap up your speech, summarizing the main points while leaving your audience with an attention-grabbing statement, question, or wrap-up thought. End strong!*

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4KA-04PO  
Kentucky 4-H Communications Program

# 4-H Speeches



## Preparing you for your future!

Do you like to speak in front of a group? Have you ever had to make a speech in your classroom? Would you like to learn the skills and gain the confidence to be an outstanding public speaker? Then you should participate in the Kentucky 4-H Communications Program! 4-H members can learn how to prepare and present a speech on any topic they feel passionate about.

## What is a speech?

A **speech** or talk is 3 to 5 minutes long for junior 4-H members (9-13 years old) and 5 to 7 minutes for senior 4-H members (14-18 years old). No visual aids may be used.

## Preparation

The following steps will help you prepare to give a speech or demonstration.

- **Choose a topic.** Find a subject that you know something about or that is of interest to you. Make sure your topic is not too broad.
- **Select a Title.** Think of a title that relates to the subject and is catchy, original and short. It should suggest the subject without telling the whole story.
- **Collect information.** Think about what you already know about your topic. What examples do you know that will illustrate your speech or demonstration? Is there a poem, a song, or a joke that you can use to make a point clear? Why is the topic important?
- **Organize materials.** Separate your materials and ideas into three parts: introduction, body and conclusion. Use the **4-H Speech Guide** at the end of this publication.
  - **Introduction.** Get the attention of your audience, make them want to listen, inform them of your subject and show them how the subject concerns you. Tell a story or joke, or read a quote. Tell the audience what you are going to talk about and why that topic is important to them.
  - **Body.** Select two or three main points and explain each point. Use accurate and up-to-date information. Arrange key points in logical order.



# *When using gestures, try to be natural and relaxed.*

- **Conclusion.** Briefly restate your main ideas. Leave your audience with an attention-grabbing statement, question or wrap-up thought.
- **Make note cards.** Do not write your entire speech on cards. Have only the main points and key words written down. Note cards should help you organize your speech but should not be a distraction.
- **Practice!** Give your speech in front of a mirror and in front of friends and family.



## **Delivery**

- **Eye Contact.** Look directly into the eyes of your audience during your speech. Look at people in various parts of the audience.
  - **Posture.** Stand in a comfortable position with your feet several inches apart and your back straight.
  - **Voice.** Speak loudly and clearly enough for all to hear. Try to sound conversational. Do not yell or talk too softly.
  - **Gesture.** When using gestures, try to be natural and relaxed.
  - **Emphasis.** Pause just before and after an important point. You may also change your tone of voice or step closer to the audience.
  - **Quotations.** Give full credit to your source and pause before and after so the audience knows where the quote begins and ends.
- **Notes.** Do not write your entire speech on cards. Do not read from your note cards! Refer to your cards for the main points you want to make.
  - **Attire.** Dress appropriately for your audience and topic. Costumes are *not* allowed for speeches.

## **Practice, Practice, Practice!**

As you practice your speech or demonstration, ask your leader, teacher or family to evaluate it using the checklist below.

- Dress clean, neat and appropriate
- Posture erect but not stiff
- Gestures poised and natural
- Voice easily heard
- Voice expressive
- Introduction interesting, brief and gives purpose
- Body of speech well organized in logical order
- Eye contact with the audience
- Correct grammar and vocabulary
- Notes do not distract
- Talk flows smoothly from one point to the next
- Subject matter accurate and up to date
- Suitable for age

Contact your County Extension Agent for 4-H Youth Development for more information on the 4-H Communications Program!

Adapted by Jennifer Tackett from Speak Up! Kentucky 4-H Talk Meet (4KA-01PB) by Jann Burks and Would You Like to Do a 4-H Demonstration? (4KA-02PA) by Anna B. Lucas and Susannah Denomme.

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# 4-H Speech Planning Guide

**Title** \_\_\_\_\_

## **Introduction**

Introduce your subject using a story, quote, or joke. Should be short and designed to get the attention of your audience. Tell the audience what you are going to talk about and why that topic is important to them.

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## **Body**

The most important part of your speech. Select one or two main points and give facts to explain or back them up.

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## **Conclusion**

Summarize your main points. Use a story or quote to express your point. Finish strong with an attention-grabbing statement, question or wrap-up thought!

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**NAME:** \_\_\_\_\_ **COUNTY:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_ **TITLE:** \_\_\_\_\_

**Instructions:** Write the appropriate rating in the "Score" column. Make comments to help participants identify their strengths and areas for improvement. Use the back of the sheet if necessary. Scores below a three must include a comment.

EVALUATION CRITERIA	EXCELLENT	VERY GOOD	GOOD	FAIR	POOR	SCORE	COMMENTS
<b>APPEARANCE:</b> 1. Neat, well-groomed, dressed appropriately.	5	4	3	2	1		
<b>AUDIBILITY:</b> 1. Pitch, volume, speed, tone, rhythm.	5	4	3	2	1		
2. Clear pronunciation.	5	4	3	2	1		
3. Clearly heard and easy to understand.	5	4	3	2	1		
4. Enthusiastic, personality shows through.	5	4	3	2	1		
5. Speaker captures and retains audience attention.	5	4	3	2	1		
<b>EYE CONTACT AND POISE:</b> 1. Eye contact with audience.	5	4	3	2	1		
2. Gestures natural (contribute to talk).	5	4	3	2	1		
3. Posture (erect but not stiff).	5	4	3	2	1		
4. Body language exhibited by contestant desirable.	5	4	3	2	1		
5. Effective use of notes (if used; displays confidence & composure).	5	4	3	2	1		
<b>ORGANIZATION OF MATERIAL:</b> 1. Introduction gets audience attention & introduces subject.	5	4	3	2	1		
2. Main points organized.	5	4	3	2	1		
3. Flow of speech (smooth with no unnecessary pauses).	5	4	3	2	1		
4. Conclusion (short, interesting, and final).	5	4	3	2	1		
<b>GENERAL:</b> 1. Originality.	5	4	3	2	1		
2. Use of correct grammar and vocabulary.	5	4	3	2	1		
3. Information age appropriate.	5	4	3	2	1		
4. Speaker understands the content of the speech.	5	4	3	2	1		
5. Subject matter accurate and up to date.	5	4	3	2	1		

**TIME:** \_\_\_\_\_ **TIME PENALTY: YES/NO** \_\_\_\_\_ **TOTAL SCORE:** \_\_\_\_\_

**TIME:** SENIOR: 5-7 min; JUNIOR: 3-5 min. Participants going over/under time will be assessed a one-time penalty of 3 points from the final, averaged score and **WILL BE ELIGIBLE** for a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> placing.

**SCORING:** **BLUE 100 - 80** **RIBBON:** **BLUE** **PLACE** **CHAMPION**  
**RED 60-79** **RED** **2<sup>ND</sup>**  
**WHITE 59 AND BELOW** **WHITE** **3<sup>RD</sup>**

SCORE 1	
SCORE 2	
AVERAGE	
TIME PENALTY	
FINAL SCORE	

**JUDGE SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

