



Colorado State 4-H FCS Skill-A-Thon Contest Rules

Contest Rules

A. There are two components to the FCS Skill-a-thon contest – Identifying items related to Sewing and Clothing, Interior Design and Housing, Foods and Cooking as well as judging two nutrition classes. Individuals or teams of 3 or 4 members can participate. All identifications and judging will be done individually. Scores for teams will be combined. 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 identifications and the judging classes. 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 Smoothies. Contestants will have 15 minutes to place the two classes.

Study materials can be found on the State 4-H Conference Website.

Awards: Awards will be given for individual and team placings.