



**COLORADO STATE UNIVERSITY**  
**EXTENSION**

## **FCS Skill-a-thon Rules**

### **Eligibility**

A. A State/territory/District of Columbia is allowed only one entry in only one division of a contest in a national 4-H competitive event each year. An entry is an individual, in the events where individuals compete against individuals only, or a team in events where total team scores are computed and recognition given to the team. Individuals may be recognized in those events that are primarily team events.

1. One team per state with a maximum of four participants.

2. If states do not have a full team of three or four, they may participate as individuals.

B. Entries not officially entered will not be permitted to participate for any reason. C. Please review the Western National Roundup Eligibility Requirements at <https://co4h.colostate.edu/national-western-roundup/>

### **FCS Skill-a-thon Contest Rules**

A. FCS Skill-a-thon Classes will be judged by 3 or 4 person teams. On a four-person team, the lowest overall 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/Clothing related ID: (50 possible points) Identify from a provided list fabric, 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/Housing related ID: (50 possible points) Identify from a provided list decorating technique, colors, patterns, design elements and/or layouts. Contestants will have 15 minutes to identify 25 items.

3. Food/Cooking related ID: (50 possible points) Identify from a provided list appliances, utensils, spices, herbs and/or other food related item. 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 or Healthy Snacks, Contestants will have 15 minutes to place the two classes.
5. Life Skills Assessment (To be completed as a team. 60 points possible) 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, Child Proofing the Home, Dining Out, Meeting and Greeting. 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 FCS Classic website.

### **III. Awards**

- A. Awards will consist of Grand and Reserve Rosettes and awards for the 1st and 2nd place teams, and 3rd- 5th place teams will receive ribbons. Grand and Reserve Rosettes and awards for 1st and 2nd place individuals and 3rd - 5th place individuals will receive ribbons. Grand and Reserve Rosettes will be given to the 1st and 2nd place teams, and 3rd - 5th place teams will receive ribbons in Life Skills Assessment.
- B. If only one individual/team is registered for the FCS Skill-a-thon the contest will still be held. To receive a champion award the individuals must receive at least 80% of the total points and the team should receive at least 80% of the total points.

### **IV. 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
- \*Trail Foods
- \*Cereals
- \*Healthy Snacks
- \*Placing Card Example

Refer to website for study guides available for the **FCS Skill-a-thon ID Classes**.