

2022 State 4-H Congress Competition Policies and Guidelines

1. Participants have a responsibility to review the rules, resource documents, and score sheets which can be found on the state 4-H website at:
 - a. <http://ext.vt.edu/topics/4h-youth/competitions/index.html>.
2. State contests will use the rules, score sheets, etc. posted only on the competitions web page listed above, regardless of how qualifying county and district contests are run. Local units and districts are encouraged to adopt and abide by the state rules out of fairness to youth participants. For contests in which there is a national event, contestants should check the national rules for any differences at that level of competition.
3. 4-H Congress (and therefore state level competition at Congress) participation is limited to senior age 4-H youth, those ages 14-19 as of September 30 of the 4-H year. Mixed-age acts that competed at the unit or district level will be ineligible at the state level. (Example: four young people in a Share-the-Fun act where at least one is age 13 or less would not qualify.)
4. All Congress competitors must have participated in a qualifying event whether at the unit or district level, depending on local situation. All units and districts are encouraged to hold contests prior to Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited on subjects but do have to fit into one of the above categories. Contestants should be prepared to show judges the connection/correlation to the category area. Judges' or contest managers' decisions are final.
6. Competition scoring will follow the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below). Overall high score blue ribbon winner in each category will receive a medal. Modifications have been made for competition categories where the total score is greater than 100 points.
7. A 4-H member can participate in only one competitive event during Congress even if he/she qualified in more than one contest at previous levels of competition. It is difficult when youth are assigned to multiple competitive event locations and difficult to arrange the scheduling of two competitions to accommodate one individual at two different events.
8. At 4-H Congress, the Share-the-Fun contests have limits on the number of acts each unit can send. Each unit may send one act per Share-the-Fun category.

9. A unit may send more than one participant in all competition categories except Share-The-Fun. For example, a unit may send more than one 4-Her to compete in public speaking, fashion revue, presentations, etc. Check specific team contest rules for the number of teams and the number of participants on a team allowed in state competitions.
10. The genre of presentations, demonstrations, public speaking, STF acts, fashion review garments, etc. must remain consistent between unit/district and state competitions. Improvements based on input provided by the last judging panel can be incorporated, but the genre of the work cannot be changed.
11. Once a youth is the overall state winner in a competition category, he/she cannot compete in that category again at the state level. For instance, if a youth is the overall winner in vocal, he/she cannot compete in vocal again, but could compete in another category such as instrumental, variety, forestry, or foods, etc. State medal winners should not repurpose their act to try to fit into another category in another year.
12. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants in order to compete. Pre-registration is required; see Congress information for deadlines.