2022 GUIDELINES FOR 4-H ROUND UP
FCS (FAMILY CONSUMER SCIENCE) SKILL-A-THON

Objectives of the State 4-H Round Up FCS Skill-a-thon:

A. Is designed to give youth a broad perspective of FCS through competitive activities.

B. Provides an opportunity for members to develop life skills in a friendly but competitive setting by demonstrating the breadth of their knowledge and understanding of FCS practices and principles related to foods, sewing and housing.

1. Participants must have reached their 13th birthday by January 1 of the year attending or have completed the 7th grade by Roundup. Two teams or no more than 8 delegates from each county may participate in the State FCS Skill-a-thon Contest. To be eligible to go on to the Denver National Western Competition, the winning team must be 15 by January 1 of the year of the national contest.

2. Contest Rules

A. Classes may be judged by 3 or 4 person county teams. On a four-person team, the lowest overall score is considered drop score and that person will automatically become the alternate. Team score is a combination of top three scores on the four individual classes.

B. If a county does not have a team, an individual may pair up with other individuals from various counties who do not have a team, to participate in the state workshop/contest. These individuals will not be eligible for the national contest.

3. Classes and Activities to be Completed:

1. Sewing/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/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/Cooking related ID: (50 possible points) Identify from a provided list appliances, utensils, spices, herbs and/or other food related items. Contestants will have 15 minutes to identify 25 items.

4. Food Nutrition Judging Class: (100 possible points) Rank two classes of four similar food related items based on a scenario provided. Classes may include snacks, menus and/or specific food items. Contestants will have 15 minutes to complete.
5. Life Skills Assessment (To be completed as a team. 50 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. Teams will have 10 minutes to prepare the response and 5 minutes for the oral presentation. Questions (scenarios) will come from the 2014 Life Skills Assessment Study Materials found on the Round Up website. (Class new for July 2014 State 4-H Round-Up Contest.)