

HEALTH AND SAFETY INDIVIDUAL PUBLIC SPEAKING CONTEST

GENERAL GUIDELINES

- **Junior division contestants** shall be 4-H members who are eight years old and enrolled in the third grade to 13 years old on January 1st of the current year.
 - Junior division contestants' speeches are to be 2 1/2 to 3 1/2 minutes with a 10 point deduction if under 2 1/2 minutes or over 3 1/2 minutes.
 - **Senior division contestants** shall be 4-H members who are 14 years of age or over on January 1st of the current year.
 - Senior division contestants' speeches are to be 4.0 to 5 1/2 minutes in length. Senior division speeches under 4.0 or over 5 1/2 minutes will be penalized 10 points.
1. Each contestant must bring to the event a legibly written or typed copy of their talk (to be written by contestant), and a completed single page biographical form (provided by mail along with state fair admission ticket). No written/typed materials will be required for the preliminary contests.
 2. Contestants are to select a topic of human health or safety that affects family living, whether it is in the home, on the farm, on the highway, or in public places. A local example and supporting statistics (with sources cited) are required. Speeches should be written/prepared by the 4-H member giving the speech. Contestants shall not include music, singing, or dancing as part of their speech. Contestants who do so will be penalized 5 points.
 3. There will be no time allotted or credit given for questions from the audience.
 4. Prompters (scripts, note cards, verbal cues, signaling) and props may not be used when the contestant is speaking. No visual aids or props are permitted. Trademarked or "brand names" of products should not be used or mentioned in the presentation. Gestures should be used carefully and minimally. Note cards will not be permitted in the junior or senior divisions at the preliminary or state contests.
 5. Appropriate dress is required for all 4-H Public Speaking participants. The use of costumes is not permitted. All participants must wear shoes. A five point deduction will be made for dress or shoe infractions.
 6. All contestants will be required to use a microphone when giving their speeches at the state level. Failure to use the microphone at the state level will be a 10 point deduction.
 7. Verbal profanity or inappropriate words written on clothing or visual aids/props is forbidden.
 8. Judges will evaluate all individual participants based upon the following criteria: 30% Content; 30% Organization; and 40% Delivery. NOTE: Refer to score sheet for more specific information.

