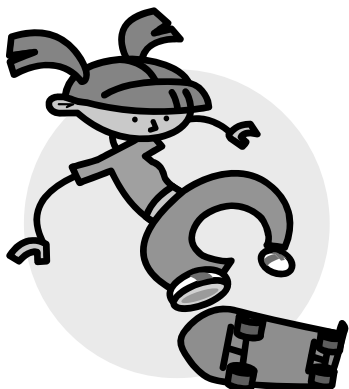




Freestyle 4-H Demonstration

For Junior & Intermediate 4-H



Are you really good at something? Can you yo-yo? Can you make paper airplanes? Decorate jeans with jewelry? Can you skateboard well?

Freestyle 4-H Demonstrations lets you:

- Share what you know.
- Talk in front of an audience.

What You Will Learn:

- To provide step-by-step instructions.
- To organize information.
- To answer questions.
- To communicate clearly.

Score Cards for this Project

More information about this project, including a score card, is found in the senior 4-H competitive events information.

Levels of Competition

Look at **General Event Policy for eligibility.**

http://www.aces.edu/fourh/docs/programs/General_Contest_Policy.pdf

Check the **Alabama 4-H Age and Eligibility Chart to determine the divisions of 4-H Membership.**

http://www.aces.edu/fourh/docs/programs/Eligibility_Chart.pdf

The Rules

- Compete by yourself or on a two-person team.
- No live animals or endangered or threatened plants.
- If you use equipment, use it safely.
- Do you plan to use open flames, chemicals, power tools, sharp objects (knives, saws, clippers, fish hooks, etc), or ATVs in your demonstration? **Talk to your 4-H County Office for permission and safety rules.**
- Demonstrations should be 5-10 minutes. No more than 5 minutes for set-up. Set-up time and answer period are NOT included in the 5-10 minutes demonstration limits.
- You may use notes, but don't read from them.
- Contest facilitators will supply a table and an easel. You must supply anything else.
- The demonstration area is indoors and limited to an 8-foot by 8-foot area.
- Follow the 4-H Dress Code.
- PowerPoint presentations, slides, and videos are okay to use. You must bring all equipment. They should not replace you speaking to your audience.
- Cover or remove any visible brand name labels.

Something to Think About

Can you use what you have learned to help others? Service to others is an important part of 4-H.



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