FREESTYLE DEMO

What You Will Do in Freestyle Demonstration

- Share your skills and knowledge.
- Be comfortable in front of an audience.
- Celebrate your uniqueness.

What You Will Learn

- Provide step-by-step instructions.
- Organize information.
- Answer questions and communicate clearly.

The Rules of Freestyle Demo

1. Compete by yourself or on a two-person team. Youth on teams should be the same 4-H age level (e.g., Senior Level II).

2. The demonstration area is indoors and limited to an 8-foot by 8-foot area.

3. Follow the 4-H Dress Code.

4. No live animals or endangered or threatened plants.

5. If you use equipment, know how to operate it safely.

6. Senior Level 4-H members must submit a community service report. Failure to do so will result in disqualification.

Refer to the Alabama 4-H Competitive Events webpage to review the General Contest Policy and the Age & Eligibility Chart.

LEVELS OF COMPETITION

For details on eligibility, see the General Event Policy.

Junior Level I:
9 to 11 years old on December 31 of the current calendar year (compete only at local and regional level).

Intermediate:
12 to 13 years old on December 31 of the current calendar year (compete only at local and regional level).

Senior Level I:
14 to 15 years old on December 31 of the current calendar year.

Senior Level II:
16 to 18 years old on December 31 of the current calendar year.
The Rules of Freestyle Demo (Continued)

7. Your demonstration is more than a talent show. 
   (Example: If you choose to play the piano, 
   demonstrate different types of music, influence 
   of music in the world, or some other interest that 
   involves music.)

8. If you plan to use open flames, chemicals, 
   power tools, sharp objects (knives, saws, 
   clippers, fish hooks, etc.), or ATVs in your 
   demonstration, follow the Risk 
   Management Guidelines.

9. Demonstrations should be 5 to 10 minutes. 
   No more than 5 minutes for setup. Setup 
   time and answer period are not included 
   in the demonstration limits.

10. You may use notes, but don’t read from them.

11. Event facilitators will supply one table and one 
    easel. You must supply anything else.

12. PowerPoint presentations, slides, and videos 
    are okay to use, but must be provided by the 
    presenter and should not replace you speaking 
    to your audience.

13. Cover or remove any visible brand name labels.
FREESTYLE DEMO

Risk Management

If you plan to use open flames, chemicals, power tools, sharp objects, or ATVs in your demonstration, you must complete a Risk Management form two weeks before the event.

Your written Risk Management Plan should be provided to the following:

- County event: County Extension Coordinator
- Regional event: 4-H Foundation Regional Extension Agent
- State event: 4-H Events Coordinator

The plan should include:

- How you are planning to transport and store the item before and after your demonstration
- How you will use the item in the demonstration
- How you will ensure that the demonstration is safe for you and the audience

Include your name, age, county, email address, daytime phone number, and your 4-H agent’s name. If there are concerns about your plan, you will be notified before the event. Bring a copy of your plan to the event.

How to Get Started

Select a topic.

Decide on a title that will grab the audience’s attention. It should be simple and tell what you will demonstrate.

Determine the purpose of the demonstration. You know a lot of stuff, but you only have 5 to 10 minutes to teach it. Don’t try to cover too much. Stay focused on a main idea.

Develop an outline of the topic.
A good demonstration has four parts:

1. **The introduction.**
   Tell what you are going to cover. Make the introduction creative, interesting, and informative. You might ask a question, give a startling statistic, or involve the audience in a short activity. Include your purpose and a list of things you might need.

2. **The body.**
   Put together a step-by-step plan. For each step explain what is being done, how it is being done, and why it is being done. Decide which steps may be finished or partially finished ahead of time. Plan how the audience will be able to see each step. Do you need to prepare samples or large drawings? Try arranging the demonstration area so that you are working from left to right or right to left.

3. **The summary.**
   During the summary, display the finished product and highlight the main points. Motivate your audience to try your ideas. Decide if your audience needs a handout to take home for future reference or a small sample of the finished product.

4. **The response to questions.**
   Repeat the question to the audience so that everyone can hear. Then provide the answer. After answering all the questions, it is a good idea to end the demonstration by saying, “This concludes my demonstration,” or simply, “Thank you.” Remember to smile.
New Community Service Component

Telling a great story, showcasing projects at a community library, speaking at the local nursing home, or organizing a community cooking or a building blocks workshop are great opportunities to serve others. Serving others helps build your academic skills, learn civic responsibility, and develop leadership. It may also give you a good opportunity to meet new people, publicize 4-H, and practice your communication skills. Alabama 4-H is now requiring all Senior Level 4-H members to add a community service component to all 4-H Competitive Events. Each Senior Level 4-H member will have to complete the 4-H Community Service Report as a part of their project. 4-H members will be disqualified if the community service report is not included.

It is important that you decide what service you can provide, not have a parent or 4-H leader make this decision for you. Groups of young people are encouraged to work together to discover how they can serve their community.