

# 4-H DAY GUIDE

## Post Rock District | 2023-2024 4-H Year

postrock.ksu.edu > 4-H > Events > [4-H Day](#)



## Kansas 4-H Communications

Kansas 4-H members have been learning communication skills and building confidence for more than 100 years. Through engagement in 4-H, youth will learn to interpret verbal and nonverbal information, develop effective public speaking skills, enhance written and spoken communication, defend a point, design a presentation, and much more! Kansas 4-H has many helpful resources to assist you with developing communication skills. Visit the [Kansas 4-H Communications Project](#) webpage or the [Post Rock District > 4-H > Projects and Resources > Communications](#) webpage for resources. Learn more about common 4-H presentations in the [Kansas 4-H Presentation Overview](#). If you can't find a resource to meet your needs, please contact your local Post Rock District Office.

## Post Rock District 4-H Day Events

4-H Day is an opportunity for Post Rock District 4-H members to showcase and further develop communication skills. It's an opportunity to learn and practice skills necessary to clearly organize and present ideas and instructions through a variety of communication and presentation strategies.

### FEBRUARY 10 EVENT DETAILS

February 10, 2024 @ Beloit United Methodist Church (801 N. Bell Street)

Communications contests will take place in the morning beginning at 8:00a.m. Schedules will be made and emailed to participating families as soon as possible after the registration deadline. **REGISTRATION DEADLINE IS FEBRUARY 1.**

### MARCH 4 EVENT DETAILS

March 4, 2024 @ Smith Center Jr./Sr. High School (300 Roger Barta Way)

Communications contests will take place in the afternoon beginning at 4:00p.m. Schedules will be made and emailed to participating families as soon as possible after the registration deadline. **REGISTRATION DEADLINE IS FEBRUARY 22.**

### REGISTRATION

Register for both events online at the Post Rock District website: [postrock.ksu.edu > 4-H > Events > 4-H Day](#). Registration will open on January 10 and is due by 11:59p.m. on listed registration deadline. If you cannot register online, call your local Post Rock District Office during business hours before the deadline, and we will complete your online registration on your behalf during a phone conversation.

Late registrations will be accepted, but they will not receive scheduling priority. No late registrations will be accepted after 4:30p.m. on February 8 for the 4-H Day in Beloit. No late registrations will be accepted after 4:30p.m. on February 29 for the 4-H Day in Smith Center.



## SPECIAL CONSIDERATIONS

If you register and have a last-minute change of plans (i.e. illness), you will be allowed to adjust your registration to a contest with a virtual option.

## PARTICIPATION

Participants, volunteers and spectators are expected to follow the Kansas 4-H Code of Conduct. This includes behavior, presentation content, visuals, etc. Post Rock District 4-H Day is a district-level experience. Participants must be actively enrolled in the Post Rock District through 4-H Online. Cloverbud members can experience 4-H Day on a participation basis only, participating in no more than one individual area as well as no more than one group area. Youth can participate at one or both Post Rock District events; however, a participant or group cannot enter the same entry at both events.

## VIRTUAL ENTRY EXPECTATIONS

Recorded presentations can only be submitted for judging for individual entries in project talks, illustrated talks, demonstrations, public speaking, and public serve announcement (PSA). These entries are not eligible for OPS awards. Model meeting entries will only be submitted as a recorded video entry and are eligible for an OPS award. All other contest areas are for in-person participation only. **All virtual entries are due to a Post Rock District Office before or on March 4, 2024.** Submit by a flash drive or with a sharable online link (i.e. google drive) emailed to Post Rock District staff. Entries will be judged after the completion of in-person events and results shared with the participant as soon as available.

Judges understand virtual entries are not professionally recorded. Judges are evaluating the presenter and their presentation skills, and they will not be judging video editing skill. Presentations do not need to be video edited. Presentations should not be recorded multiple times for perfection. The best learning experience for the youth will be when the recording environment is set-up and scheduled to imitate an in-person competition. It is most important that the judge can clearly see and hear all components of the presentation they would look for during an in-person presentation. If you need assistance planning for recording a virtual presentation, contact a Post Rock District office three weeks before your desired recording date.

## AGE DIVISIONS

Post Rock District 4-H Day age divisions are determined before January 1 of the current 4-H year.

Cloverbud Division = 5–6 years old  
Junior Division = 7–9 years old

Intermediate Division = 10–13 years old  
Senior Division = 14 years and older

## AWARDS

Each 4-H member in the Junior, Intermediate and Senior Divisions will be judged based on the contest area's expectations. Written feedback will be provided to each youth along with a white, red, blue, or purple ribbon ranking. In each contest area, one Outstanding Presentation Sensation (OPS) award will be selected from the top purples in the respective age division, if the judge determines there is an entry deserving of the award. In eligible contest areas and age divisions, youth earning a purple at a Post Rock District 4-H Day are able to participate at the Kansas State Fair. Failure to meet the expectations outlined for each contest area will impact judging scores.

## JUDGING CONTESTS

Each event will have at least one judging contest for youth to participate in. Contest details will be shared in the District 4-H Newsletter beginning in January. No pre-registration is needed for judging contests. The judging contests are completed on an individual basis and at your own pace. Entries are scored after the event and winners announced when available.

## LEADERSHIP AND SERVICE VOLUNTEER

4-H members, families, clubs, and supporting adults are encouraged to volunteer to assist with 4-H Day. Opportunities will be available for sign-up through the online event registration process.

## QUESTIONS OR CONCERNS

[Contact a Post Rock District Office.](#) Visit our website at [www.postrock.ksu.edu](http://www.postrock.ksu.edu).

# Post Rock District 4-H Day Contest Areas

## PUBLIC PRESENTATION CONTEST AREAS

Unless otherwise stated, there is a two entry maximum per participant in each contest area as long as each entry topic is different. Unless otherwise stated, visual aids are allowed. A projector, projector screen, computer, easel, and table will be available in each presentation room. All virtual visual aids must be brought to the presentation on a flash drive by the presenter. Internet is not available. No live shooting or loaded firearms allowed.

**Project Talk** – Review the [Kansas 4-H Project Talk](#) fact sheet to learn about this contest area and to gain valuable tips. Cloverbud Division: One entry allowed, Time guideline 1 to 3 minutes. | Junior and Intermediate Divisions: Time guideline 3 to 7 minutes | No Senior Division.

**Illustrated Talk** – Review the [Kansas 4-H Illustrated Talks](#) fact sheet to learn about this contest area and to gain valuable tips. You may also find the [Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form](#) helpful. No Cloverbud Division. | Junior and Intermediate Divisions: Time guideline 4 to 10 minutes. | Senior Division: Time guideline 6 to 15 minutes.

**Demonstration** – Review the [Kansas 4-H Demonstrations](#) fact sheet to learn about this contest area and to gain valuable tips. You may also find the [Kansas 4-H Demonstration or Illustrated Talk Outline Planning Form](#) helpful. No Cloverbud Division. | Junior and Intermediate Divisions: Time guideline 4 to 10 minutes. | Senior Division: Time guideline 6 to 15 minutes.

**Demonstration or Illustrated Talk Group** – Visit the [Kansas 4-H Communications Project](#) webpage for resources. Two to four 4-H members in a group, with each member having an equal amount of speaking and demonstration/illustration roles. No Cloverbud participants. | No age division separation during judging: Time guideline 15 minute maximum.

**Public Speaking** – Review the [Kansas 4-H Public Speaking](#) fact sheet to learn about this contest area and to gain valuable tips. No Cloverbud, Junior or Intermediate Divisions. | Senior Division: Time guideline 5 to 15 minutes.

**Spontaneous Speaking** – Each participant will draw from the topics: Promote 4-H, Personal Interest, Current Event, Entertainment Review. After drawing, the participant will have 10 minutes to compose a talk about the specific topic. No online or print research allowed during preparation time. Participant will be provided with a writing utensil, note paper and index card. Phones and computers are not to be used. When time expires, the participant will present their talk to a judge. No visual aids allowed. Visit the [Kansas 4-H Communications Project](#) webpage for resources. No Cloverbud, Junior or Intermediate Divisions. | Senior Division: One entry allowed, Time guideline 2 to 5 minutes.

**Public Service Announcement** – Entries will be a short, commercial-style live presentation which promotes 4-H. Topics may be about joining 4-H, promoting the club experience, sharing a 4-H success story, exploring a project/experience available through 4-H, etc. Presentations should be designed and presented as if they were going to be recorded for use on a media platform (television, website, social media, radio, voice-over, etc.). Refer to the [Nebraska 4-H Public Service Announcement](#) resource for tips. Before beginning, participant should introduce in 15 to 30 seconds the platform of which the presentation was designed for. Cloverbud Division: One entry allowed, Time guideline 30 second maximum. | Junior, Intermediate and Senior Divisions: Time guideline 30 seconds to 2 minutes.

## MODEL BUSINESS MEETING

Model meetings will not be performed at 4-H Day. They will be recorded by video with audio and submitted virtually. Refer to Virtual Entry Expectations for details about how to submit and the submission detail. The meeting agenda and secretary's notes must be submitted along with the recorded meeting. Submit before or on the day of 4-H Day. It will be judged as soon as possible following the last in-person 4-H Day event and results shared with the club. The OPS will be selected from all district-wide entries. Refer to the [Model Meeting Scoresheet](#) for tips.

## MUSIC CONTEST AREAS

Participants in any music contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. A piano, seat/chair and stand will be available for use. All other instruments and necessary props must be provided by the participant. Accompanist for vocal entries can be an adult. All musical entries must begin with a 1 to 2 minute minimum verbal introduction. It might include introduction of self, name of your musical number, an interesting fact about composer, your instrument, etc. A copy of the music number to be performed is to be submitted to the judge with measures numbered. There is no virtual entry option for any music contest areas.

**Chorus** – No age division separation during judging: Twelve or more 4-H members in group, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform two numbers.

**Vocal Ensemble** – No age division separation during judging: Two to eleven 4-H members in group, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform two numbers.

**Vocal Solo** – Cloverbud Division: Perform one number, Number time guideline 30 seconds to 1 minute. | Junior, Intermediate and Senior Divisions: Perform one number, Number time guideline 30 seconds to 2 minutes based on experience/skill level.

**Band** – No age division separation during judging: Twelve or more 4-H members in group, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform two numbers.

**Instrumental Ensemble** – No age division separation during judging: Two to eleven 4-H members in group, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform two numbers.

**Instrumental Solo** – Cloverbud Division: One entry allowed, Perform one number, Number time guideline 30 seconds to 1 minute. | Junior, Intermediate, and Senior Divisions: Two entry maximum per participant so long as instrument used is different, Perform one number, Number time guideline 30 seconds to 2 minutes based on experience/skill level.

## DANCE CONTEST AREAS

Participants in any dance contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. Participants are responsible for providing their own music and radio. No live music allowed. No speaker system available. No internet available. All dance entries must begin with a 1 to 2 minute minimum verbal introduction. It might include introduction to self, description of dance style, interesting fact about dance, etc. There is no virtual entry option for any dance contest areas.

**Dance Solo** – Cloverbud Division: Perform one number, Number time guideline 15 seconds to 1 minute. | Junior, Intermediate, and Senior Divisions: Perform 1 number, Number time guideline 30 seconds to 5 minutes based on experience/skill level.

**Dance Group** – No age division separation: Two or more 4-H members in group, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 1 number, 30 seconds to 5 minutes based on experience/skill level.

**Other Creative Movement** – No age division separation during judging: Individual or group of any size, Cloverbuds may be included as an “extra” with purpose of participation experience only, Perform 1 number, 30 seconds to 5 minutes based on experience/skill level.

## DRAMATICS CONTEST AREAS

Participants in any dramatics contest area are strongly encouraged to also enter a public presentation contest area. Unless otherwise stated, one entry is allowed per participant in each contest area. Participants are responsible for providing their own props. The judge does *not* need a copy of the script/reading for reference. No speaker system available. No internet available. There is no virtual entry option for any dramatics contest areas.

**Reading** – May be a musical, poetry, dramatic, interpretive, humorous, or other type of reading. No visual aids allowed; however, the participant is to give the presentation with the book/binder of material in-hand. Presentations should begin with a short 15 to 45 second introduction (in addition to reading time) describing reading title, author and why reading was selected. Cloverbud Division: Time guideline 1 to 3 minutes. | Junior and Intermediate Divisions: Time guideline 2 to 5 minutes. | Senior Division: Time guideline 4 to 7 minutes.

**Creative Dramatic or Skit** – Original creations or properly secured royalty dramatics/skits/play may be used. No dramatic/skit/play is barred because of previous year use at a 4-H Day. Presentations should begin with a short 15 to 45 second introduction (in addition to dramatic/skit time) describing title, author and why material was selected. No age division separation during judging: Individual or group of any size, Cloverbuds may be included as an “extra” with purpose of participation experience only, Time guideline 15 minute maximum.

**Other Novelty Talent** – Presentations should begin with a short 15 to 45 second verbal introduction (in addition to talent time). No age division separation during judging: Individual or group of any size, Cloverbuds may be included as an “extra” with purpose of participation experience only, Time guideline 1 to 5 minutes.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting a Post Rock District Office two weeks prior to the start of the event at 785-378-3174. Additional contact information is available at [postrock.ksu.edu](http://postrock.ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**  
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