



# Virginia 4-H Contest Guide- Public Speaking

## Description of Contest

Public Speaking challenges the contestants to develop and deliver a message that informs, influences or entertains an intended audience. They will plan and deliver a speech with an effective beginning, middle and conclusion. The audience, appropriate topic, purpose, research of supporting materials, and appropriate methods of delivery will be considered.

## Levels of Competition

Unit (county), District, State

Age categories are as follows, using September 30<sup>th</sup> of the 4-H year as the determining date.

Juniors (ages 9-11)   Intermediates (ages 12-13)   Seniors (ages 14-18)

## Awards to be Earned

The Danish awards system will be used at all levels of competition. Blue ribbons will be awarded to competitors earning 90-100 points; red ribbons will be awarded to competitors earning 75-89 points; white ribbons will be awarded to competitors earning 74 points or less.

Certain Extension districts award a purple ribbon to the highest scoring youth in the category. Districts determine the awarding of such ribbons. However, these are generally reserved for blue ribbon winners. At the state contest, the highest scoring youth will be awarded a project medal. Youth who win the state project medal are ineligible to compete in that category in future years.

## Rules for this Contest

1. A speech will be judged on its defined parts: a speech, the speaker and the audience. No support materials are permitted. Consideration should be given to the suggested criteria on the Public Speaking Judging Rubric.
2. Public speaking category has no categories based on subject matter, only by age.
3. Time requirements for speech delivery include Juniors = 2-5 minutes, Intermediates = 3-6 minutes, and Seniors = 5-7 minutes. Five points will be deducted for speeches outside of the range.
4. A room chair/facilitator will introduce each contestant. The introduction should not be part of the contestant's speech.
5. Contestants should dress in business casual or professional attire. No costumes or props are allowed.
6. Judges may ask questions of contestants after their speech.

## Educational Resources to Help Prepare for this Contest

VCE Publication 388-028 “Express Yourself: Public Speaking and Presentations”.

Available: [http://www.pubs.ext.vt.edu/4-H/4H-27NP/4H-27NP\\_pdf.pdf](http://www.pubs.ext.vt.edu/4-H/4H-27NP/4H-27NP_pdf.pdf)

National 4-H Curriculum: Communications: “*Picking Up the Pieces*”; “*Putting it Together*”; “*The Perfect Fit*”:

<http://www.4-h.org/resource-library/curriculum/a-to-z-product-listing/>

## Score Sheets for this Contest

VCE Publication 380-066 “4-H Public Speaking Score Sheet”. Available:

[http://pubs.ext.vt.edu/388/388-066/388-066\\_pdf.pdf](http://pubs.ext.vt.edu/388/388-066/388-066_pdf.pdf)

## Sample YouTube Videos of 4-H Youth in This Contest

None available at this time, but this is a goal for Virginia 4-H! If you are interested in creating a how-to video or posting a sample of your work, please contact your unit Extension staff who will work with the State 4-H Office.

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