



# FLORIDA COMPETITIVE EVENTS MANUAL

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# Introduction to Florida Competitive Events

The Florida Competitive Events Program is a series of competitive events in which members are recognized for proficiency and achievements in chapter and individual projects, leadership skills and occupational preparation.

The Florida Family, Career and Community Leaders of America Competitive Events program offers individual skill development and application of learning through the following activities:

- cooperative- teams work to accomplish specific goals;
- individualized- an individual member works alone to accomplish specific goals; and
- competitive- individual or team performance is measured by an established set of criteria.

Competitive Events promote the FCCLA mission to focus on the multiple roles of family member, wage earner, and community leader. Each event is designed to help members develop specific lifetime skills in character development, creative and critical thinking, interpersonal communication, practical knowledge, and applied technology preparation.

Competitive Events encourage active student participation and recognize accomplishments of its members. Cooperation and competition are stressed in positive and constructive ways. Participants must first enter Competitive Events on the district level. All first place winners are then eligible to compete during the State Leadership Conference.

Each participant will receive a medal at the state recognition session that reflects his/her event score. A Gold medal will be received when the average score is 90-100. A Silver medal will be received when the average score is 70-89. A Bronze medal will be received when the average score is 30-69.

## **The Florida Competitive Events program currently includes the following events:**

- **Artistic Reflections**-an individual event, recognizes participants who express their creativity through art and photography that relates to Family and Consumer Sciences, FCCLA in general or the State theme and targets for the current school year. Entrants are required to also write in 100 words or less how their artistic reflection relates to the topic.
- **Chapter in Action Scrapbook**- an individual or team event, recognizes participants who express their abilities and creative talent through documenting and creating scrapbook pages that relate to the State theme and targets for the current school year. The participants keep a record of their activities and participate in the state historian's project of keeping an accurate and informative record of activities throughout the year.
- **Decorative Food Centerpiece**- an individual event, recognizes participants who create a decorative food centerpiece based on a self-selected theme. The participants will explain nutritional information, product availability, and preparation techniques after the completion of the centerpiece.
- **Fashion Construction**- an individual event, recognizes participants who select and construct a single garment, coordinated outfit, or formal/costume. The participant will select a pattern, construct a garment, model the garment and share knowledge of fabric content and care.
- **FCCLA Writes**- an individual event, recognizes participants who express their abilities to write short stories or poetry that relates to the State theme or one of the targets for the current school year. A file folder containing a project identification page, an introductory explanation and the short story or poem must be compiled.
- **Storytelling**- an individual event, recognizes participants who demonstrate knowledge of the sensory and intellectual development of three, four, or five year old children. This knowledge will be demonstrated by the participant's ability to select an appropriate story for one of the three age groups, or combination of age groups, and present it with appropriate visual aids.

## FLORIDA COMPETITIVE EVENT INFORMATION

An individual event is one that is completed by the individual. A team event is one that is completed by team members of up to 3 members. There are no alternates for all Florida or National events.

EVENT	ENTRIES PER SCHOOL	INDIVIDUAL EVENT	TEAM EVENT
<b>Artistic Reflections- Sketch-black &amp; white</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Sketch-color</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Painting</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Photography-color</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Photography-black &amp; white</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Chapter in Action Scrapbook-</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	

<b>Decorative Food Centerpiece-</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Fashion Construction-</b>			
<b>Single Garment</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Coordinated Outfit</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Formal/Costume</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>FCCLA Writes-</b>			
<b>Short story</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Poetry</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	
<b>Storytelling-</b>			
Junior Division	One	1	
Senior Division	One	1	
Occupational Division	One	1	

# Requirements for entering a Florida FCCLA Competitive Event

1. Students' dues must be paid to the National Association by no later than January 31<sup>st</sup> or earlier if designated by the District Adviser.
2. Each member entering an event must complete a Competitive Event Entry Form found in this booklet.
3. The local adviser must complete the District Competitive Event Registration Form found in this booklet.
4. The local adviser must mail to his/her District Adviser the following material no later than January 31<sup>st</sup> or earlier if designated by the District Adviser to be eligible to compete at District Competitive Events:
  - A copy of all National affiliation forms;
  - All participants' Competitive Event Entry Forms completed
  - District Competitive Event Registration Form for chapter
  - Event fees assigned by the District Adviser
5. All district first place winners are eligible to compete at the State Leadership Conference. If a participant is unable to attend the competition, he/she should inform his/her District Adviser as soon as possible so the second place winner could compete.
6. The local adviser must mail or fax the State Competitive Events Confirmation Sheet to the Competitive Events coordinator on or before March 1<sup>st</sup> for the member to be eligible to compete at the State Leadership Conference. This form can be found in the State Leadership Packet along with the events' fee information.
7. **Each chapter must submit one volunteer to judge or chair an event to be eligible to compete at the State Leadership Conference.**
8. The participant or a representative of the participant must attend registration of the Florida Competitive events to pick up a competition time lot. **Failure to register during the allotted time stated in the State Leadership Conference Agenda will result in disqualification.**
9. All FCCLA Writes participants must serve as timers or runners the day of the State Competitive events to be eligible to receive a medal.
10. **Failure to set-up displays in assigned time and/or arriving after competition time the day of Competitive events will result in disqualification both at district and state competitions.**
11. The participant must be present during the Recognition session to be eligible to receive a medal.

## FCCLA Competitive Event Entry Form

Event \_\_\_\_\_

**Event Categories  
(Check One)**

\_\_\_\_\_ JR division (6-9<sup>th</sup>)  
\_\_\_\_\_ SR division (10-12<sup>th</sup>)  
\_\_\_\_\_ OCCUP (10-12<sup>th</sup>)

**Evidence:**

\_\_\_\_\_ N/A  
\_\_\_\_\_ Display  
\_\_\_\_\_ Manual

**Florida Writes:**

\_\_\_\_\_ Short Story  
\_\_\_\_\_ Poetry

**Artistic Reflections:**

\_\_\_\_\_ Sketch (black & white)  
\_\_\_\_\_ Sketch (color)  
\_\_\_\_\_ Painting  
\_\_\_\_\_ Photography (color)  
\_\_\_\_\_ Photography (black & white)

EVERY PARTICIPANT SHOULD COMPLETE THIS FORM IF ENTERING A FLORIDA OR NATIONAL EVENT. PLEASE TYPE OR PRINT IN BLACK INK.

Applicant's Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone Number (with area code) \_\_\_\_\_

**Applicant's signature** \_\_\_\_\_

School name \_\_\_\_\_

School address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

School phone number (with area code) \_\_\_\_\_

Chapter Adviser's name \_\_\_\_\_

**Adviser's signature** \_\_\_\_\_

\_\_\_\_\_ has our permission to participate in the Florida FCCLA District Competitive Events held at \_\_\_\_\_ on \_\_\_\_\_. We understand that every effort will be made to supervise the student, however, we will not hold Florida FCCLA State Association or the \_\_\_\_\_ County Public Schools, or any supervisory staff responsible should an accident occur.

**Parent's signature** \_\_\_\_\_

**Administrator's signature** \_\_\_\_\_



***Return form to District Adviser-- Postmarked no later than January 31<sup>st</sup> or earlier if designated by the District Adviser.***

## **Chapter District FCCLA Competitive Events Registration Form**

*Mail to District Adviser postmarked by January 31<sup>st</sup> or earlier if requested by DA*

School Name \_\_\_\_\_  
 School Phone number \_\_\_\_\_  
 Adviser(s) name(s) \_\_\_\_\_  
 Adviser's home phone number \_\_\_\_\_  
 Adviser's e-mail address \_\_\_\_\_  
 Event adviser would like to volunteer to chair \_\_\_\_\_

**Below print or type the names of the members entering the following Florida Competitive events. The affiliation form(s) should verify that he/she is competing in the correct category and if he/she is in comprehensive or occupational divisions.**

	Junior Division	Senior Division	Occupational Division
<b>Artistic Reflections</b>			
<b>Sketch-black &amp; white</b>	1.	1.	1.
<b>Sketch-Color pencil</b>	1.	1.	1.
<b>Painting</b>	1.	1.	1.
<b>Photography-color</b>	1.	1.	1.
<b>Photography-black/white</b>	1.	1.	1.
<b>Chapter in Action Scrapbook</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Decorative Food Centerpiece</b>	1.	1.	1.
<b>Fashion Construction</b>			
<b>Single Garment</b>	1.	1.	1.
<b>Coordinated Outfit</b>	1.	1.	1.
<b>Formal/Costume</b>	1.	1.	1.
<b>FCCLA Writes</b>			
<b>Short Story</b>	1.	1.	1.
<b>Poetry</b>	1.	1.	1.
<b>Storytelling</b>	1.	1.	1.

Below print or type the names of the members participating in National STAR events at the district level. Participant names must be submitted in Chapter Service and Chapter Showcase events even though they will not compete until the State Leadership Conference.

	Junior Division	Senior Division	Occupational Division
<b>Advocacy</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Applied Math for Culinary Management</b>	N/A	1.	1.
		2.	2.
		3.	3.
<b>Career Investigation</b>	1.	1.	N/A
<b>Chapter Service Project Display</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Chapter Service Project Portfolio</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Chapter in Review Display</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Chapter in Review Portfolio</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Culinary Arts</b>	N/A	N/A	1.
			2.
			3.
<b>Early Childhood</b>	N/A	N/A	1.

	Junior Division	Senior Division	Occupational Division
<b>Entrepreneurship</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Environmental Ambassador</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Fashion Construction</b>	N/A	1.	1.
<b>Fashion Design</b>	N/A	1.	1.
<b>Focus on Children</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Food Innovations</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Hospitality, Tourism &amp; Recreation</b>	N/A	1.	1.
		2.	2.
		3.	3.
<b>Illustrated Talk</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Interior Design</b>	N/A	1.	1.
		2.	2.
		3.	3.
<b>Interpersonal Communications</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.

	Junior Division	Senior Division	Occupational Division
<b>Job Interview</b>	N/A	1.	1.
<b>Leadership</b>	N/A	1.	1.
<b>Life Event Planning</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>National Programs In Action</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Nutrition &amp; Wellness</b>	1.	1.	1.
<b>Parliamentary Procedure</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
	5.	5.	5.
	6.	6.	6.
	7.	7.	7.
	8.	8.	8.
<b>Promote and Publicize FCCLA!</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Recycle &amp; Redesign</b>	1.	1.	1.
<b>Sports Nutrition</b>	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
<b>Teach and Train</b>	1.	1.	1.

# Event Policies

## EVENT CATEGORIES

1. An event category is determined by the participant's current or previous enrollment in Family and Consumer Sciences coursework and grade in school.
2. Event categories are defined as:
  - **Junior**- FCCLA chapter members through 9<sup>th</sup> grade;
  - **Senior**- FCCLA chapter members in grades 10-12 who are identified as comprehensive members on the national affiliation form;
  - **Occupational**- FCCLA chapter members in grades 10-12 who have been or are currently enrolled in wage-earning Family and Consumer Sciences coursework and who are identified as occupational on the national affiliation form.
3. A team composed of both junior and senior comprehensive or occupational members must enter the senior category.
4. A team composed of both senior comprehensive and occupational members must enter the senior category.
5. A team composed of both junior and occupational members must enter the senior category.
6. Any change in membership status must be reported to the State Office before the January 31<sup>st</sup> deadline.
7. No project can be entered in more than one category of a single event, or in more than one event.

## POLICIES

1. Identical presentations of the same project are not to be entered in competition more than one year.
2. Participants are responsible for making their own arrangements for audio and/or visual equipment and assume all costs for equipment rental.
3. Participants are not allowed to distribute any materials to the evaluators unless the event rules specifically allow it. Evaluators are not allowed to keep any items given to them by participants.
4. Participants are responsible for their own event materials. Any items left behind are not the responsibility of FCCLA and may be discarded.

## **POINT DEDUCTIONS**

The following infractions, if applicable, will result in point deductions for the total average score:

1. Failure to turn in a participant file folder containing required event materials at the designated participation time. This rule pertains to FCCLA Writes. Deduction is 2 points per page, up to 10 points.
2. Failure to follow dimensions rules for displays or containers. This rule pertains to Decorative Food Centerpiece. Deduction is 2 points per inch, up to 10 points.
3. Failure to follow page rules or number of copies or participant file folder information. This rule pertains to items in the following events: Fashion Construction, FCCLA Writes and Storytelling. Information in all sets will be reviewed and counted. Deduction is 2 points per page, up to 10 points.
4. Failure to follow specific event guidelines not listed in any other criteria (ex. setup, take down, use of props, pointers, visuals, wall space, etc. when not allowed.) Deduction is 2-5 points to be determined by the evaluators.
5. Failure to use one letter-size file folder and to include the required information typed or written on an upper left corner, when viewed with the folder in a horizontal position. The label should be on the front of the folder not the back tab. Deduction is 2 points.
6. Failure to follow the rules for overlapping and stacking. Deduction is 2 points per page affected, up to 10 points.

# FCCLA National STAR Events

An FCCLA member may enter one Florida Competitive Event or one National FCCLA STAR (Students Taking Action for Recognition) event. If they choose to enter a National STAR event, the first or second place winners at the State competition may be eligible to compete at the National Leadership Conference.

Advisers entering members in a National STAR event at the district competition can download the official **STAR Events** guide from the National FCCLA website. All National event rules and regulations will be followed during Florida's district and state competitions as stated in the STAR events manual. The manual is also a great source of information for the glossary terms used in this booklet, for examples of folder requirements, and the planning process sheet.

At this time the following events are included in the National STAR events program. Please refer to the manual for any changes or additions to the National STAR events.

You will see the events listed below:

- ❖ Advocacy
- ❖ Applied **Math for Culinary Management**
- ❖ Career Investigation
- ❖ Chapter Service Display or **Portfolio** (does not compete at districts/only State)
- ❖ Chapter **in Review Display or Portfolio** (does not compete at districts/only State)
- ❖ Culinary Arts
- ❖ Early Childhood
- ❖ Entrepreneurship
- ❖ Environmental Ambassador
- ❖ Fashion Construction
- ❖ Fashion Design
- ❖ Focus on Children
- ❖ Food Innovations
- ❖ Hospitality, Tourism & Recreation
- ❖ Illustrated Talk
- ❖ Interior Design
- ❖ Interpersonal Communications
- ❖ Job Interview
- ❖ Leadership
- ❖ Life Event Planning
- ❖ National Programs in Action
- ❖ Nutrition & Wellness
- ❖ Parliamentary Procedure-includes a written test segment
- ❖ Promote and Publicize FCCLA!
- ❖ Recycle & Redesign
- ❖ **Sports Nutrition**
- ❖ Teach and Train

Refer to the National STAR Events Manual for the descriptions, rules, regulations and guidelines for the above listed events. Even though Chapter Service Manual or Display and Chapter Showcase Manual or Display does not compete at the district competition the members' names must be included on the Chapter Registration Sheet for them to be eligible to compete at the State Proficiency Events.

### **STAR Events:**

**Advocacy**-an individual or team event, recognizes participants who demonstrate their knowledge, skills, and ability to actively identify a local, state, or national concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law.

**Applied Math for Culinary Management**-An individual or team event, recognizes participants who use Family and Consumer Sciences skills to demonstrate the application of mathematical concepts in the culinary arts industry.

**Career Investigation**-An individual event – recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

### **Chapter in Review ([Display](#) and [Portfolio](#))**

A team event - recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the community.

### **Chapter Service Project ([Display](#) and [Portfolio](#))**

A team event - recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.

**Culinary Arts**-A team event – recognizes participants enrolled in occupational culinary arts/food service training programs for their ability to work as members of a team to produce a quality meal using industrial culinary arts/food service techniques and equipment.

**Early Childhood**- An individual event – recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program.



**Entrepreneurship**-An individual or team event – recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations.

**Environmental Ambassador**—An *individual or team event*, recognizes participants who address environmental issues that adversely impact human health and well-being and who actively empower others to get involved. Participants will research one of the five current topics, investigate areas where they can make a difference, develop and carry out a stewardship project for their home, school, or community, and educate others in their school or community about the problems, effects, and solutions regarding the environmental concern.

**Fashion Construction**-An individual event- recognizes participants who apply fashion construction skills learned in Family and Consumer Sciences courses to create a display using samples of their skills.

**Fashion Design**—An *individual event*, recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles. Participants will develop a clothing label, research the intended audience, and design the label's first 6-piece collection. Students will exhibit knowledge of all the aspects that surround design, including design basics, fabric choice, and pricing.

**Focus on Children**-An individual or team event – recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.

**Food Innovations**—An *individual or team event*, recognizes participants who create, test, and develop a marketing strategy for an original *prototype formula* which fits into the annual food product scenario as identified by national FCCLA. Participants will demonstrate their knowledge of food science, nutrition, food preparation safety, and product marketing.

**Hospitality, Tourism & Recreation**-an *individual or team event*, recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism, or event coordination. Participant(s) will research existing businesses which are similar to their project, develop basic business plan and client services information, and create a website that highlights the business. Participant(s) will demonstrate their customer service knowledge and ability to problem solve through an onsite case study.

**Illustrated Talk**-An individual or team event – recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation.

**Interior Design**-An individual or team event - recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors that meet the living space needs of clients.

**Interpersonal Communications**-An individual event – recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication.

**Job Interview**-An individual event – recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements.

**Leadership**-an *individual* event, recognizes participants who actively evaluate and grow in their leadership potential. Participants use the *Student Leadership Challenge* and supporting materials, to investigate their leadership ability and develop a mentorship relationship to further their leadership development.

**Life Event Planning**-an *individual or team event* that recognizes participants who apply skills learned in Family and Consumer Sciences courses to manage the costs of an event. An event is defined here as any upcoming occasion that will bring changes and/or new experiences and accompanying financial challenges.

**National Programs in Action**-An individual or team event – recognizes participants who explain how the FCCLA planning process was used to implement a national program project.

**Nutrition and Wellness**-an *individual* event, recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health.

**Parliamentary Procedure**-A team event – recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting.

**Promote and Publicize FCCLA!**- an *individual or team event* that recognizes participants who develop an FCCLA promotion and publicity campaign to raise awareness and educate the school, parents, and members of the community about

the importance of FCCLA and Family and Consumer Sciences education. The goal of this event is to provide FCCLA members with communications experience to make a difference by increasing membership, developing partnerships, gaining Alumni & Associate involvement, promoting FACS education, gathering school and community support for their chapter, and contributing to the longevity of the organization and the relevance of its opportunities for members. Additionally, this event will increase member awareness of careers in communications and public relations.

**Recycle and Redesign**-an *individual event* that recognizes participants who apply recycling and redesign skills learned in Family and Consumer Sciences courses and create a *display* using a sample of their skills. Participants select a used fashion or home item to recycle into a new product. Participants will create a brand new product, not simply embellish an old one. However, participants may use additional materials if needed to redesign and creatively embellish the new product. The finished product is displayed with appropriate *props* and coordinates.

**Sports Nutrition**-An individual or team event, recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athletic in a specific sport.

**Teach and Train**-an *individual event*, recognizes participants who demonstrate their ability to explore and experience the career of teaching or training. Participants must prepare a *portfolio* of the teaching/training career, prepare and execute a complete lesson/workshop plan and an *oral presentation*. Senior and occupational participants will also complete a **shadowing experience** of a “best practices” educator.

# FLORIDA COMPETITIVE EVENTS

# Artistic Reflections

Artistic Reflections, an *individual* event, recognizes participants who express their abilities and their creative talent through art or photography that relates to Family and Consumer Sciences, FCCLA in general or the State theme or one of the targets for the current school year. A **file folder** containing the entry form which contains the 100 word or less requirement, must be compiled.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. The Artistic Reflections entry must have been developed and completed within a one-year span beginning July 1 and ending May 30 of the school year before the State Leadership Meeting.
2. The Artistic Reflections entry and all supporting materials must be planned, conducted, and prepared by the participant only.
3. A participant may enter only one category.

## PROCEDURES AND TIME REQUIREMENTS

1. Each entry will submit a file folder with required documents during the Competitive Events Registration time period at the State Leadership Conference.
2. Each entry must provide a display stand with the entry when submitted during registration at the State Leadership Conference.
3. If the participant does not attend the State Leadership Conference, he/she will be ineligible to receive a medal.
4. Evaluators will use the rating sheet to score and write comments for participant(s).

Then evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.

## GENERAL INFORMATION

1. The participant in this event must serve as a room runner or timer during the State Competitive Events competition to be eligible for a medal.
2. The participant will be informed during State Proficiency registration of his/her assigned duty.
3. This event only competes at the State Leadership Conference.

# Artistic Reflections Specifications

## Artistic Entry

The participant will be evaluated on the creation of an artwork or photography related to the field of Family and Consumer Sciences. The event is divided into five categories: Sketch-black & white, Sketch-color, Painting, Photography-black & white or Photography-color. Subject matter must relate in some way to Family and Consumer Sciences, FCCLA in general or the current Theme or Targets of Florida FCCLA. Subject matter must be appropriate with the goals of the organization in mind. Any subject matter deemed inappropriate by the Executive Director will be disqualified. Participant must explain in 100 words or less how you feel your artistic reflections entry relates to this subject. Major Digitally Enhanced pictures are not allowed, however mild adjustment of contrast, color, etc. are allowed, but not recommended.

## Size Guidelines

Size guidelines for photography, the picture must not exceed 1 ½ X 1 ½ feet of the total entry (matting, frame, picture, border, etc.). For painting or sketching, the total dimensions may not exceed 2ft X 2ft.

The entry may be free standing, or flat. The back support (found on most picture frames) will not be counted in the required dimension size. Students may choose freely in regards to how they present their entries. However, judging will include workmanship and creativity.

Each entry must provide a display stand when submitted at the State Leadership Conference in order to be properly displayed for judging. Entries will be on display for a specified timeframe during the conference.

Labels for identification are provided below and **MUST** be attached to the back or bottom of all entries. Each school must place proper identification on all entries. Be sure to include the name of the individual, school, school address and category of the entry.

## File Folder

Participant will submit a one page paper containing the competition entry information. The paper must be labeled in the following manner. On the top left corner of the page, list the participant's name, school name, district number, and the name of the event and the event category.

# Chapter in Action- Scrapbook

Chapter in Action Scrapbook, an *individual or team* event, recognizes participants who express their abilities and creative talent through documenting and creating scrapbook pages that relates to the State theme and targets for the current school year. This competition is to encourage chapters to keep a record of their activities and to participate in the state historian's project of keeping an accurate and informative record of activities throughout the year.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. The Scrapbook entry must have been developed and completed within a one-year span beginning July 1 and ending May 30 of the school year before the State Leadership Conference.
2. The Scrapbook entry and all supporting materials must be planned, conducted, and prepared by the participant(s) only.
3. FCCLA chapters may enter one entry in each of the five categories in Junior, Senior and Occupational divisions. Schools with grade 6-12 that have only one chapter will enter the Senior division.
4. Participant(s) will enter just one event and may not enter any other Florida Competitive event or National STAR event.

## PROCEDURES AND TIME REQUIREMENTS

1. Participants will register with their District Adviser on or before January 31<sup>st</sup> to

indicate that they will be competing at the State Leadership Conference events.

3. Participants will turn in their Scrapbook entry during Competitive Events registration.

4. Evaluators will use the rating sheet to score and write comments for the participant. Then evaluators will meet with each other to discuss participant strengths and suggestions for improvement.

5. The participant will be instructed of the time to return to the Competitive Events Headquarters to pick up the entry.

6. Selected entries may not be returned to the chapter. They may become a permanent part of the state scrapbook which will be displayed at the State Leadership Conference.

7. The total time required for this event is approximately 30 minutes.

## GENERAL INFORMATION

1. The participant in this event must serve as a room runner or timer during the State Competitive Events competition to be eligible for a medal.

2. Participant must bring all supplies needed for this event.

3. This event only competes at the State Leadership Conference.

# Chapter in Action Scrapbook Specifications

## Divisions:

There will be three (3) divisions: Junior Division (grades 6-9), Senior (grades 10-12) and Occupational (10-12, wage earning course). Schools with grades 6-12 that have only one chapter will enter the Senior Division. Schools with more than one properly affiliated chapter will enter their appropriate divisions.

## Requirements:

- Emphasis is placed on evidence of activities in which members are involved. Materials should illustrate only activities of submitting chapter and its members. For example, do not use pictures of other people and chapters at the district meeting.
- Entries may not be returned to the chapter. Instead, they may become a permanent part of the state scrapbook, which will be displayed at the State Leadership Conference. Entries that do not become part of the state scrapbook will be returned at the state conference.
- Chapters are to send in scrapbook pages measuring 11  $\frac{3}{4}$  x 14  $\frac{1}{4}$ “, gray in color. Entries should consist of not more than six (6) individual pages, which must be mounted on both sides. **Entries not using both sides of the paper will be disqualified.** Entries should not include a title page, theme page or any extra information. (Pages with size/color specifications are available through API, 1123 First Avenue, East, Newton, Iowa 50208).
- The following materials are not all required, but should follow the guidelines if submitted:
  - Photographs: clear and in good condition
  - Newspaper clippings: including the masthead and date, original copy
  - Invitations: original copy
  - Programs: original copy
  - Public news releases: original copy
  - Other items: either original or very clear copy
- The name of the school must appear and be visible on each sheet in the upper outside corner. Appropriate captions must identify projects, places, and so forth. Captions must be clearly printed in ink or typed. Purchased lettering may be used. Letter color and type should be consistent and coordinated throughout the entry.
- There must be evidence of activities relating to ALL of the current year's state targets.
- Judges will consist of the state historian, State Executive Director, local student members, district and local advisers, and other appropriate representatives from school, such as yearbook editor or language arts Instructor. Community leaders are also encouraged to be judges.
- First, second, and third place winners in each division will be recognized at the State Leadership Conference.



# Decorative Food Centerpiece

Decorative Food Centerpiece, an *individual event*, recognizes participants who create a decorative food centerpiece based on a self-selected theme. The participants will explain nutritional information, product availability, and preparation techniques after the completion of the centerpiece.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. Participation is open to FCCLA members who affiliated in an affiliated chapter before January 31<sup>st</sup>.
2. Only one participant per school per category may compete in this event.
3. The Decorative Food Centerpiece presentation and all supporting materials must be planned, conducted, and prepared by the participant only.

## PROCEDURES AND TIME REQUIREMENTS

1. The participant must use fruits and/or vegetables as the centerpiece ingredients. The following items may be used as enhancements to the centerpiece: skewers, toothpicks, gelatin/aspic, nuts, coconut, food coloring, fresh/dried herbs and spices, edible flowers and dry ice. There is no limit to the number of items used. Skewers and toothpicks may show only if they are an integral part of the piece.
2. The finished piece must be displayed on a tray, mirror, plate, and etc. that is no larger than 18 inches.
3. No advance preparation (other than the preparation of aspic or gelatin) may be done. Fruits and vegetables should be washed prior to the event

4. Participants will have 5 minutes to set up for the event. Other persons other than the participant may not assist set up.
5. The decorative centerpiece preparation **may be up to** 40 minutes in length. A one-minute warning will be given at 39 minutes. The participant will be stopped at 40 minutes.
6. Following the preparation, evaluators will have 5 minutes to interview the participant.
7. The participant will have 5 minutes to clean up work area.
8. Evaluators will use the rating sheet to score and write comments for participant(s). Then evaluators will meet with each other to discuss participants' strengths and suggestions for improvement.
9. The total time required for this event is approximately 50 minutes. The total event may be shortened with more than one participant competing for the evaluators at staggered starting times.

## GENERAL INFORMATION

1. A table will be provided.
2. Participants must bring all other supplies and equipment.

# Decorative Food Centerpiece Specifications

## Decorative Food Centerpiece Presentation

The participant will have 5 minutes to set-up all materials and supplies. The Decorative Food Centerpiece must be completed in no more than 40 minutes. The evaluators will interview the participant for 5 minutes after presentation. There will be 5 minutes for work area clean up.

Appearance	Participants are expected to wear a uniform appropriated for a food service establishment. (Chef jacket, smock or apron, chef pants or black pants, closed toe shoes, no jewelry other than a watch, no acrylic fingernails or nail polish and a chef hat or hair net.)
Clean Fruits and Vegetables	Fruits and vegetables should be washed prior to the event. Leafy greens may be separated in order to thoroughly wash them. Canned, dried or frozen items may be opened prior to the event.
Work area neatly maintained	The work area should be keep neat and organized throughout the presentation. Everything should be in its place.
Safe use of equipment	Participants will provide their own display products, knives and other cutting and decorative tools. They should demonstrate the use of their equipment in a safe manner.
Sanitation of Workplace	Participants are expected to keep and leave the workstation in a sanitary manner.
Illustrates a theme	The decorative food centerpiece should illustrate a theme of the participant's choosing. The participant should explain the theme during the interviewing section of the event.
Reflects creativity and originality	The decorative food centerpiece should be a creative, original design of the participant. The ideas may come from researched materials that the participant has arranged differently.
Appropriate <i>mise en place</i>	During the preparation of the decorative food centerpiece all materials, supplies, and equipment should be keep neatly and organized in its place when not in use.
Level of difficulty	The level of difficulty of the garnishing and knife skills should reflect the category of the event entered.
Response to Evaluator's Questions	After the completion of the decorative food centerpiece the evaluators will ask questions during a 5-minute time period. The participant does not talk during the preparing of the centerpiece.
Ability to explain technique	The participant will explain the nutritional information, seasonality, product availability, costs and preparation techniques. Note cards may be used.
Place card	Upon completion of the centerpiece, the participant will place a 3" x 5" card to the right of the centerpiece with the following information: Name of Centerpiece Name of Event and Category Participant's name Name of School

# Fashion Construction

Fashion Construction, an *individual* event, recognizes participants who select and construct a single garment, coordinated outfit, or formal/costume. The participant will select a pattern(s), construct a garment(s), model the garment(s) to demonstrate fit, and share knowledge of fabric content and care.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. The Fashion Construction entry must have been developed and completed within a one-year span beginning July 1 and ending May 30 of the school year before the State Leadership Meeting.
2. The Fashion Construction entry and all supporting materials must be planned, conducted, and prepared by the participant only.
3. Junior, Senior and Occupational members may participate in the formal/costume category.

## PROCEDURES AND TIME REQUIREMENTS

1. Participants will wear his/her garment(s) to the event room at the designate participation time to model garment(s) to demonstrate fit.
2. After modeling in front of the evaluators, the participant will place the garment(s) on a hanger attaching pattern envelope(s), pattern guides(s), completed garment analysis, and 3" x 5" identification card.
3. Evaluators will use the rating sheet to score and write comments for participant.

Then evaluators will meet with each other to discuss participant strengths and suggestions for improvement.

4. The participant will be instructed of the time to return to the event room to pick up the entry.

5. The total time required for this event is approximately 30 minutes.

## GENERAL INFORMATION

1. Participant must bring all supplies needed for this event.
2. Minor improvements on the entry can be made after district competition.
3. All first, second, and third place winners in each four categories at District are invited to participate in the Annual State Fashion Show. Others may be included if space allows.

# Fashion Construction Specifications

## Fashion Construction Categories

**All members in all divisions may enter:**

1. Single Garment- one garment that may be, but is not limited to: a dress, blouse/shirt, skirt, pants, or shorts.
2. Coordinated Outfit- an outfit that includes at least 2 garments but not more than 3.

**Senior and Occupational members may also enter:**

3. Formal/Costume wear- no more than a 3 piece garment appropriate for evening wear or special event.

## Garment Evaluation

The garment(s) must contain at least **3 of the following sixteen techniques in the Junior division and 5 in the Senior and Occupational divisions.**

- Collar with interfacing
- Facing or bias binding
- Fasteners, three or more (hooks, snaps, etc.)
- Darts or Princess seams
- Zippers
- Sleeves (set-in)
- Waistband with interfacing
- Pocket
- Hand sewn hem
- Decorative stitching or trims
- Pleats or tucks
- Gathers
- Lining
- Buttons with buttonholes
- Creative pattern modification (include explanation)
- Creative construction modification (include explanation)

## Attached to Entry

The participant will complete and securely attach the following items to the entry, which will be placed on a hanger for evaluators after modeling.

- Pattern envelope(s) and pattern guide(s)
- Completed garment analysis
- A 3" x 5" index card with the following information:
  - FRONT**- List of skills participant wishes to have evaluated.
  - BACK**- Name of Event and Category, Participant's Name, School Name and Florida District Number

# **Fashion Construction Specifications**

## **Suitability and Knowledge of Materials**

Materials, patterns, and notions must be appropriate. Fabric and pattern should be harmonious. Some examples of non-harmonious choices would be using woven fabric with a pattern sized for knits or stripes when the pattern cautions against suitability.

Examples of appropriate notions would include suitable zippers for the weight and design of fabric and matching color. Buttons should be appropriate for the garment design. Elastic should not twist.

## **Construction Techniques**

Participants should explain any unusual design details or construction modifications on the garment analysis sheet.

If a nap fabric is used, the nap should run in the same direction throughout the garment.

However, preference to direction is at the discretion of the participant.

Seam finishes should be appropriate for the fabric. For example, a turn and stitch might be too heavy for a denim fabric.

Seam finishes are, but not limited to, turn and stitch, stitched and pinked, serged, open and closed zigzag. Seams such as welt, flat felled and French can be substituted for a seam finish.

Knits do not necessarily need to have a seam finish.

Machine stitches should fall in the normal range of stitch length. Tension of the thread needs to be such that there are no loops or puckers.

Backstitching at the ends of the seams is not necessary as long as the seam is consistently secured.

A serged hem is an appropriate design feature but cannot be used as one of the sewing skills.

## **Construction Skills**

The collar should lay flat, have appropriate interfacing (same or slightly lighter in weight), have both ends the same length, be centered on the garment, and under-stitched.

Fasteners need to be neatly sewn and must have a minimum of three.

Facing need to be under-stitched, clean finished, graded, and tacked by machine or hand.

Button and button holes should be evenly spaced, pucker free, buttonhole fits button, and cut completely open.

Darts should be sewn straight, pressed correctly, and points tied off or reduced stitched length.

Princess seams should have no puckers and if pressed open should be clipped and notched.

## FASHION CONSTRUCTION

### Garment Analysis

District: \_\_\_\_\_

Division:

Junior: grade 6 7 8 9

Senior: grade 10 11 12

Occupational: grade 10 11 12

Circle One:

Single Garment      Coordinated Outfit      Formal/Costume

**Instructions:**      The cost analysis will be used to figure the cost of a single garment or a coordinated outfit (list each piece separately). If any items were donated, place an asterisk (\*) by the item and give an approximate cost. The total cost of the garment will be all costs combined.

	#1	#2	#3
<b>GARMENT TYPE:</b>	_____	_____	_____
<b>PATTERN: Company</b>	_____	_____	_____
<b>Number</b>	_____	_____	_____
<b>Size</b>	_____	_____	_____

**YARDAGE CALCULATIONS:**      Complete for any yard goods

	Content				Fabric
<b>Fabric:</b>	_____ yds.	@	_____ per yard=	\$	_____
	_____ yds.	@	_____ per yard=	\$	_____
	_____ yds.	@	_____ per yard=	\$	_____
<b>Interfacing:</b>	_____ yds.	@	_____ per yard=	\$	_____
	_____ yds.	@	_____ per yard=	\$	_____

ITEM COST	#1	#2	#3
Pattern			
Fabric			
Interfacing			
Notions:			
Thread			
Zipper			
Buttons/Snaps			
Seam Binding/tape			
Other: Itemize			

**TOTAL COST = \$** \_\_\_\_\_

# FCCLA Writes

FCCLA Writes, an *individual* event, recognizes participants who express their abilities to write short stories or poetry that relates to the State theme or one of the targets for the current school year. A **file folder** containing a project identification page, an introductory explanation and the short story or poem must be compiled.

This event was previously titled “Pauline Willoughby Literary Event.” Pauline Willoughby started her career as a Family and Consumer Sciences teacher (then called Home Economics) and then served the state as a Regional Specialist. She was a great supporter of FACS and the members involved in FCCLA (then FHA/HERO). The literary event was the first competition offer in FCCLA and honored Ms. Willoughby’s commitment and dedication to the organization through its title.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. The FCCLA Writes entry must have been developed and completed within a one-year span beginning July 1 and ending May 30 of the school year before the State Leadership Meeting.
2. The FCCLA Writes entry and all supporting materials must be planned, conducted, and prepared by the participant only.
3. A participant may not enter both short story and poetry categories.

## PROCEDURES AND TIME REQUIREMENTS

1. Each entry will submit a file folder with required documents to the event room consultant at the designated participation time.

2. If the participant does not attend the State Leadership Conference, he/she will be ineligible to receive a medal even though the judges have already evaluated the entry.
3. Evaluators will use the rating sheet to score and write comments for participant(s). Then evaluators will meet with each other to discuss participants’ strengths and suggestions for improvement.
4. The total time required for this event is approximately 20 minutes.

## GENERAL INFORMATION

1. The participant in this event must serve as a room runner or timer during the State Proficiency Events competition to be eligible for a medal.
2. The participant will be informed during State Proficiency registration his/her assigned duty.
3. Improvements to the entry may be made after District competition before submission to State.

# Florida Writes Specifications

## Literary Entry

The participant will be evaluated on the creation of a short story or poem that incorporates language arts skills in the writing materials for and related to the field of Family and Consumer Sciences. The event is divided into two categories: short story or poetry. Topics must be selected from the current year's theme or one of the targets. The entry shall contain a maximum of 1,000 words. The short story must be a typed, double-spaced manuscript. The poem may be single-spaced, with double spacing between verses. If any illustrations are used on the pages of the entry, credit must be given.

## File Folder

Participant will submit one letter-size *file folder* containing three identical sets, with each set stapled separately, of the items listed below to the event room consultant at the designated participated time. The *file folder* must be labeled in the front top left corner with the name of the event, event category, participant's name, school name, and Florida district number.

Project Identification Page	One 8 ½" x 11" page on plain paper, with no graphics or decorations; must include participant's name, school, city, state, Florida district number, presentation title, and theme or state target chosen.
Introductory Explanation	One 8 ½" x 11" page which denotes the relationship of the creative entry to the particular state target or theme.
Creative entry	Short story or poem related to current state theme or one of the state targets. Maximum of 1,000 words. Any illustrations must be credited as a footnote at the end of the entry. If quotes are presented, credit must be given. Follow typing style instructions stated above.



# Storytelling

Storytelling, an *individual event*, recognizes participants who demonstrate knowledge of the sensory and intellectual development of three, four, or five year old children. This knowledge will be demonstrated by the participant's ability to select an appropriate story for one of the three age groups, or combination of age groups, and present it with appropriate visual aids.

## EVENT CATEGORIES

**Junior:** grades 6-9

**Senior:** grades 10-12

**Occupational:** grades 10-12 enrolled in a wage-earning course

## ELIGIBILITY

1. Participation is open to any nationally affiliated FCCLA member.
2. The Storytelling presentation and illustrations must have been developed and completed within a one-year span beginning July 1 and ending May 30 of the school year before the State Leadership Meeting.
3. The Storytelling presentation and all supporting materials must be planned, conducted, and prepared by the participant only.

## PROCEDURES AND TIME REQUIREMENTS

1. Each participant will submit a 4" x 6" index card with required information and a copy of the book or their original story to be used for the presentation to the event room consultant at the designated participation time.
2. The participant will have 5 minutes to set up for the event. Other persons may not assist.
3. The oral presentation **may be up to 10** minutes in length. A one-minute warning will be given at 9 minutes. The participant will be stopped at 10 minutes.

4. Following the presentations, evaluators will have 5 minutes to interview the participant.

5. Evaluators will use the rating sheet to score and write comments for the participant. Then evaluators will meet with each other to discuss participant's strengths and suggestions for improvement.

6. The total time required for this event is approximately 25 minutes.

## GENERAL INFORMATION

1. A table and 1 chair will be provided.
2. Participants must bring all other supplies or equipment. Wall space will not be available.

# Storytelling Specifications

## Storytelling Presentation

The participant will select one story appropriate for storytelling. The story can be the creation of the participant or one that has been commercially published. Participants will not read the story from a book, but will tell the story before the evaluators as if they were a group of three, four, or five year old children. The presentation may be up to 10 minutes in length and is delivered to the evaluators.

Index card and Presentation Book	The participant will hand the room consultant at the time of the event a 4" x 6" index card with the name of event and category, participant's name, Name of School, Florida District number, and Title of story, author and age level. Also a copy of the book or original story to be used for the presentation.
Introduction	Introduction should gain the attention of the children and build anticipation for the story. The introduction may consist of a finger play, song, visit from a puppet, conversation about the story theme, etc. Costumes and introductory material will not be considered a visual aid.
Verbal Presentation	The participant's voice quality should be clear and distinct. Correct enunciation and pronunciation should be used. The vocabulary of the story should be age-appropriate.
Facial Expression	Should reflect the mood of the story. Eye contact needs to be made with the evaluators.
Selection of story	The story should be age-appropriate for the age level chosen. It needs to hold the interest of the children and challenge their imaginations.
Visuals	Visuals may consist of puppets, toys, flannel boards, pictures, flip charts, or any other suitable materials or objects. The visuals will be used as an integral part of the presentation but the emphasis is on storytelling. The materials should be used effectively to tell the story. The materials should be used creatively and be appropriate for the chosen age group.
Conclusion	A conclusion for the story should be presented. The ending lets the children know the story is finished and may include a review or a clarification of ideas.
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding story selection, importance of introductions/conclusions, personal qualities of storytellers, how the story is age-appropriate, and/or other aspects of storytelling. Questions are asked after the presentation.