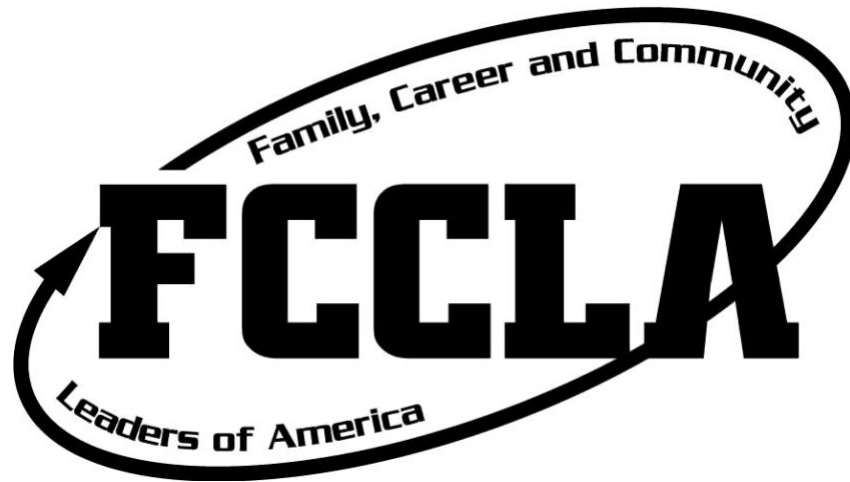


Updated 10/2021



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 and second place winners are then eligible to compete during the State Leadership Conference, except Culinary Arts and Baking and Pastry.**

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 Proficiency Competitive Events program currently includes the following events:

- **Artistic Reflections**-an *individual* event that 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 also required to write, in 100 words or less, how their artistic reflection relates to the topic.
- **Chapter in Action Scrapbook**- an *individual or team* event that recognizes participants who express their abilities and creative talent through documenting and creating scrapbook pages using digital design, that relate to the State theme and targets for the current school year submitted through a shared-digital file . 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 that 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 that 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 that 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 shared-digital file folder containing a project identification page, an introductory explanation and the short story or poem must be compiled.
- **Storytelling**- an *individual* event that 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.
- **Dessert Chopped**- an *individual* event that recognizes participants who express their culinary abilities and their creative talent through making a non-baked dessert from just the ingredients found in their basket.
- **Chicken Fabrication** - an *individual* event that will showcase the best of participants' knife skills. The participant will safely fabricate a chicken into eight pieces, meeting industry standards and demonstrating proper safety and sanitation procedures.
- **Culinary Knife Skills** –an *individual* event that will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

- **Server Relay**- a *3-member team* event that recognizes students who demonstrate their ability to set a table with designated table settings and napkin folds working against the clock.

FLORIDA PROFICIENCY COMPETITIVE EVENTS

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
Artistic Reflections-			
Sketch-black & white			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Sketch-color			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Painting			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Photography-color			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Photography-black & white			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Chapter in Action Scrapbook			
Level One	One	1	
Level Two	One	1	

Level Three	One	1	
Decorative Food Centerpiece-			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Fashion Construction-			
Single Garment			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Coordinated Outfit			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Formal/Costume			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
FCCLA Writes-			
Short story			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Poetry			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Storytelling-			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	

Culinary Events-			
Dessert Chopped			
Level One	One	1	
Level Two	One	1	
Level Three	One	1	
Chicken Fabrication			
Level Two	One	1	
Level Three	One	1	
Chicken Fabrication			
Level Two	One	1	
Level Three	One	1	
Server Relay			
Level One	One		3
Level Two	One		3
Level Three	One		3

Requirements for entering a Florida FCCLA Proficiency Competitive Event

1. Students' dues must be paid to the National Association by no later than October 31st.
2. Each member entering an event must complete a Competitive Event Entry Form found in this booklet or use the designated online registration links provided by the District Adviser.
3. The local adviser must complete the District Competitive Event Registration Form found in this booklet if the District Adviser does not use the online registration format.
4. The local adviser must mail the following material to his/her District Adviser no later than December 1st (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 (as needed)
 - District Competitive Event Registration Form for chapter (as needed)
 - Event fees assigned by the District Adviser
5. All district first and second 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 third place winner could compete.
6. The District Adviser must email the results of their District Competition to confirm the student competition is accurate and legitimate to the State Competitive Event Chair or State Office.
7. **Each chapter must submit one volunteer for every six registered competitors to be eligible to compete at the State Leadership Conference.**
8. All Level 3 FCCLA Writes and Artistic Reflections participants will serve as a runner / assistant for a specific competitive event on the day of the State Competitive Events to be eligible to receive a medal.
9. **Failure to set-up displays in the assigned time and/or arriving after competition time the day of Competitive Events will result in disqualification both at district and state competitions.**
10. The participant must be present during the Recognition session to be eligible to receive a medal.

FCCLA Florida Proficiency Entry Form

Event Name _____

**Event Categories
(Check One)**

_____ Level 1 (6-8th)
_____ Level 2 (9-10th)
_____ Level 3 (11-12th)

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 DATE

Chapter District FCCLA Competitive Events Registration Form

Mail to District Adviser postmarked by DATE

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.

	Level 1	Level 2	Level 3
Artistic Reflections			
Sketch-black & white	1.	1.	1.
Sketch-Color pencil	1.	1.	1.
Painting	1.	1.	1.
Photography-color	1.	1.	1.
Photography-black/white	1.	1.	1.
Chapter in Action Scrapbook	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Decorative Food Centerpiece	1.	1.	1.
Fashion Construction			
Single Garment	1.	1.	1.
Coordinated Outfit	1.	1.	1.
Formal/Costume	1.	1.	1.
FCCLA Writes			
Short Story	1.	1.	1.
Poetry	1.	1.	1.
Storytelling	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.

	Level 1	Level 2	Level 3
Baking and Pastry	N/A	N/A	1.
	N/A	N/A	
	N/A	N/A	1.
Career Investigation	1.	1.	1.
Chapter Service Project Display		3.	3.
	1.	1.	N/A
Chapter Service Project Portfolio	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Chapter in Review Display	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Chapter in Review Portfolio	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Culinary Math Management	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Culinary Arts	N/A	N/A	1.
			1.

Early Childhood	N/A	N/A	1.
	Level 1	Level 2	Level 3
Entrepreneurship	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Event Management	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Fashion Design	N/A	1.	1.
Food Innovations	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Hospitality, Tourism & Recreation	N/A	1.	1.
		2.	2.
		3.	3.
Interior Design	N/A	1.	1.
	N/A	2.	2.
	N/A	3.	3.
Interpersonal Communications	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Job Interview	N/A	1.	1.
Leadership	N/A	1.	1.
National Programs In Action	1.	1.	1.
	2.	2.	2.

	3.	3.	3.
	Level 1	Level 2	Level 3
Nutrition & Wellness	1.	1.	1.
Parliamentary Procedure	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
	4.	4.	4.
	5.	5.	5.
	6.	6.	6.
	7.	7.	7.
	8.	8.	8.
Professional Presentation	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Promote and Publicize FCCLA!	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Public Policy Advocate	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Repurpose & Redesign	1.	1.	1.
Say Yes to FCA Education	1.	1.	1.
Sports Nutrition	1.	1.	1.
	2.	2.	2.
	3.	3.	3.

Sustainability Challenge	1.	1.	1.
	2.	2.	2.
	3.	3.	3.
Teach and Train	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:
 - **Level 1-** FCCLA chapter members in grades 6- 8th grade.
 - **Level 2-** FCCLA chapter members in grades 9-10th grade.
 - **Level 3-** FCCLA chapter members in grades 11-12th grade.
3. A team composed of both two different levels must enter the highest level.
4. A team composed may not be composed of a Level 1 and Level 3 member.
5. Any change in membership status must be reported to the State Office before the January 31st deadline.
6. 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 online- viewable 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 Proficiency 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** Guideline from their chapter portal or on the Florida FCCLA website under [competitive events](#). 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.

FLORIDA
PROFICIENCY
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 **digital file folder** containing the artwork, the 100 word or less essay requirement, and a single document identifying the artist and target must be compiled.

EVENT CATEGORIES

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

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 digital file folder with required documents during the online Competitive Events Registration time period for the State Leadership Conference.
2. Each entry **may** provide a display stand for the Artistic Reflections Gallery Exhibit 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. Level 3 participants 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 photograph 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 they feel their 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. Participants may not use images with a copyright /trademark or already existing artwork/image (example: Mickey Mouse, Coca-Cola, etc).

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 may 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 in the Artistic Reflections Gallery Exhibit.

File Folder

Participant will submit a one page document containing the competition entry information. The document 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. Another document will be submitted containing the 100 word explanation of the entry to Family and Consumer Sciences, FCCLA, or the State theme and targets.

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 digital 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

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

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 Level 1, Level 2 and Level 3. Schools with grade 6-12 that have only one chapter will enter Level 3.
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 31st to indicate that they will be competing at the State Leadership Conference events.
2. Participants will turn in their digital Scrapbook entry during online Competitive Events registration.
3. 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.
4. Entries may become a permanent part of the state scrapbook which will be displayed on the Florida FCCLA webpage.

GENERAL INFORMATION

1. Level 3 participants in this event must serve as a room runner or timer during the State Competitive Events competition to be eligible for a medal.
2. This event only competes at the State Leadership Conference.

Chapter in Action Scrapbook Specifications

Divisions:

There will be three (3) divisions: Level 1, 2, and 3. Schools with grades 6-12 that have only one chapter will enter Level 3. 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 on the Florida FCCLA webpage.
- Chapters are to send in digitally designed scrapbook pages in color. Entries should consist of not more than six (6) individual pages. Entries should not include a title page, theme page or any extra information.
- 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, clear copy of original
 - Invitations: clear copy of original
 - Programs: clear copy of original
 - Public news releases: very clear copy
 - Other items: 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 typed. 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

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

ELIGIBILITY

1. Participation is open to FCCLA members who affiliated in an affiliated chapter before January 31st.
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 kept 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.

***Please note this event has separate divisions. The following pages reflect each division and its eligibility requirements.**

EVENT CATEGORIES

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

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. Level 1, 2 and 3 members may participate in the single garment and coordinated outfit category.
4. Level 2 and 3 members may participate in the formal-wear or costume-wear category.

PROCEDURES AND TIME REQUIREMENTS

1. Participants will wear his/her garment(s) to the event room at the designated 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, attach the pattern envelope(s), pattern guides(s), completed garment analysis (**found on pgs. 27, 30, & 33**), and a 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 (single garment, coordinated outfit, formal-wear, and costume-wear) at District are invited to participate in the Annual State Fashion Show. Others may be included if space allows.

Fashion Construction-Single Garment Specifications

All members in Level 1, 2, and 3 may enter:

Single Garment- one garment that may be, but is not limited to: a dress, blouse/shirt, skirt, pants, or shorts.

Garment Evaluation

In Level 1, the garment must contain at least 3 of the following techniques.

In Level 2 and 3, the garment must contain at least 5 of the following techniques.

- 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
- Buttonholes and hand sewn buttons
- 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 the 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. There must be a minimum of three fasteners.

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

Buttons and button holes should be evenly spaced, pucker free, buttonhole should fit the button, and cut completely open. Buttons should be hand sewn.

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.

Garment Analysis

District: _____

Division:

- Level 1: Grade 6 7 8
- Level 2: Grade 9 10
- Level 3: Grade 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
GARMENT TYPE:	_____	_____	_____
PATTERN: Company	_____	_____	_____
Number	_____	_____	_____
Size	_____	_____	_____

YARDAGE CALCULATIONS: Complete for any yard goods

	Content				Fabric
Fabric:	_____ yds.	@	_____ per yard=	\$ _____	
	_____ yds.	@	_____ per yard=	\$ _____	
	_____ yds.	@	_____ per yard=	\$ _____	
Interfacing:	_____ 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 = \$ _____

Fashion Construction-Coordinated Outfit Specifications

All members in Level 1, 2, and 3 may enter:

Coordinated Outfit- an outfit that includes at least 2 garments, but not more than 3.

Garment Evaluation

In **Level 1**, the garment must contain at least 3 of the following techniques.

In **Level 2 and 3**, the garment must contain at least 5 of the following techniques.

- 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
- Buttonholes and hand sewn buttons
- 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 the 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. Button should be hand sewn.

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.

Garment Analysis

District: _____

Division:

Level 1: Grade 6 7 8

Level 2: Grade 9 10

Level 3: Grade 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
GARMENT TYPE:	_____	_____	_____
PATTERN: Company	_____	_____	_____
Number	_____	_____	_____
Size	_____	_____	_____

YARDAGE CALCULATIONS: Complete for any yard goods

	Content					Fabric
Fabric:	_____ yds.	@	_____	per yard=	\$ _____	
	_____ yds.	@	_____	per yard=	\$ _____	
	_____ yds.	@	_____	per yard=	\$ _____	
Interfacing:	_____ 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 = \$ _____

Fashion Construction-Formal/ Costume Wear Specifications

Level 2 and 3 members may enter:

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

Garment Evaluation

In **Level 2 and 3**, the garment must contain at least 5 of the following techniques.

- 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
- Buttonholes with hand sewn buttons
- 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 the 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.

Garment Analysis

District: _____

Division:

Level 1: Grade 6 7 8

Level 2: Grade 9 10

Level 3: Grade 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
GARMENT TYPE:	_____	_____	_____
PATTERN: Company	_____	_____	_____
Number	_____	_____	_____
Size	_____	_____	_____

YARDAGE CALCULATIONS: Complete for any yard goods

	Content				Fabric
Fabric:	_____ yds.	@ _____	per yard=	\$ _____	
	_____ yds.	@ _____	per yard=	\$ _____	
	_____ yds.	@ _____	per yard=	\$ _____	
Interfacing:	_____ 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 **digital 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

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

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 digital file folder with required documents at the Online State Leadership Conference registration.

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.

GENERAL INFORMATION

1. Level 3 participants 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 a *digital file folder* to the online registration for State Leadership Conference. The *digital file folder* must include the following:

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

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

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.

Florida Culinary Arts Events

We have 4 Culinary Arts events in our Florida Proficiency Competitive Events Manual. The events include Server Relay, Chicken Fabrication, Culinary Knife Skills and Dessert Chopped.

- The categories for these events and for Decorative Food Centerpiece have been changed to Level 1 (6-8 grade), Level 2 (9-10 grade), and Level 3 (11-12 grade). There will be **no** Level 1 competing in Chicken Fabrication or Culinary Knife Skills.
- All of the culinary events and Decorative Food Centerpiece will be hosted in a large ballroom or classroom kitchen where spectators may observe, if room is available. No coaching or talking is allowed.
- Each participant or team will be competing at the same time as others in the same category and event. Our goal is to have at least 3 teams or individuals competing at the same time with 1 set of evaluators.
- This is a Florida event, so the participants are not competing against each other, but against the rating sheet, except for Server Relay. Server Relay rating sheets will state the teams place by time for each category. Gold, Silver and Bronze medal will be given for each of the new events. The Competitive events committee will determine the medals for Server Relay as related to the times received.
- The Florida Culinary Arts events will not compete at District competition, but go straight to state. Decorative Food Centerpiece will compete at District competition and first place winners will compete at the State Leadership Conference.
- All members' names, event name and category that go straight to state (Artistic Reflections, Chapter in Action scrapbook, the culinary events, Chapter in Action and Chapter in Review portfolio or display) must be submitted to your District Advisor by the deadline for your District competitions. The DA must submit those names to the State Competitive Event Chair with the district winners.
- **All members competing at the FCCLA State Leadership Conference must be listed with their name, event name, and category on the Competitive Events Confirmation form which is emailed to the Competitive Events Coordinator by the deadline.** Even though these new events go straight to state, if the members' names are not on the confirmation sheet they **will not compete** at the State Leadership Conference.

Dessert Chopped

Dessert Chopped, an *individual* event, recognizes participants who express their Culinary abilities and their creative talent through making a non-baked dessert only from the ingredients found in their basket.

EVENT CATEGORIES

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

ELIGIBILITY

1. Participation is open to FCCLA members whom are in an affiliated chapter before October 31.
2. Only one participant per school per category may compete in this event.
3. Participation is open to any affiliated FCCLA member who must be or has been enrolled in a culinary arts occupational training program or a FACS course preparing them for a career in culinary arts or hospitality careers.
4. Participants must be registered to attend the Florida FCCLA State Conference and must stay at the official conference hotel.
5. The participants in this event are not allowed to enter any other event.

PROCEDURES AND TIME REQUIREMENTS

1. Participants or a representative must register for this event and pick up a time lot card with the time and location of the competition.
2. Participants can bring any culinary tool or non-electric equipment they feel will help them make a non-baked dessert for the evaluators. No equipment, tools, bowls, serving dishes etc. will be provided. Whatever the participant needs to make the dessert must be provided by the participant.
3. When entering the event location, the participant will be competing with other participants and need to go to the table with the same number as on the lot card.

4. Each participant in a rotation or category will be given the same ingredients in a basket.
5. The participant will have 5 minutes for set-up and evaluation of ingredients in the basket to make the dessert.
6. The participant will have 20 minutes to make and plate one dessert.
7. The evaluators will have 5 minutes to interview the rotation of participants about the dessert that was created.
8. Participants will have 5 minutes to clean up their area while the evaluators complete the rating sheets. Participants are required to bring any cleaning supplies needed.
9. The total time for this event is 35 minutes.

GENERAL INFORMATION

1. All tables will be provided.
2. A basket or another container will be provided with all ingredients required to make a non-baked dessert.
3. No culinary equipment or tools that need electricity to work are allowed in this event. Battery operated equipment is approved.
4. Spectators are allowed to observe this event, as space allows.
5. This event is competed only at the FCCLA State Leadership Conference.
6. **Participants' names, category and event name must be placed on the State Competitive Event Confirmation sheet and emailed to the State Competitive Event Coordinator on or before the deadline to be eligible to compete at the State Leadership Conference.**

Dessert Chopped Specifications

Dessert Chopped Presentation

The participant will have 5 minutes to set-up his/her workstation and evaluate the ingredients in the basket to make the dessert. One non-baked dessert must be completed using the ingredients in the basket in no more than 20 minutes. There will be 5 minutes for the evaluators to ask questions about the dessert that was prepared with the provided ingredients. There will be 5 minutes for work area clean up.

SAFETY AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket; industry pants or commercial uniform; apron, hair covering or chef hat; closed-toe, low heel, nonskid shoes; no jewelry; minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner. Event consultants or evaluators have the authority to stop any participant exhibiting unsafe practices.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Safety & Sanitation	Keep work area clean and organized and demonstrate appropriate safety and sanitation procedures according to industry standards. Participants have 5 minutes to set up their work area, and 5 minutes to clean the work area upon completion. Bring all needed cleaning supplies.
Evaluation of ingredients for non-baked dessert	In a basket or other container will be ingredients to make a non-baked dessert. All ingredients must be used, but the amount of each ingredient used is determined by the participant. There are no deductions for waste.

NON-BAKED DESSERT

Participants may bring culinary non-electric equipment or tools they feel are needed to make a non-baked dessert. Battery operated equipment is allowed. No equipment or tools will be provided.

Equipment, Tools and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. Participant must provide all tools and equipment needed for this event. Participant needs to bring 1 serving dish and 3 plastic forks and spoons for evaluation of the non-baked dessert.
Time Management	Demonstrate careful planning for completing tasks efficiently.
Creativity/Appearance	All ingredients provided are used in the non-baked dessert. The amount of use is determined by the creativity of the dessert and attractive appearance.
Flavor/Texture	The flavor and texture are appealing to the palate.
Interview	All questions asked by the evaluators are complete about the decision-making process, techniques used, and non-baked dessert choice.

Culinary Knife Skills

Culinary Knife Skills, *an individual event*, will showcase the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.

Level 2: Grades 9-10

Level 3: Grades 11-12

ELIGIBILITY

1. Participation is open to FCCLA members whom are in an affiliated chapter before October 31.
2. Only one participant per school per category may compete in this event.
3. Participation is open to any affiliated FCCLA member who must be or has been enrolled in a culinary arts occupational training program or a FACS course preparing them for a career in culinary arts or hospitality careers.
4. Participants must be registered to attend the Florida FCCLA State Conference and must stay at the official conference hotel.
5. The participant in this event is not allowed to enter any other event.

PROCEDURES AND TIME REQUIREMENTS

1. Participants or a representative must register for this event and pick up a time lot card with the time and location of the competition.
2. Participants will bring all necessary tools and equipment for this event, as listed in the event specifications. Additional items are not allowed.
3. Participants may not bring reference materials for use in the competition.
4. Participants may only bring equipment and required vegetables.

5. Participants will be competing at the same time as other participants but evaluated individually with the rubric.
6. Evaluators will score participants as they work and will complete the scoring within the 5 minute clean up period.
7. Total event time per rotation is 30 minutes.

GENERAL INFORMATION

1. Table space and ice will be provided. Each participant will have approximately 5-6 feet of working space depending on what the hotel has to offer.
2. Entries will be scored by industry standards and participants must follow proper sanitation procedures.
3. Spectators are allowed to observe this event, as space allows.
4. Participants are not allowed to discuss this event with other participants or receive coaching from any spectators. Doing so will result in disqualification.
5. This event is competed only at the FCCLA State Leadership Conference.
6. **Participant's name, category and event name must be placed on the State Competitive Event Confirmation sheet and emailed to the State Competitive Event Coordinator on or before the deadline to be eligible to compete at the State Leadership Conference.**

Culinary Knife Skills Specifications

Culinary Knife Skills Presentation

The participant will have 5 minutes to set-up his/her workstation. The Chicken fabrication must be completed in no more than 20 minutes. There will be 5 minutes for work area clean up.

SAFETY AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket; industry pants or commercial uniform; apron, hair covering or chef hat; closed-toe, low heel, nonskid shoes; no jewelry; minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner. Event consultants or evaluators have the authority to stop any participant exhibiting unsafe practices.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Safety & Sanitation	Keep work area clean and organized and demonstrate appropriate safety and sanitation procedures according to industry standards. Participants have 5 minutes to set up their work area, and 5 minutes to clean the work area upon completion of the parted chicken.

KNIFE CUTS AND PRESENTATION

Participants will demonstrate industry standards in use of equipment, tools, and techniques. The participant will present all food items for evaluation of appearance and waste at the end of the competition. There will be no extra time allowed to complete preparation or presentation. All work must stop at the time limit. Evaluation will be based on industry standards.

Equipment, Tools, and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. No external rulers are allowed during production. Only the following tools are allowed: Vegetable peeler – paring knife – 8” or 10” French knife – cutting board and mat parchment paper and pen – prepared sanitizer – towels – gloves – 1/2 sheet pan – small compost/waste bucket or bowl
Food Product	Participants must use one each of each of the following vegetables: carrot, potato, onion. No substitutions are allowed. All items must be uncut, whole, and unpeeled. No pre-processed items are allowed.
Time Management/Scraps and Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.

Knife Cuts	<p>A total of six (6) uniform and appropriate pieces are cut from the vegetables as indicated below to demonstrate the following knife cuts:</p> <ol style="list-style-type: none"> 1. Fine Brunoise (carrot) 2. Small Dice (onion) 3. Large Dice (potato) 4. Julienne (carrot) 5. Paysanne (potato) 6. Rondelle (carrot) <p>Dimensions are based on the basic classical knife cuts described in American Culinary Federation (ACF) published guidelines. Knife cuts will be displayed on one (1) 1/2 sheet pan, and all cuts will be identified using the pen and parchment paper.</p>
Introduction	<p>Each participant must provide a neatly hand-written or typed index card to include their name, chapter and level. They will have 5 minutes to set-up their workstations with equipment and food product.</p>
Food Art Production	<p>Participant will have 20 minutes to create their knife cuts. Food production items must be presented neatly on the cutting board. Students will allow evaluators to see the scraps to determine the amount of product waste.</p>
Overall Product Appearance and Presentation	<p>Prepare knife cuts consistently, with appropriate proportions. Demonstrate a high quality of workmanship.</p>

Chicken Fabrication

Chicken Fabrication is an *individual event* that will showcase the best of participants' knife skills. The participant will safely fabricate a chicken into eight pieces, meeting industry standards and demonstrating proper safety and sanitation procedures.

EVENT CATEGORIES

Level 2: Grades 9-10

Level 3: Grades 11-12

ELIGIBILITY

1. Participation is open to FCCLA members whom are in an affiliated chapter before October 31.
2. Only one participant per school per category may compete in this event.
3. Participation is open to any affiliated FCCLA member who must be or has been enrolled in a culinary arts occupational training program or a FACS course preparing them for a career in culinary arts or hospitality careers.
4. Participants must be registered to attend the Florida FCCLA State Conference and must stay at the official conference hotel.
5. The participant in this event is not allowed to enter any other event other than the Nutrition Workshop at the State Leadership Conference.

PROCEDURES AND TIME REQUIREMENTS

1. Participants or a representative must register for this event and pick up a time lot card with the time and location of the competition.
2. Participants will bring all necessary tools and equipment for this event, as listed in the event specifications. Additional items are not allowed.
3. Participants may not bring reference materials for use in the competition.
4. Participants may only bring equipment and a properly stored raw chicken.

5. Participants will be competing at the same time as other participants but evaluated individually with the rubric.

5. At the designated time, the participant will have 5 minutes to set up their workstation, 20 minutes to fabricate and present the chicken, and 5 minutes to clean the work area.

6. Evaluators will score participants as they work and will complete the scoring within the 5 minute clean up period.

7. Total event time per rotation is 30 minutes.

GENERAL INFORMATION

1. Table space and ice will be provided. Each participant will have approximately 5-6 feet of working space depending on what the hotel has to offer.

2. Entries will be scored by industry standards and participants must follow proper sanitation procedures.

3. Spectators are allowed to observe this event, as space allows.

4. Participants are not allowed to discuss this event with other participants or receive coaching from any spectators. Doing so will result in disqualification.

5. This event is competed only at the FCCLA State Leadership Conference.

6. Participant's name, category and event name must be placed on the State Competitive Event Confirmation sheet and emailed to the State Competitive Event Coordinator on or before the deadline to be eligible to compete at the State Leadership Conference.

Chicken Fabrication Specifications

Chicken Fabrication Presentation

The participant will have 5 minutes to set-up his/her workstation. The Chicken fabrication must be completed in no more than 20 minutes. There will be 5 minutes for work area clean up.

SAFETY AND APPEARANCE

Participants will be well groomed and wear appropriate, clean attire meeting restaurant and hotel industry standards including: chef coat or jacket; industry pants or commercial uniform; apron, hair covering or chef hat; closed-toe, low heel, nonskid shoes; no jewelry; minimal make-up; no cologne or nail polish; facial hair is permitted if appropriate covering is used. Participants will also demonstrate the ability to keep their work area organized and clean in a safe and sanitary manner. Event consultants or evaluators have the authority to stop any participant exhibiting unsafe practices.

Clothing and Appearance	Wear appropriate clothing and head covering and present a well-groomed appearance.
Safety & Sanitation	Keep work area clean and organized and demonstrate appropriate safety and sanitation procedures according to industry standards. Participants have 5 minutes to set up their work area, and 5 minutes to clean the work area upon completion of the parted chicken.
Temperature	Food products are held and served at the appropriate temperature. Evaluators will test product temperature upon inspection of the product and upon product plating. Temperature shall not exceed 40 degrees Fahrenheit.

CHICKEN FABRICATION

Participants may bring only the items listed on the Equipment Check-in form to the event. No other equipment will be allowed in the competition area. Additional items will be removed from the participants until after they have finished competing. Participants will demonstrate industry standards in use of equipment, tools, and techniques without having excessive waste. Cutting presentation will be 2 boneless, skin-on breasts with first joint of wing bone attached and frenched, 2 boneless, skin-on thighs, 2 drumsticks, 2 remaining wings.

Equipment, Tools and Techniques	Use proper equipment, tools, products, vocabulary, and techniques. Participant must provide all tools and equipment needed for this event. The following tools are allowed: Knives – 8” French, paring, boning, cleaver; cutting board and mat; sanitation buckets, solution, towels, water; gloves.
Time Management/Scraps and Wasting of Supplies	Demonstrate careful planning for completing tasks efficiently. All scraps will be presented for evaluation of product waste.

Server Relay

Server Relay is a 3-member *team event* that recognizes students who demonstrate their ability to set a table with designated table settings and napkin folds working against the clock.

EVENT CATEGORIES

Level 1: Grades 6-8

Level 2: Grades 9-10

Level 3: Grades 11-12

ELIGIBILITY

1. Participation is open to FCCLA members whom is in an affiliated chapter before October 31.
2. Only one team of three participants per school per category may compete in this event.
3. Participation is open to any affiliated FCCLA member who must be or has been enrolled in a culinary arts occupational training program or a FACS course preparing them for a career in culinary arts or hospitality careers.
4. Participants must be registered to attend the Florida FCCLA State Conference and must stay at the official conference hotel.
5. The participants in this event are not allowed to enter any other event other than the Nutrition Workshop at the State Leadership Conference.

PROCEDURES AND TIME REQUIREMENTS

1. Participants or a representative must register for this event and pick up a time lot card with the time and location of the competition.
2. Teams are composed of three members.
3. There are three required place settings: American Place Setting, French Place Setting and Russian Place Setting. Examples are attached.
4. There are three required napkin folds: Pyramid, Diamond, and Neck Tie. Examples are attached.
5. It is up to the team's discretion as to which napkin fold is placed with each place setting. The only requirement is that each place setting and each napkin fold be demonstrated.

6. Stations will be set up throughout the relay. Various items needed to set the table can be found at the stations.
7. Prior to a team member beginning his/her leg of the competition, he/she must receive the team wrist coil key chain from the previous team member in order to proceed. The team member cannot handoff the wrist coil key chain until he/she crosses the start/finish line. If the wrist coil key chain is handed off prior to the start/finish line, the receiving team member must return to the start/finish line to begin again.
8. Evaluators will be placed throughout the relay to determine if a team member drops any items. If any item is dropped, the team will be given a 10 second penalty for each item dropped.

GENERAL INFORMATION

1. All tables will be provided.
2. All table lines, dishware, glassware, silverware, napkins, and trays will be provided.
3. Spectators are allowed to observe this event, as space allows.
4. This event is competed only at the FCCLA State Leadership Conference.
5. **Participants' names, category and event name must be placed on the State Competitive Event Confirmation sheet and emailed to the State Competitive Event Coordinator on or before the deadline to be eligible to compete at the State Leadership Conference.**

Server Relay Specifications

Server Relay Procedures

FIRST LEG:

The first team member must take the wrist coil key chain and proceed to the table linen and dish area. The team member must bring a tablecloth and the required dishes to the table they are setting. When the team member arrives at the new table, he/she must put the tablecloth on the table. The team member must place the dishes in the appropriate place on the table according to their designated place setting. The team member will be responsible for putting all of the dishes on the table (plates, saucers). Once the team member completes the task, he/she must go back to the start/finish line to hand off the wrist coil key chain to the second team member.

SECOND LEG:

The second team member must take the flag and proceed to the silverware and glass area. The team member must put all of the necessary silverware and glassware on a tray. The team member must deliver all of the items to the table they are setting without dropping anything. The team member may make as many trips as necessary to collect all of the items. The team member must set the table exactly as the designated place setting requires. Once the team member completes the task, he/she must go back to the start/finish line to hand off the wrist coil key chain to the third team member.

THIRD LEG:

The third team member must take the wrist coil key chain and proceed to the napkin area. The team member must pick up three (3) napkins and bring them to the table they are setting. The team member must then proceed to fold one of each of the three napkin folds. The three required napkin folds are Pyramid, Diamond and Neck Tie. The team member may place each napkin at the place setting of his/her choice. Once the team member completes the task, he/she must cross the start/finish line. When the third team member crosses the finish line, the timer will record the time.

SCORING:

Each team will be timed while completing the Server Relay Competition.
Any penalties will be added to the final time.

PENALTIES:

Incorrectly setting items in the relay (i.e.; incorrect placement of knives) during the leg. If a team member fixes the problem later the team still receives one minute deduction.

Addition of one minute for dinner plates.

Addition of minute for bread plates

Addition of one minute for knives

Addition of one minute for forks

Addition of one minute for spoons

Addition of one minute for glasses

Addition of one minute for napkins

Napkin fold must closely resemble the designated napkin fold. If the judges decide the napkin fold does not resemble the designated napkin fold:

Addition of one minute per napkin not resembling the designated napkin fold with a maximum of three minutes.

If any item is dropped, the team will be given a 10 second penalty for each item dropped.

Addition of one minute for inappropriate attire (i.e.; jeans with a GAP t-shirt) and/or no uniformity among team members.

WAITERS RELAY PLACE SETTINGS



American



French



Russian



Three Cornered Cap



Diamond Fold