

# St. Martin Parish 4-H SUPER SATURDAY Contest Day

## Rules & Regulations

### January 31, 2015

### St. Bernard School Campus

(251 East Bridge Street, Breaux Bridge, LA 70517)

St. Martin Parish Super Saturday Contest Day is the second big 4-H contest day of the school year. It will be held at St. Bernard School and will include a variety of 4-H contests. St. Bernard School is located at 251 East Bridge Street, Breaux Bridge, LA 70517. Contests, starting times and locations are listed below. Read specific rules to find out what time to report for each contest.

Parents, you are encouraged to bring lawn chairs to set out on the grounds while the contests are taking place as well as snacks for your family. You are expected to stay with your child throughout the day. Because of the numerous events being held at one time, the 4-H agents and volunteers will be busy conducting contests and cannot supervise youth. We hope you will enjoy this family-oriented event.

Contests include:

Contest:	Contest Check-In Time:	Location:	Contest Starting Time:
<b>Rabbit Show</b>	8:00 am-9:00 am	Outside Near Gym	Begins at 9:30 am
<b>Talent Show *</b> <i>*Club Leaders must pre-register by Monday, January 12, 2015.</i>	15 minutes prior to scheduled time	Gym	Begins at 9:00 am
<b>Cookery Contests</b>	9:00 am-10:00 am	Cafeteria	Begins at 10:00 am
<b>4-Health Poster Contest</b> <i>*Overall winner will be selected as the 2015 Achievement Day theme.</i>	9:00 am-10:00 am	Cafeteria	Begins at 10:00 am

#### General Rules and Regulations:

- All contests are open to all 4-H members in St. Martin Parish as long as they meet the age/grade requirements.
- For all contests except the Talent Show, contestants compete as an individual.
- All Awards will be presented at the conclusion of each contest.
- Decision of judges is final in each contest. Pre-Registration is required for the Talent Show competition.
- 4-H Club leaders will register all acts for the Talent Show by January 12, 2015.
- If you have any questions please contact Mrs. Hope (hguidry@agcenter.lsu.edu) or Ms. Laura (lbrumbaugh@agcenter.lsu.edu) at the 4-H office at 337-332-2181.

# 4-H Member & Parent Contest Behavior Expectations:

- To ensure that we **ALL** strive to create a pleasant experience at St. Martin Parish 4-H sponsored contests, workshops, events, and activities, a list of expectations for 4-H members and parents has been created. (*Adapted from: Pennsylvania 4-H Youth Development Program Behavioral Expectations*)  
 A goal of the St. Martin Parish 4-H Youth Development program is to provide opportunities for children and youth to develop character and learn life skills. In order to assure that the 4-H Youth Development Program of St. Martin Parish provides positive environments for all individuals to learn and grow, a list of expectations has been developed. The expectations of good behavior come from the 6 pillars of character which include trustworthiness, respect, responsibility, fairness, caring, and citizenship.
- 4-H member contest, workshop, and/or event participants and any adults attending with them agree to abide by the following expectations of behavior listed here:
- **I will be trustworthy.** I will be worthy of trust, honor, and confidence. I will be a model of integrity by doing the right thing even when the cost is high. I will be honest in all my activities. I will do my own work. I will read the contest rules prior to the contest and follow those rules. I will be in the assigned area at all times. St. Martin Parish 4-H does not permit dishonesty by lying, cheating, deception, or omission.
- **I will be respectful.** I will show respect, courtesy, patience, and consideration to everyone, including myself, other participants, and those in authority. I will act and speak respectfully. I will not use vulgar or abusive language or cause physical harm. I will appreciate diversity in skill, gender, ethnicity, and ability. St. Martin Parish 4-H does not tolerate statements or acts of discrimination or prejudice.
- **I will be responsible.** I will be responsible, accountable, and self-disciplined in the pursuit of excellence for myself or my child(ren). I will live up to high expectations so I can be proud of my work and conduct. I will be on time to contests/events/workshops. I will be accountable by accepting responsibility for my choices and actions.
- **I will be fair.** I will be just, fair, and open. I will participate in contests/events/ workshops fairly by following the rules, not taking advantage of others, and not asking for special expectations.
- **I will be caring.** I will be caring in my relationships with others. I will be kind and show compassion for others. I will treat others the way I want to be treated. I will show appreciation for the efforts of others.
- **I will be a good citizen.** I will be a contributing and law-abiding citizen. I will be respectful to the environment.
- It is also the expectation of the St. Martin Parish 4-H youth development program for adults attending all 4-H events with 4-H club members to practice the same behavior that we expect from club members.

If you have any questions and/or concerns about a contest please contact the following 4-H agent who oversees the contest:

Rabbit Show	Hope Guidry (hguidry@agcenter.lsu.edu) 337-332-2181
Talent Show	Laura Brumbaugh (lbrumbaugh@agcenter.lsu.edu) 337-332-2181
Cookery Contests	
4-Health Poster Contest	

# St. Martin Parish 4-H Rabbit Show

Open to all St. Martin Parish 4-H members

Check In Begins	Location	Contest Starting Time
8:00 am – 9:00 am	Outside Near Gym	Begins at 9:30 am

## **RULES & REGULATIONS:**

1. Exhibitors must have rabbits in their possession by **January 1, 2015**.
2. **An entry fee of \$3.00 per rabbit will be required. Please make checks payable to St. Martin Parish 4-H.** Exhibitors can pre-enter using the form (mailed to project members) by January 26, 2015; however, day of show entries will also be accepted.
3. All entries must be legibly earmarked in the rabbit's left ear (either by tattoo or permanent marker). Questions regarding earmarking rabbits please call Mrs. Hope at the 4-H Office at 337-332-2181 or by email at [hguidry@agcenter.lsu.edu](mailto:hguidry@agcenter.lsu.edu).
4. All rabbits must be checked in by 9:00 a.m. on the day of the show.
5. Classes will be available for pure bred and crossbred rabbits.
6. Exhibitors should have rabbit ready when the class is called. If not at the table after the third call, the rabbit will be disqualified.
7. Rabbits showing signs of contagious disease or condition will be removed from the show grounds immediately.
8. Exhibitors should not show ownership of rabbits at the show table. (When class is called, place rabbit in show table cage and take three steps back.)
9. **Rabbit exhibitors will receive a pre-entry form in the mail.**

# St. Martin Parish 4-H Talent Show

*\*Club Leaders must pre-register acts by Monday, January 12, 2015.*

**Purpose:** To showcase the talent skills of St. Martin parish 4-H members.

Check In Begins	Location	Contest Starting Time
15 minutes prior to scheduled time	Gym	9:00 am

**Who:** Two acts per club of St. Martin Parish 4-H members in the 3<sup>rd</sup> – 12<sup>th</sup> grade. An act can be an individual or a team. Acts are chosen by club leader(s) and submitted to the 4-H office by the 4-H club leader. The club leader is responsible for choosing acts and may use a selection format as they see fit.

<u>Divisions</u>	<u>Classes</u>
<b>Division 1: Cloverbuds</b> <b>Division 2: 4<sup>th</sup>-6<sup>th</sup> Grades</b> <b>Division 3: 7<sup>th</sup>-12<sup>th</sup> Grades</b>	<i>(Each division will be broken down into 4 classes)</i> <b>Class 1-Dance</b> <b>Class 2-Vocal</b> <b>Class 3-Instrumental</b> <b>Class 4-Other</b> <i>(Poem Readings, Skit, A combination of Classes 1-3, etc.)</i>

## Rules:

1. Club leaders must pre-qualify the entrants. **If you are interested in representing your club talk to your club leader TODAY!** It is the responsibility of the club member to ensure that the club leader has registered them with the 4-H agent. Do NOT wait until the day of the contest to check and see if you are registered.
2. A club can enter two acts in the contest. No one can compete more than one time in the talent show.
3. Equipment furnished will be a microphone and a CD player. Any other equipment must be furnished by the 4-H member. A piano will not be available.
4. Any act considered inappropriate by the judges will be disqualified.
5. Acts will be assigned a time. They must perform at the assigned time. Participants will be given the time a week prior to the contest.
6. Time limit per act is 5 minutes.
7. Acts will be judged using the following formula:  
Skill Exhibited=50 points; Entertainment Value/Age Appropriateness=20 points, Showmanship=20 points, Appearance=5 points; Creativity/Originality=5 points.
8. If entering the Vocal division, it is encouraged that the contestant use karaoke music or sings a-capella. If the act uses CD music with words, it does not allow the judges to hear the contestant clearly.
9. The top three (3) winners in each class will receive an award.
10. The Talent Show is open for viewing to the public. Spectators are expected to be respectful, especially during a performance and should use discretion when leaving the contest.  
**If you would like to enter the Talent Show speak with your club leader today! Good luck!**

# St. Martin Parish 4-H Cookery Contests

Check In Begins	Location	Contest Starting Time
9:00 am-10:00 am	Cafeteria	Begins at 10:00 am

## Who:

Cookery Contest Divisions Open to 4 <sup>th</sup> -12 <sup>th</sup> grade 4-H'ers only		Just For Fun Contests Divisions Open to 3 <sup>rd</sup> -12 <sup>th</sup> grade 4-H'ers
Ground Beef	Rice	Ugly Cakes
Seafood	Bento Box	Family Recipes
Sugar		<i>There is NOT a regional contest for these Just For Fun divisions.</i>
<i>There is a regional contest for these 5 divisions.</i>		

## Cookery Contest Basic Rules:

- The dish must be made the night before, refrigerated overnight and transported to the contest on ice in an ice chest. (This includes sugar division. The ugly cake entries DO NOT have to be refrigerated and transported on ice because it is being judged on appearance and will not be tasted by judges.)
- The dish must be prepared by the 4-H member. (This is a contest for 4-H'ers, not parents.)
- All dishes must be completely cooked.
- You may enter one dish in each category.
- Judging will begin promptly at 10:00 am.
- The entire dish will not be required for this contest (except for Ugly Cakes). A sample of two servings of the dish is requested for judging. **Please submit 2 servings on/in a disposable container (i.e. paper plate will be great!).**  
Only bring the dish, we will provide all serving utensils and dishes.
- Dishes will be disposed of for food safety reasons after the contest (except for cakes). NO exhibits will be returned, so please use disposable plates or containers for exhibiting your dish.
- Bring two (2) typed copies of the recipe** with each dish you turn in to the contest. Write or Type your recipe on plain, white 8 ½ x 11" paper. **On the BACK of each recipe include name, grade, email address and/or telephone number.**
- 1<sup>st</sup> – 5<sup>th</sup> place winners will be named.
- Recipes for all categories except Bento Box, Ugly Cake, and Family Recipe will be scored using the scoring formula below:

Dish Evaluation 60 points	Recipe Evaluation 10 points	Appearance of Sample Dish 10 points	Food Safety 20 points
Taste: -Seasoning of dish (20 points) -Flavor (20 points) -Deliciousness (20 points)	-Name of Recipe given (2 points) -List of ingredients in order used in instructions (4 points) -Clear instructions given (4 points)	-Coloring of Sample Displayed -Eye Appealing	-Chilled correctly -Brought in ice chest on ice.

**Total: 100 points**

*\*Tie Breaker: in the event of a tie for 1st place dishes, the Taste score will be used to determine the winner. \*After review of recipe, if the dish does not meet the stated contest and division requirements, the dish will not be eligible to compete at the Area Cookery Contest.\**

## St. Martin Parish 4-H Cookery Contests continued

<b>Ground Beef Categories</b> <b>Open to 4<sup>th</sup>-12<sup>th</sup> grade 4-H members</b> <b>(All recipes MUST include at least ONE POUND (1 lb.) Ground Beef)</b>		
<u>Low Calorie Category</u>	<u>Quick &amp; Easy Category</u>	<u>One Dish Meal Category</u>
<p>-Must include at least one pound (1 lb.) of ground beef in recipe</p> <p>-Each serving must be less than 300 calories</p> <p>-Must state total calories of the dish and calories per serving on recipe (in the bottom right hand corner would be a good place to put the information)</p>	<p>-Must include at least one pound (1 lb.) of ground beef in recipe</p> <p>-Entire dish must be prepared (start to finish) in less than an hour</p> <p>-On recipe, list time for each step <i>(Example: If the dish (from start to finish) takes 45 minutes to prepare, after each step list the amount of time it took to complete. Example: Step 1: Cook the ground beef in a medium sized pan. (20 minutes)</i></p>	<p>-Must include at least one pound (1 lb.) of ground beef in recipe</p> <p>-Dish must include ingredients from 3 of the 5 food groups according to MyPlate (Grains, Proteins, Dairy, Vegetables and Fruits)</p> <p>-Must indicate on recipe which food group for the 3 ingredients. <i>(Example: ½ cup rice – Grains Group; 2 cups ground meat-Protein Group; 1 cup cheese-Dairy Group; ½ cup bell pepper-Vegetable Group; 1 cup orange juice-Fruit Group)</i></p>

<b>Seafood Categories</b> <b>Open to 4<sup>th</sup>-12<sup>th</sup> grade 4-H members</b> <b>(All recipes MUST include at least ONE CUP Seafood)</b> <b>Seafood must be fresh, frozen, pasteurized, or dried (not canned).</b>				
<u>Crab Category</u>	<u>Crawfish Category</u>	<u>Shrimp Category</u>	<u>Oyster Category</u>	<u>Fish and Other Seafood Category</u>
<p>-Must include at least one cup crab in the recipe</p> <p>-Surimi, an artificial crab made from fish, <b>CANNOT</b> be used.</p> <p>-You can have a second type of seafood, but must not be more than the entire amount of crab in recipe. For example: ½ cup shrimp, 1 ½ cup crab meat</p>	<p>-Must include at least one cup crawfish in the recipe</p> <p>-You can have a second type of seafood, but must not be more than the entire amount of crawfish in recipe. For example: ½ cup shrimp, 1 cup crawfish</p>	<p>-Must include at least one cup shrimp in the recipe</p> <p>-You can have a second type of seafood, but must not be more than the entire amount of shrimp in recipe. For example: ¾ cup crab, 1 ¼ cup chopped shrimp</p>	<p>-Must include at least one cup oyster in the recipe</p> <p>-You can have a second type of seafood, but must not be more than the entire amount of oyster in recipe. For example: ½ cup shrimp, 1 cup oysters</p>	<p>-Must include at least one cup fish or other seafood in the recipe</p> <p>-Must be Louisiana Seafood. Some examples are: tuna, catfish, snapper, alligator, turtle, frog legs, garfish, speckled trout, mackerel, shark, squid, bowfin and Louisiana clams.</p> <p>-Surimi, an artificial crab made from fish, <b>CANNOT</b> be used.</p>

## St. Martin Parish 4-H Cookery Contests continued

### Bento Box Category

#### Open to 4<sup>th</sup>-12<sup>th</sup> grade 4-H members

A bento lunch is a compact, balanced, visually appealing meal packed in a box. "Bento" is Japanese for packed lunch or meal. Each competitor will create a lunch to be eaten at school by a student age 9 to 12. The beverage to accompany the meal will be water (do not need to include).

Bring a prepared healthy box or Bento lunch to the contest. It should be representative of "MyPlate" recommendations which can be found at [www.myplate.gov](http://www.myplate.gov).

Each competitor will transport their Healthy Box or "Bento" Lunch to the contest packed in a portable, lock-top, and leak proof container, chilled and on ice. The competitor will present the box to the judges for sampling. The food should be exhibited in a disposable serving container, not to exceed 18". To allow adequate space for all entries. You will be asked to remove items not directly related to the dish, such as placemats, flower arrangements, figurines, trays, footed chafing dishes, soup tureens, etc. Non-edible items are not to be used as garnish. No serving utensils will be allowed.

Examples found on Pinterest:



**Need more ideas? Visit our Pinterest page by scanning the QR code:**

#### Scoring Factors:

Meal - (100 Points)

- Theme – suitable for age group, creative (5 points)
- Container – portable, reusable, lock-top, and leak proof (5 points)
- Preparation Techniques – neat, interesting, unique (5 points)
- Appearance – colorful, inviting (5 points)
- Texture - chewiness, juiciness, variety (5 points)
- Taste – pleasing, variety (5 points)
- Affordable - \$5.00 or less per serving (5 point)-include cost on recipe
- Nutrition – (65 points)
  - Half box is fruits and vegetables
  - Lean protein included
  - Low fat dairy included
  - Fruit for dessert
  - Portions correct size

### Sugar Categories

#### Open to 4<sup>th</sup>-12<sup>th</sup> grade 4-H members

#### Recipe **MUST** include at least 1 cup of sugar

##### Baked Items Category

- Must include 1 cup of sugar in recipe
- Includes any recipe that requires baking such as breads, cakes, pies, cookies, etc.
- No raw eggs in the final product

##### Non-Baked Items Category

- Must include 1 cup of sugar in recipe.
- Includes any recipe that does not require baking such as candies, icebox pies, ice cream, etc.)
- No homemade jams, jellies or preserves.*
- No part of the dessert can be baked in this category
- No raw eggs in the final product
- (Note: If the dish you enter requires you to bake a crust, it should be entered in the "Baked Items Category" of the contest)*

## St. Martin Parish 4-H Cookery Contests continued

<b>RICE Categories</b> <b>Open to 4<sup>th</sup>-12<sup>th</sup> grade 4-H members</b> <b>Recipes MUST include at least 1 cup of cooked rice</b>		
<u>MAIN Dish Category</u>	<u>SIDE Dish Category</u>	<u>Dessert Category</u>
-The dish must contain at least 1 cup of cooked rice. -Rice Krispy cereal and wild rice are not considered rice and are not acceptable.	-The dish must contain at least 1 cup of cooked rice. -Rice Krispy cereal and wild rice are not considered rice and are not acceptable.	-The dish must contain at least 1 cup of cooked rice. -Rice Krispy cereal and wild rice are not considered rice and are not acceptable.

<b>JUST FOR FUN: UGLY CAKE CONTEST</b> <b>Open to 3<sup>rd</sup>-12<sup>th</sup> grade 4-H members</b>
<ol style="list-style-type: none"> <li>1.) Ugly as can be: the uglier the better (NO mold can be on the cake)</li> <li>2.) Use your imagination. Please use discretion in your assortment of garnishments</li> <li>3.) All ingredients and decorations must be edible</li> <li>4.) Entries will be judged on looks alone</li> <li>5.) A real cake must be used. Submit the entire cake for judging.</li> <li>6.) No cakes are to be longer than 18"</li> <li>7.) Please include a recipe with recipe, ingredients, name, grade, school, and email address.</li> </ol> <p><b><i>The ugly cake entries DO NOT have to be refrigerated and transported on ice because it is being judged on appearance and will not be tasted by judges.</i></b></p>

<b>JUST FOR FUN: FAMILY RECIPE CONTEST</b> <b>Open to 3<sup>rd</sup>-12<sup>th</sup> grade 4-H members</b>
<p>Does your family have a recipe that is used many times? We want you to highlight your family's history and traditions by entering your family recipe into this contest. You can get help from mom, dad, grandparent, uncle/aunt, cousin, siblings, etc.</p> <ol style="list-style-type: none"> <li>1.) Recipe can include any ingredient.</li> <li>2.) All ingredients and decorations must be edible</li> <li>3.) Include a short story (paragraph) about the history of the recipe. For example: who came up with the recipe, when is it cooked, secret ingredients, etc.</li> <li>4.) Entries will be judged on taste, appearance, and story of family history.</li> <li>6.) Follow all rules for the cookery contest.</li> <li>7.) Please include a recipe with recipe, ingredients, history of recipe, name, grade, school, and email address.</li> <li>8.) Entry must be made the night before, refrigerated, and transported on ice in an ice chest to contest.</li> <li>9.) The entire dish will not be required for this contest (except for Ugly Cakes). A sample of two servings of the dish is requested for judging. Please submit 2 servings on/in a disposable container (i.e. paper plate will be great!).</li> </ol> <p>Only bring the dish, we will provide all serving utensils and dishes.</p> <p>10.) Dishes will be disposed of for food safety reasons after the contest (except for cakes). NO exhibits will be returned, so please use disposable plates or containers for exhibiting your dish.</p>

# 4-Health Poster Contest

Open to all St. Martin Parish 4-H members

Check In Begins	Location	Contest Starting Time
9:00 am-10:00 am	Cafeteria	Begins at 10:00 am

The 4-Health Poster Contest is being held to select an Achievement Day theme for the 2015 4-H Achievement Day.

When coming up with your theme-think about what you have learned in 4-H this year. Think about healthy living. What do you like about living a healthy lifestyle; what is your favorite thing about being healthy? Incorporate Healthy Living and what it stands for in the theme!

Do you have a great idea for an Achievement Day theme? The theme is used in marketing in the event and will be used as a t-shirt design for Achievement day shirts.

Let us know about it! We are asking for your help in coming up with the 2015 Achievement Day theme that has something to do with healthy living (our educational focus for the year).

Submit your ideas by coming up with a theme, slogan, and artwork to go along with your slogan. Submit a standard sized poster with your theme, slogan, and artwork at the contest on Saturday, January 31, 2015 from 9:00 am-10:00 am at St. Bernard school in the cafeteria. All posters must be submitted by 10:00 am. Posters can be turned in prior to the contest at the 4-H Office (114 Courthouse Street, Breaux Bridge, LA 70517) on Monday-Friday, 8:00 am-4:30 pm. Winners will be announced at Super Saturday.

Be sure to include your full name, your email address, your 4-H club name, and grade on the back of your submission. Good luck!

### **Division Guidelines:**

<b>Division 1- (Grade 3)</b>	-Must use a standard poster 22" X 28 -Should incorporate healthy living in entry. -Should include theme, slogan, and artwork on poster -Include your full name, email address, 4-H club name, and grade on the back of your poster.
<b>Division 2 – (Grades 4-6)</b>	-Must use a standard poster 22" X 28 -Should incorporate healthy living in entry. -Should include theme, slogan, and artwork on poster -Include your full name, email address, 4-H club name, and grade on the back of your poster.
<b>Division 3 – (Grades 7-9)</b>	-Must use a standard poster 22" X 28 -Should incorporate healthy living in entry. -Should include theme, slogan, and artwork on poster -Include your full name, email address, 4-H club name, and grade on the back of your poster.
<b>Division 4 – (Grades 10-12)</b>	-Must use a standard poster 22" X 28 -Should incorporate healthy living in entry. -Should include theme, slogan, and artwork on poster -Include your full name, email address, 4-H club name, and grade on the back of your poster.

### **Scoring Will Be As Follows:**

Slogan Creativity-25 points

Theme (Pertains to Healthy Living)-25 points

Artwork-25 points

Represents 4-H-25 points

**Total: 100 points**

**\*\*The 1<sup>st</sup> place winners in each division will be judged to determine an overall winner that will be selected as the 2015 Achievement Day theme.**

**Suggested Resources:** <http://www.choosemyplate.gov/>; <http://www.fruitsandveggiesmorematters.org/>; or <http://www.letsmove.gov/kids>