

Los Angeles County 4-H Field Day Guidelines

Presentation/Demonstration/Illustrated Talk

OBJECTIVES: 4-H presentations are short demonstrations wherein the 4-H member shows particular skills or knowledge that has been learned in the member's current 4-H project(s). Their purpose is twofold: (1) To develop the member; and (2) teach appropriate and accurate subject matter, utilizing effective methods. Some presentations may be illustrated talks rather than demonstrations, depending on the nature of the subject. Both are judged alike.

SUBJECT MATTER: The subject matter should be appropriate for the age and experience of the member and pertain to a project that the member(s) is/are currently enrolled in. The presentation should have an interesting approach and show knowledge of the subject matter. Remember, methods may vary.

DIVISIONS: There will be four divisions: PRIMARY (ages 5-8), JUNIORS (ages 9-10), INTERMEDIATE (ages 11-13) and SENIORS (age 14 and over). Presentations will be divided into two groups, individual and team. Age is as of December 31 of the current 4-H program year.

TIME LIMITS: The general state time limit guidelines for Presentations/Demonstrations is 3-15 minutes. The County suggests the following: PRIMARIES are allowed 4-5 minutes. JUNIOR & INTERMEDIATE Presentations should be 5-12 minutes. SENIOR Presentations should be 7 - 12 minutes. Time limits do not include questions following the presentation.

TEAMS: A team consists of two or three members. Teams with members from different age divisions will be judged in the highest division. Team members can be from different clubs but not from different counties. Individual and Group Determined Projects must be registered and approved by the County 4-H Office.

EVALUATING PRESENTATIONS: The evaluating (score) forms are available on the county 4-H website for your review. It is similar to the form that will be used for evaluating at the Region and State, but you should go to the Southern Regional Field Day website for further information about the region form and the State Field Day website for further information about the state form.

QUESTIONS: There will be no questions asked after a presentation, since that would be difficult in the environment that has been set up to deal with the COVID-19 guidelines and restrictions.

NUMBER OF PRESENTATIONS: No member may compete more than once in a presentation category at this event. A member can do an individual presentation or a team presentation. However, a member may also enter the other types of categories, such as Prepared Speaking, Interpretive Reading, Interview Contest, Educational Exhibit Talk and/or Impromptu Speaking contests.

EQUIPMENT AND SUPPLIES: All equipment and supplies needed for the presentation will be provided by the presenter(s). It is requested that all work on the presentation be done by the presenter(s). Posters, slides, filmstrips, overhead, etc. may be used in the presentation.

PROBLEMS OR CONCERNS: Controversial questions in regard to any part of the contest will be handled by the 4-H Advisor and Chairperson in charge of the event. EVALUATORS' DECISIONS ARE FINAL. Errors in totaling scoring points can be submitted for award correction consideration.

RESTRICTIONS: Although general subject matter may be duplicated, the actual presentation may not have been given at a prior event by another individual or at a prior COUNTY competition by the individual competing at present.

***VISUAL AIDS:** Visual aids should be easily read and understood. Each presentation should include some form of visuals; such as poster, objects, models, animals, etc. Any unusual or controversial visual aids should be discussed and OK'd by the Chairperson or the Advisor.

REFERENCES: Sources of information should be included in the summary to direct the audience to further information.

NOTES, CARDS, ETC.: Use of notes, cards, papers, etc. are not allowed. A presenter should be familiar enough with their presentation to only require their posters or other visuals for prompting.

OPENING & CLOSING STATEMENTS: Although the "standard" opening and closing statements are acceptable, creativity in this area is encouraged.

APPEARANCE: Neatness and cleanliness are more important than actual attire. The 4-H uniform is not mandatory. There are presentations that are actually enhanced by different attire. An example would be clothing presentations involving color, etc.

PRESENTATION & TECHNIQUE: Presentations and presentation techniques are important in evaluating. For additional information review the California 4-H Presentation Manual (Jan. 28 version) online at: <http://4h.ucanr.edu/files/220608.pdf>

LA County 4-H Field Day Primary Events

Primary Presentation:

1. This is a Learning experience for Primary Members
2. Pre-registration is required
3. Primary members are 5-8 years of age as of December 31 of the 4-H program year
4. Presentations will not be judged, but will be critiqued
5. Members will receive a certificate with a participation seal
6. Suggested length of prepared presentation is 4 to 5 minutes
7. Primary members may enter a demonstration, an illustrated talk, a speech or an interpretive reading.

Primary Cultural Arts

Purpose - This is a category for primary member groups to present their cultural arts skills in the areas of Share the Fun Skit or Cultural Arts performance.

Participation - Only groups of primary members are permitted. No individual entries.

1. Skits should be related to 4-H
2. Time Limit: maximum of 10 minutes to include set-up, performance and takedown
3. Adults may not be involved in the set-up, performance or takedown of the entry. One non-primary coach may be on the stage or in the side-wings during the performance.
4. The entry will not be judged or critiqued
5. This category is offered to mature Primary members who can perform in front of a large audience on a stage

LA County Impromptu Speaking (with random topics)

1. This year, pre-registration is required for this event. Registration will be taken on a first-come, first-serve basis. *This varies from the Impromptu Speech (State Format) in that the topics are random and not from a published list of specific topics.* This year, you can register for Impromptu Speaking – State Format or County format, but not both. The list of specific 2026 topics for the State-Format Impromptu Speaking is available on the [LA County 4-H Website](#).
2. Junior and Intermediate participants will have a choice of a 4-H related subject or a general subject. Seniors will have a choice of two general subjects. Preparation time will be 5 minutes.
3. Junior and Intermediates should speak from 1.5 to 2 minutes. Seniors should speak from 2.5 to 3 minutes. A reminder sign will be posted to tell the speaker of the remaining time: 30 seconds, 15 seconds, and stop.
4. One note card may be used and will be provided at the time your topic is selected. Key ideas rather than complete sentences might help you maximize the use of the card.
5. This public speaking category does not exist at the regional or state presentation days.
6. This year, the County Impromptu Speaking will be run in a zoom room from 2-4:30pm on Sunday, Feb. 9. Registered participants will be informed about the zoom room link, room instructions and their performance time by email by 9pm on March 12

LA County Extemporaneous Speaking Contest:

1. For Senior 4-H members (14 years old and above) only
2. Pre-registration is required on a first-come, first-serve basis.
3. Time limits: Minimum – 1.5 minutes, Maximum – 3 minutes.
4. Topics – 4-H related or general subject.
5. This public speaking category does not exist at the regional or state presentation days.
6. This year, the County Extemporaneous Speaking will be run in a zoom room from 2-4:30pm on Sunday, February 9, 2026. Registered participants will be informed about the zoom room link, room instructions and their performance time by email by 9pm on March 12

Webster defines –extemporaneous as – composed, performed, or uttered on the spur of the moment – delivered without notes or text.

What is an extemporaneous speech? It is a short informal speech given on a topic provided to you for which you have no preparation time. Participants will be given the topic as they are introduced and come to the podium. The offering of topics may be 4-H related or a general subject to be determined by the planning committee. Extemporaneous speaking is different than an Impromptu Speech. With an impromptu speech, you are allowed up to 5 minutes to prepare. With an extemporaneous speech, no preparation time is given.

This is a real-life experience preparation because so often we are asked to speak or respond to a specific situation, topic, or problem with no preparation time.

Time Limits: Minimum of 1.5 minutes and not to exceed 3 minutes.

A reminder sign will be posted to tell the speaker of the remaining time: 30 seconds, 15 seconds, and stop.

Share the 4-H Fun Skits & Cultural Arts

1. Share the 4-H Fun Skits should be club skits and are not limited to specific number of participants.
2. Skits should be related to 4-H.
3. Cultural Arts presentations may be either an individual or a group presentation. Individual and Group presentations are not evaluated separately. In the past, Song Leading was a separate category, but now it is included in the Cultural Arts category.
4. All blue and gold award performances will be eligible to compete at Regional Presentation Day.
5. Neither of the above may exceed 15 minutes in length for performance. Stage set up and take down not to exceed 5 minutes in length. Adults not permitted to assist on stage before, during or after. Exceeding the time limit does not result in disqualification but will be considered when evaluating the performance.
6. No Primary members may compete.
7. Costumes, props, decorations, and other visual aids are encouraged, but no title card is necessary.
8. No posters are required. No note cards may be used. No questions may be asked after the performance.
9. Performances may but are not required to include audience participation.
10. The sound and visual parts of the performance should be understandable by the audience.
11. Participants must provide and set up any needed audio-visual equipment.
12. A participant should introduce the performance and its purpose.
13. A 4-H skit must consist of at least two people.
14. Remember that there is limited space in some venues so not all venues have enough space for large backdrops or dancing groups.

Interview Contest

What is an Interview Contest?

The Interview Contest is a Public Speaking contest that gives members an opportunity to practice the real-life skill of applying for a job. The contest involves a set of fictitious jobs for each age group that members can apply for. To enter the Interview Contest, the member must:

- Pick one of the jobs listed in your appropriate age category (please see below).
- Develop a resume of real-life experiences (education, work, activities, etc.) that demonstrate your qualifications for the job selected.
- Write an accompanying cover letter for your resume.
- Email your resume and cover letter to Noel Keller by 9pm on Wednesday, March 11
- Prepare for the interview.
- Participate in an actual interview where you will be evaluated on key interview elements.

Members are encouraged to review the tips, interview questions, judging rubrics and supporting materials provided in the California State 4-H Interview Contest Manual. This manual is a complete guidebook containing rules, procedures and helpful hints for a successful interview. Appropriate dress includes 4-H uniform or attire appropriate for a job interview as outlined in the Interview Contest Manual.

Eligibility:

Any Junior, Intermediate or Senior 4-H member may participate in the 4-H Interview Contest. Age as of December 31 of the current 4-H program year:

- Junior: 9-10 years old
- Intermediate: 11-13 years old
- Senior: 14-19 years old

Jobs for Interview: The participants should select one of the jobs available for their age level. The list of available 2026 jobs is found on the [LA County 4-H website](#).

Resources:

The California 4-H Interview Contest Manual can be found at <https://ucanr.edu/sites/sfd/files/318455.pdf> The list of the Job Descriptions for the 2026 Interview Contest can be found on the [LA County 4-H website](#).

Competition at the state level for the Interview Contest does not require receiving a Blue or Gold award at a lower level (county or regional).

