



Project Title: Sports

Description:

Allows youth to learn life skills and grow in project knowledge by researching and possibly participating in a sport of interest.

State Fair Entries:

None. County only project.

Exhibit Guidelines:

Division	Project Book
Level A (Grades 3, 4)	
Level B (Grades 5, 6)	
Level C (Grades 7, 8, 9)	
Level D (Grades 10, 11, 12)	

[Artificial Intelligence \(AI\) may be used, with parent permission, when creating this exhibit and is to be documented as a reference. A majority of the work to create this exhibit is to be the 4-H member's original work.](#)

All posters, notebooks, and display boards must include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the way references are listed.

The front of the notebook is to include the 4-H member's name, county, club, and level. Personal information such as phone number, mailing address, etc. should not be included in any notebook documentation.

Exhibitors should make every effort to participate in your sport as either a player, referee, manager, umpire or judge. Members need not participate in the sport in an organized way (ex.-school team). Become familiar with the rules of the sport. Exceptions would include a project on a sport that is not available to the member, or if physical limitations prohibit the exhibitor from participating.

Possible sports you may choose include, but are not limited to:

Badminton, Gymnastics, Softball, Swimming, Basketball, Judo, Karate, Tennis, Bowling, Field Hockey, Skiing (snow & water), Volleyball, Wrestling, Football, Baseball, Table Tennis, Roller Skating, Golf, Ice Skating, Bicycling, Track & Field, Soccer

Exhibitors are encouraged to give an informative speech or demonstration about the sport they have selected. The exhibitor may choose to do this as part of the Communication project, or include pictures or the outline/text of their speech in their exhibit.

Public Speaking

- Allows the 4-H member to give their prepared speech to an audience from a stage or stage-like setting.
- The topic can be of the 4-H member's choice.
- Junior members (grades 3-8) have 3-5 minutes to give their speech while senior members (grades 9-12) will give their speech in 5-7 minutes.

Demonstration

- All 4-H members are encouraged to present a demonstration at their club or county level.
- This contest allows the 4-H member to show the audience step-by-step procedures how-to-do something related to any 4-H project.
- Examples of a demonstration include how to take a prize winning photograph, how to give an intramuscular antibiotic injection or shot, how to design a mini-barn blueprint, how to construct a garment, how to develop a wildlife rehabilitation plan, how to treat a cat for fleas, etc.
- Junior members (grades 3-8) have 5-7 minutes to present their demonstration, while senior members (grades 9-12) will present their demonstration in 5-10 minutes.

Exhibit Class Guidelines:

Level A (grades 3-4 suggested)

A notebook about your sport. It is suggested to include pictures of you participating in the sport or of the sport being played, a brief explanation of the sport (origin, rules and regulations, special equipment needed, why you enjoy it, cultural impact), and information from your speech or demonstration, and any other interesting information about the sport.

Level B (grades 5-6 suggested)

A notebook about your sport. It is suggested to include pictures of you participating in the sport or of the sport being played, a brief explanation of the sport (origin, rules and regulations, special equipment needed, why you enjoy it, cultural impact), and information from your speech or demonstration, and any other interesting information about the sport.

Level C (grades 7-9 suggested)

A notebook about your sport. It is suggested to include pictures of you participating in the sport or of the sport being played, a brief explanation of the sport (origin, rules and regulations, special equipment needed, why you enjoy it, cultural impact), and information from your speech or demonstration, and any other interesting information about the sport.

Level D (grades 10-12 suggested)

A notebook about your sport. It is suggested to include pictures of you participating in the sport or of the sport being played, a brief explanation of the sport (origin, rules and regulations, special equipment needed, why you enjoy it, cultural impact), and information from your speech or demonstration, and any other interesting information about the sport.