

## DEPARTMENT 10

### 4-H AND VOCATIONAL

**ELIGIBILITY:** 4-H Club members must have passed their eighth birthday but not have passed their nineteenth birthday by January 1 of the current year. Exhibitors must be 4-H members, a project in the field in which they wish to make entry and be under the supervision of Pennsylvania State University Cooperative Extension Service by July 1 preceding the fair.

Students enrolled in an accepted vocational school curriculum must be conducting a project in the class in which they wish to make entry. Students enrolled in general home economics in a comprehensive high school are considered as qualifying. All entries shall be approved prior to the fair by a member of Pennsylvania Department of Education, Agriculture or Family and Consumer Science staff, or their designated representative.

**NOTE:** In any case where there is reference to 4-H and Vocational classes, the Fair has the option -if there is a sufficient number of available exhibits--to divide the show into two, one for 4-H and one for Vocational, or they may be shown together.

**NOTE:** 4-H or FFA member must be present and must have charge of his/her animal at the time of judging.

## WHAT'S THE REAL PURPOSE OF YOUTH (4-H & FFA) LIVESTOCK PROJECTS

One purpose is to teach young people how to feed, fit, and show their animals. The more important purpose is to provide an opportunity for personal growth and development of the young person.

The Josephson Institute of Ethics has developed a curriculum which identifies six core values which may help to better describe the value of youth livestock projects. This curriculum also presents the idea that people develop and strengthen character by practicing certain behaviors just as muscles are built through exercise.

Therefore, the purpose of the youth livestock program (4-H and FFA) is to provide opportunities for young people to develop character. The character traits identified and some practices (exercises) that may build character follow:

- A. **Trustworthiness** - includes honesty, promise keeping and loyalty
  - daily feeding, watering of animals (promise keeping)
  - adheres to possession deadlines (honesty)
  - adheres to withdrawal times on drugs and de-wormer
  - only the appropriate use of approved drugs
  
- B. **Respect** - includes courtesy and proper treatment of people and things.
  - proper handling of animals, treat humanely
  - proper care of animals
  - listens to and follows advice of advisors
  - recognizes that animal projects are dependent on 4-H'er and provides daily feed and water
  
- C. **Responsibility** - includes the pursuit of excellence, accountability and perseverance.
  - daily feeding and watering (even on the busy, difficult days)
  - goes beyond providing the daily needs of the animal in giving additional time and attention to produce a winner
  - adheres to deadlines for entry forms and for arrival at livestock shows
  - never gives up in the show ring (perseverance)
  
- D. **Fairness** - involves consistently applying rules and standards appropriately for different age groups and ability levels.
  - feed only approved livestock rations
  - only the appropriate use of approved drugs
  - accepts winning or losing with grace
  - conduct in the show ring follows recommended procedure
  - fitting and grooming of animals follows recommended procedures
  
- E. **Caring** - promoting the well being of people and things in a young person's world. It denotes action and not just feelings.
  - daily feeding and watering
  - provides clean barn/stall for animal
  - treats animal humanely at all times
  
- F. **Citizenship** - includes making the home community and county a better place to live for themselves and others.
  - accepting instructions
  - winning and losing with grace
  - helping others at stock shows
  - teaching younger members
  - treating animals humanely
  - ensuring that your meat animal is safe for consumption

Section 1  
Horses

Breeding Classes

*\* Example only for prize money*

Class

1	Colts of this year	*\$20	\$14	\$10	\$8	\$5
2	Yearling colts	*\$20	\$14	\$10	\$8	\$5
3	Two-year-old colt	*\$20	\$14	\$10	\$8	\$5
4	Three-year-old colts	*\$20	\$14	\$10	\$8	\$5
5	Yearling geldings	*\$20	\$14	\$10	\$8	\$5
6	Two-year-old geldings					
7	Three-year-old geldings					
8	Geldings - 4-years and over					
9	Fillies of this year					
10	Yearling fillies					
11	Two-year-old fillies					
12	Three-year-old fillies					
13	Mares - 4-years and over					

NOTE: The same classifications and premiums as stated above are to apply to each of the following breeds:

A - American Saddle Horse	G - POA
B - Appaloosa	H - Quarter Horse
C - Arabian	J - Shetland Pony
D - Morgan	K - Thoroughbred
E - Palomino	L - Welsh Pony
F - Pinto	M - Others

## Performance Classes

Class

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- 14 Showmanship and Grooming (class 1)
- 15 Showmanship and Grooming (class 2)
- 16 Showmanship and Grooming (class 3)
- 17 Equitation - Stock Seat - Exhibitors age 14 and under
- 18 Equitation - Stock Seat - Exhibitors age 15 and over
- 19 Equitation - Saddle Seat - Exhibitors age 14 and under
- 20 Equitation - Saddle Seat - Exhibitors age 15 and over
- 21 Equitation - Hunter Seat - Exhibitors age 14 and under
- 22 Equitation - Hunter Seat - Exhibitors age 15 and over
- 23 Equitation - Hunter Seat - Over Jumps - Exhibitors age 14 and under
- 24 Equitation - Hunter Seat - Over Jumps - Exhibitors age 15 and over
- 25 Western Pleasure - 12.2 hands and under
- 26 Western Pleasure - 12.2 hands and not over 14.0
- 27 Western Pleasure - Over 14.0 hands
- 28 Western Riding - Pole Bending - 13.2 and under
- 29 Pole Bending - Over 13.2 hands
- 30 Clover Leaf Barrel Race - 13.2 hands and under
- 31 Clover Leaf Barrel Race - over 13.2 hands
- 32 Four Corner Stake - 13.2 hands and under
- 33 Four Corner Stake - Over 13.2 hands
- 34 Open Trail - 13.2 hands and under
- 35 Open Trail - Over 13.2 hands
- 36 Pleasure Pony Driving - 14.0 hands and under

- 37 English Pleasure Pony - 14.2 hands and under
- 38 English Pleasure Horse - over 14.2 hands
- 39 Hunter Pony Under Saddle - 14.2 hands and under
- 40 Hunter Under Saddle - over 14.2 hands
- 41 Working Hunter Ponies - 14.2 hands and under
- 42 Working Hunter Horses - over 14.2 hands
- 43 Pleasure Horse Pairs
- 44 County Team
- 45 Other Classes

It is suggested that the current Pennsylvania state 4-H Horse Show Rule Book be used as a guideline for classes in this division.

Section 2  
Dairy Cattle

(Refer to General Rules)

NOTE: 4-H or FFA member must be present, and must have charge of his/her animal at the time of judging.

Class

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- |    |  |
|----|--|
| 1  | Spring Heifer Calf, born after February 28 and over four months of age.<br>*        \$15    \$12    \$9    \$6    \$3  |
| 2  | Winter Heifer Calf, born after November 30 & before March 1.   |
| 3  | Fall Heifer Calf born after August 31 and before December 1.   |
| 4  | Summer Yearling Heifer born after May 31 and before September 1.   |
| 5  | Spring Yearling Heifer born after February 28 and before June 1.   |
| 6  | Winter Yearling Heifer born after November 30 and before March 1.  |
| 7  | Fall Yearling Heifer born after August 31 and before December 1.   |
| 8  | Junior Champion Female, winners of Classes 1-7.  |
| 9  | Reserve Junior Champion Female, except Junior champion, 1 <sup>st</sup> . & 2 <sup>nd</sup> . place winners of Classes 1-7..   |
| 10 | Junior Best Three Females. This group to consist of three (3) females from heifer classes, none of which have freshened all bred by and at least one owned by exhibitor.   |
| 11 | Junior Two Year Old Cow born after February 29 and before September 1.   |
| 12 | Senior Two Year Old Cow born after August 31 and before March 1.   |
| 13 | Three Year Old Cow, born after August 31 and before September 1. Please note that show management has the authority to divide the three year old cow class into:<br>A. Jr. 3 year old cow: born after 2/28 and before 9/1.<br>B. Sr. 3 year old cow: born after 8/31 and before 3/1. |
| 14 | Four Year Old Cow, born after August 31 and before September 1.  |
| 15 | Five year Old Cow, born after August 31 and before September 1.  |
| 16 | Aged Cow, six year old and over, born before September 1.  |
| 17 | Dry Cow, three years old and over, born before September 1. (Option of show management).   |
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- 18 Senior Champion Female, winners of Classes 11-17.
- 19 Reserve Senior Champion Female, except Senior Champion, first and second place winners of Classes 11-17..
- 20 Grand Champion Female, winners of Classes 8,18,19.
- 21 Reserve Grand Champion Female, except Grand Champion, winner of Classes 8,11,17.
- 22 Dam and Daughter - Dam must be owned by exhibitor and daughter must be bred and owned by exhibitor.

NOTE: The same classifications and premiums as stated above are to apply to each of the following breeds:

- A - Ayrshire
- B - Brown Swiss
- C - Guernsey
- D - Holstein
- E - Jersey
- F - Milking Shorthorn
- G - Lineback

### Dairy Cattle Fitting and Showmanship

1. 4-H or FFA members may show an animal in the Fitting and Showing Contest provided it has been carried as a project, and is owned by the exhibitor.
2. The exhibitor must show the same animal in both contest.

NOTE: In large shows, the best 4-H and FFA fitters and showmen may be selected during showing of the type classes, and then only these become eligible to compete in the fitting and showmanship contests. In smaller shows, all 4-H and FFA members showing an animal can compete in the fitting and showmanship contests.

#### Class

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- |       |                        |
|-------|------------------------|
| 1,2,3 | Showmanship            |
| 4     | Master Showman Award   |
| 5     | Grand Champion Showman |
| 6,7,8 | Fitting                |
| 9     | Master Fitting Award   |
| 10    | Grand Champion Fitter  |

NOTE: Class 4 may be used instead of Classes 1, 2, and 3, but not when Classes 1, 2, and 3 are used.

Class 9 may be used instead of Classes 6, 7, and 8, but not when Classes 6, 7, and 8 are used.



Section 3  
Beef Cattle

Breeding Classes

1. When on exhibition in the ring, each animal must be under halter and in charge of owner or owner's representative.

Class

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- 1 Junior Heifer Calf calved after January 1, 19\_\_.
- 2 Senior Heifer Calf calved after September 1, 19\_\_.
- 3 Summer Yearling Heifer calved between May 1 and August 31, 19\_\_.
- 4 Junior Yearling Heifer calved between January 1 and April 30, 19\_\_.
- 5 Senior Yearling Heifer calved between September 1 and December 31, 19\_\_.
- 6 Champion Female (first place Female competing)
- 7 Reserve Champion Female (first place Females and second place to Champion)

NOTE: The same classifications and premiums stated above are to apply to each of the following breeds:

- A - Angus
- B - Charolais
- C - Hereford (Horned or Polled competing)
- D - Shorthorn (Horned or Polled competing)
- E - Others (by breed)

Market Steers

1. Beef steers shall be free of infectious and transmissible diseases. Shipping Fever shots required.

NOTE: Due to weight variances and weight limits, the number of weight classes will be set by the Fair.

Class

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- 1 Lightweight
- 2 Champion Lightweight
- 3 Reserve Champion Lightweight
- 4 Light Middleweight
- 5 Champion Middleweight
- 6 Reserve Champion Middleweight
- 7 Light Heavyweight
- 8 Champion Heavyweight
- 9 Reserve Champion Heavyweight
- 10 Grand Champion Steer
- 11 Reserve Grand Champion Steer

Class

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- 1 Carcass Steers on Foot
- 2 Champion
- 3 Reserve Champion
- 4 Carcass Steers on rail
- 5 Champion
- 6 Reserve Champion

## Beef Cattle Fitting and Showmanship

4-H or FFA members may show either a steer or heifer in the Fitting and Showing Contest provided the animal has been carried as a project, and is owned and fitted by the exhibitor.

NOTE: In large shows, the best 4-H and FFA fitters and showmen may be selected during showing of the type classes, and then only these become eligible to compete in the fitting and showmanship contests. In smaller shows, all 4-H and FFA members showing and animal can compete in the fitting and showmanship contests.

### Class

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1,2,3	Showmanship, Exhibitors
4	Master Showman Award
5	Grand Champion Showman
6,7,8	Fitting - Exhibitors
9	Master Fitting Award
10	Grand Champion Fitter

NOTE: Class 4 may be used instead of Classes 1, 2, and 3 but not when classes 1, 2, and 3 are used. Class 9 may be used instead of Classes 6, 7, and 8, but not when Classes 6, 7, and 8 are used.

Section 3-1  
Veal

1. Any animal of unthrifty nature, unsuitable condition or which cannot be satisfactorily handled under show conditions must be removed from the fairgrounds.
2. All vealers must be fed the special veal high fat milk replacer.
3. AT THE DISCRETION OF THE FAIR MANAGEMENT, an exception to the rule requiring all exhibits to remain on view for the duration of the fair may be made here -- VEALERS WILL BE RELEASED WITHIN TWO DAYS TO PREVENT DEHYDRATION.

Class

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- 1 Light Weight
- 2 Medium Weight
- 3 Heavy Weight

Section 4  
4-H Vocational Sheep Breeding

NOTE: 4-H FFA member must be present, and must have charge of his/her animal at the time of judging.

- I. Lambs shown in breeding classes cannot be shown in market classes or vice versa.

Class

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- |    |  |
|----|--|
| 1  | Senior Ram Lamb - Born September 1 to December 31  |
| 2  | Junior Ram Lamb - Born after January 1.            |
| 3  | Ewe, 1 year and under 2                            |
| 4  | Senior Ewe Lamb - Born September 1 to December 31. |
| 5  | Junior Ewe Lamb - Born after January 1.            |
| 6  | Champion Ewe                                       |
| 7  | Reserve Champion                                   |
| 8  | Pair of Lambs, any age, either sex                 |
| 9  | Pair of yearling ewes                              |
| 10 | Junior Flock                                       |

NOTE: The same classifications and premiums as stated above are to apply to each of the following breeds:

- |                |                       |
|----------------|-----------------------|
| A - Cheviot    | F - Shropshire        |
| B - Corriedale | G - Southdown         |
| C - Dorset     | H - Suffolk           |
| D - Hampshire  | I - Others - by breed |
| E - Merino     |                       |

### 4-H and Vocational Market Lambs

1. All market animals should be weighed on the same set of scales under a qualified weighmaster at the discretion of the fair.

#### Class

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- 1 Pair of Market Lambs - 2 Lambs may be wethers and/or ewes
- 2 Individual Market Lamb
- 3 Carcass Show  
A - Lambs on foot  
B - Lambs on rail

NOTE: The same classifications and premiums as stated above are to apply to each of the following breeds:

- A - Cheviot
- B - Corriedale
- C - Dorset
- D - Hampshire
- E - Merino
- F - Shropshire
- G - Southdown
- H - Suffolk
- I - Others - by breed

Fair may choose to use classes by weight breakdown and no breeds, minimum weight 85 pounds, maximum weight 140 pounds.

### 4-H and Vocational Sheep Fitting and Showmanship

1. 4-H or FFA members may show an animal in the Fitting and Showing Contest provided it has been carried as a project, and is owned by the exhibitor.

NOTE: In large shows, the best 4-H and FFA fitters and showmen may be selected during showing of the type classes, and then only these become eligible to compete in the fitting and showmanship contests. In smaller shows, all 4-H and FFA members showing an animal can compete in the fitting and showmanship contests.

#### Class

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- |       |                        |
|-------|------------------------|
| 1,2,3 | Showmanship            |
| 4     | Master Showman Award   |
| 5     | Grand Champion Showman |
| 6,7,8 | Fitting                |
| 9     | Master Fitting Award   |
| 10    | Grand Champion Fitter  |

NOTE: Class 4 may be used instead of Classes 1, 2 and 3, but not when Classes 1, 2, and 3 are used. Class 9 may be used instead of Classes 6, 7, and 8, but not when Classes 6, 7, and 8 are used.

Section 5  
Swine

**4-H and Vocational Breeding Swine**

1. 4-H or FFA member must be present, and must have charge of his/her animal at the time of judging.
2. Swine shown in breeding classes cannot be shown in market classes or vice versa.

Class

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- 1 Spring Boar Pig - February 1, 19\_\_ and April 30, 19\_\_.
- 2 January Sow Pig-must have been farrowed on or after January 1, 19\_\_ and before February 1, 19\_\_.
- 3 February Sow Pig-must have been farrowed on or after February 1, 19\_\_ and before March 1, 19\_\_.
- 4 March Sow Pig-must have been farrowed on or after March 1, 19\_\_ and before April 1, 19\_\_.
- 5 April Sow Pig-must have been farrowed on or after April 1, 19\_\_.
- 6 Grand Champion Sow
- 7 Reserve Grand Champion Sow

NOTE: The same classifications and premiums as stated above are to apply to each of the following breeds:

- |                   |   |
|-------------------|---|
| A - Berkshire     | F - Spotted Swine                               |
| B - Chester White | G - Yorkshire                                   |
| C - Duroc         | H - Others-by breed                             |
| D - Hampshire     | I - Cross Breeds limited to Market Classes Only |
| E - Poland China  |   |



### 4-H and Vocational Market Swine

1. 4-H or FFA member must be present, and must have charge of his/her animal at the time of judging.
2. Market Class can be barrows and/or gilts. Gilts shown in breeding classes cannot be shown in market classes or vice versa.

#### Class

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- 1 Lightweight Market Swine
- 2 Mediumweight Market Swine
- 3 Heavyweight Market Swine
- 4 Grand Champion Market Swine
- 5 Reserve Grand Champion Market Swine
- 6 Lightweight Pairs
- 7 Mediumweight Pairs
- 8 Heavyweight Pairs
- 9 Champion Pair of Barrows
- 10 Reserve Champion Pair of Barrows

#### Class

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- 1,2,3 Carcass Barrows
- 4 Champion Carcass Barrow on Foot
- 5 Reserve Champion Carcass Barrow on Foot
- 6,7 & 8 Barrow Carcass
- 9 Champion Barrow Carcass on Rail
- 10 Reserve Champion Barrow Carcass on Rail

### 4-H and Vocational Swine Fitting and Showmanship

1. 4-H or FFA member may show an animal in the Fitting and showing Contest provided it has been carried as a project, and is owned by the exhibitor.

NOTE: In large shows, the best 4-H and FFA fitters and showmen may be selected during showing of the type classes, and then only these become eligible to compete in the fitting and showmanship contests. In smaller shows, all 4-H and FFA members showing an animal can compete in the fitting and showmanship contests.

#### Class

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- |       |                        |
|-------|------------------------|
| 1,2,3 | Showmanship            |
| 4     | Master Showman Award   |
| 5     | Grand Champion Showman |
| 6,7,8 | Fitting                |
| 9     | Master Fitting Award   |
| 10    | Grand Champion Fitter  |

Section 6  
4-H and Vocational Goats

Class

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- 1 Kid, birth to 5 months
  - 2 Kid, 5 months old, and under one year
  - 3 Doe, 1 year old, and under 2 - not in milk
  - 4 Junior Champion Doe
  - 5 Reserve Junior Champion Doe
  - 6 Dam and Daughter
  - 7 Produce of Dam - 2 Doe of different age classes
  - 8 Get of Sire - 3 doe that have freshened
  - 9 Doe, 1 year old, and under 2 - in milk
  - 10 Doe, 2 years old and under 3
  - 11 Doe, 3 years old and over
  - 12 Senior Champion Doe
  - 13 Reserve Senior Champion Doe
  - 14 Grand Champion Doe
  - 15 Reserve Grand Champion Doe
    1. The Junior Champion class will consist of winners in classes 1, 2 and 3.
    2. The Senior Champion class will consist of winners in classes 9, 10, and 11.
    3. The Grand Champion class will consist of best of breed in each division.
    4. Showmanship and Fitting Classes
  - 16 Milking Herd - 3 Doe that have freshened

NOTE: Fairs may list classes suggested by American Goat Breeders Association in lieu of those listed here.

MARKET CLASSES

Light weight

Medium weight

Heavy weight

NOTE: The same classifications and premiums stated above are to apply to each of the following breeds:

A - Alpine - French, Rock, and Swiss

D - Saanen

G - Boer

B - LaMancha

E - Toggenburg

C - Nubian

F - Recorded Grades

Section 7  
4-H and Vocational Oxen and Llamas

Section 1 - Oxen

1. All oxen must meet fair health requirements.
2. The fair reserves the right to refuse any or all entries.
3. All animals over six months old must be castrated.
4. All animals must be trained to the yoke and cart or sled.
5. All steers and oxen must be shown without use of rings, rope, or halter.
6. Yokes may be separated and only one shown as single in same age class as yoke.
7. All yokes will be shown in class of oldest animal.
8. Animals must be born prior to April 30.
9. Eligibility ages for all breeds:

Calves	July 1, to April 30.
Yearling	July 1, to June 30.
Two-year-old	July 1, to June 30.
Three-year-old	July 1, to June 30.

Class

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- |   |  |
|---|--|
| 1 | Matched Team Yoke - age Classes listed above   |
| 2 | Trained Team Yoke - age Classes listed above   |
| 3 | Trained Single Yoke - age Classes listed above |
| 4 | Hitch Team - age Classes listed above          |
| 5 | Hitch Single - age Classes listed above        |

Section 2 - Llamas

1. All llamas must meet fair health requirements.
2. The fair reserves the right to refuse any or all entries.
3. Young llamas must be weaned.

Halter classes

Animal judges on how conformational correct the animal is.

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1. Male under 2 years
  2. Male over 2 years
  3. Female under 2 years
  4. Female over 2 years
  5. Gelding

Section 8  
Poultry and Eggs

4-H and Vocational Poultry

1. Eligibility: Classes are open to any boy or girl currently carrying a 4-H or FFA poultry project. The exhibit must be raised by the exhibitor, and must be related to his/her current project.
2. Entries: Entries are limited to one pen of three hens or pullets.
3. Ownership: No pupil shall be eligible who does not take entire care of his own birds.
4. Unsuitable Birds: The Fair Management recommends to 4-H and FFA supervisors to eliminate any birds from competition that are not in suitable condition or which cannot be handled satisfactorily under show conditions.
5. Regulations: Rules and regulations governing open classes will apply in vocational classes.
6. It is desirable that exhibitors be present for judged verbal evaluation of exhibits.

NOTE: All commercial breeds of chickens are eligible for premium reimbursement. Any breed or color capon is eligible for premium reimbursement.

Class

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- 1 Pen of Three Hens
- 2 Pen of Three Pullets - not in production
- 3 One Capon-Live
- 4 Five Broilers
- 5 One Turkey
- 6 Poultry Science Project Exhibit displaying any phase of agriculture

### 4-H and Vocational Eggs

Exhibits scoring 95 points or more according to the official scoreboard will be awarded a purple ribbon as "Superior Quality Award." Only one ribbon will be awarded per exhibitor. The judges have the right to break two eggs for examination.

		Scoring
Exterior Quality:		
Size (total weigh		16 points
Uniformity of Color		12 points
Uniformity of Shape		12 points
Shell Texture		12 points
Condition		12 points
Interior Quality		36 points
Total:		100 points

**UNIFORMITY OF SIZE:**

A perfect score will be given to that dozen of eggs, within medium and large classifications, that has all twelve eggs of the same weight. Twelve large eggs weigh 24 ounces per dozen. If the average weight is within one ounce either above 27 ounces or below 24 ounces, cut 8 points. If more than one ounce either above or below, cut 16 points. Same cuts for medium class.

**UNIFORMITY OF SHAPE:**

Each egg to conform as nearly as possible in shape. Extremes should be avoided. Cut 1/4 to 1/2 point for each egg off in shape or ridged.

**UNIFORMITY OF COLOR:**

All eggs in the entry should be the same shade of color. If white, all eggs should be chalk white, and free from creamy or tinted coloring. If brown, all eggs should be uniformly the same shade of color. A cut of 1/4 to 1/2 point per egg may be made according to the actual shade of each egg, and how well it conforms to uniformity of shade with the other eggs in the dozen.

**SHELL TEXTURE:**

The shell should be strong and of uniform thickness. Cut 1/4 to 1/2 point per egg for shells that are rough, ridged, or wrinkled and for shells that are porous, mottled, or blind check. Cut one point for each egg that is cracked or a leaker.

	PERFECT SCORE	CUT PER EGG
INTERIOR QUALITY PER EGG		
Grade AA	3	
Grade A		6
Grade B including		
double yolked eggs		3/4
C Quality		1 - 1/2
Inedible eggs--including large		
blood or meat spots		Disqualify Entry

## Disqualifications

1. Any of the following defects disqualifies the entry:
  - a. Total weight less than 20 ounces or over 27 ounces per dozen.
  - b. Eggs showing signs of incubation or germ development.
  - c. Inedible eggs.
  
2. Exhibits must have been produced from flocks listed as the member's project.

### Class

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#### One dozen brown eggs

- 1A. Large (24-26 inclusive)
- 2B. Medium (21-23 inclusive)

#### One dozen white eggs

- 3A. Large (24-26 inclusive)
- 4B. Medium (21-23 inclusive)

NOTE: Guinea, chicken, duck turkey, and bantam eggs-same premiums per dozen as above.

Section 9  
4-H and Vocational Rabbits

1. Each exhibitor must sign a statement as to the rabbit being free from known health disorders.
2. No rabbit may compete in more than one class.

Class

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Grade -

- 1 Adult Doe (over six months of age)
- 2 Adult Buck (over six months of age)
- 3 Young Doe (under six months of age)
- 4 Young Buck (under six months of age)
- 5 Doe and Litter

Registered-

- 6 Young Doe (under six months of age)
- 7 Adult Doe (over six months of age)
- 8 Young Buck (under six months of age)
- 9 Adult Buck (over six months of age)
- 10 Doe and Litter

NOTE: Breeds sanctioned by the American Rabbit Breeders Association may be used.



Section 13  
4-H and Vocational Vegetables

Class

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- 1 Beans, green (10)
- 2 Beans, yellow (10)
- 3 Lima beans (10)
- 4 Beets, topped (3)
- 5 Broccoli, (1 head)
- 6 Brussel sprouts (1 pint)
- 7 Cabbage (1 head)
- 8 Carrots, topped (5)
- 9 Cauliflower(1 head)
- 10 Celery (1 plant in soil)
- 11 Corn, sweet(5 ears, husks on)
- 12 Cucumbers, pickling (8)
- 13 Cucumbers, slicing (3)
- 14 Eggplant (1)
- 15 Endive (1 plant in soil)
- 16 Kale (1 plant in soil)
- 17 Kohlrabi (3)
- 18 Lettuce (1 plant in soil)
- 19 Onions, bulbs topped (5)
- 20 Onions, green bunching (10)
- 21 Parsnips (5)
- 22 Peas (10 pods full)
- 23 Peppers (green-3)
- 24 Peppers (red-3)
- 25 Potatoes (white-5)
- 26 Potatoes (red-5)
- 27 Pumpkins (1)
- 28 Radishes (5)
- 29 Squash (Summer-1)
- 30 Squash (Winter-1)
- 31 Swiss chard (1 stalk in soil)
- 32 Tomatoes, red (5)
- 33 Tomatoes, green (5)
- 34 Turnips (3)
- 35 Gourds (3 specimens)
- 36 Home Garden - 10 or more kinds of vegetables - not less than 3 specimens of each kind
- 37 Market Basket - 5 or more kinds of vegetables - attractively displayed
- 38 Vegetable Freaks
- 39 Any other vegetable worthy of exhibition

Section 14  
4-H and Vocational Fruit

Class

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- 1 Strawberry - 1 plant in soil - First year
- 2 Strawberry - 1 quart berries - Second year
- 3 Raspberry - stalk in soil - First year
- 4 Raspberry - 1 quart berries - Second year
- 5 Muskmelon (1 melon)
- 6 Watermelon (1 melon)

Section 15  
4-H and Vocational Home and Dairy Products

Foods and Nutrition

1. Each item must have been made by a 4-H member who is enrolled in a 4-H Food project within the current year.
2. Exhibits should portray base requirements as outlined in specific 4-H projects.

Class

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- 1 Foods and Nutrition - First Year
  - a. Muffin (bring 2)
  - b. Granola (one cup)
- 2 Foods and Nutrition - Second Year
  - a. Oatmeal pocket treat (3)
  - b. Carrot-oatmeal bars (3)
  - c. Welsh cookies (3)

- 3 Foods and Nutrition - Third Year
  - a. Pilgrim bars - 2 1/2" x 2 1/2" (3)
  
- 4 Foods and Nutrition - Fourth Year
  - a. English Muffin Loaf (one slice, one inch thick)
  
- 5 Foods and Nutrition - Fifth Year
  - a. Biscuits (3)
  - b. Refrigerator Bran Muffins (3)
  
- 6 Food and Nutrition - Sixth Year
  - a. Fast Track Rolls (3)
  - b. King's Apple Turnovers (3)
  
- 7 Food and Nutrition - Seventh Year
  - a. Hidden Biscuits (3)
  - b. Chocolate Bran Bars (3)
  
- 8 Foods and Nutrition - Eighth Year
  - a. Half a German Apfel Tart
  - b. Sweet Mexican Turnovers (3)
  - c. Italian Breadsticks (3)
  - d. Pickled Vegetables (one cup)
  
- 9 Exhibit displaying any phase of the following projects - poster size = 1/2 sheet of poster board or a manila folder
  - a. Basic nutrition and health
  - b. Choices and Habits
  - c. Quality and Safety
  - d. Consumer competencies
  - e. Food preparation and safety

Section 17  
Floral Exhibits

1. Exhibits must be cut flowers grown by the exhibitors and must conform to the number of blooms, spikes or stems specified in each class.
2. The uniformity of height, color, or size is an important factor in evaluating entries.
3. Flowers in each entry must be of one color and variety unless otherwise stated.

4-H and Vocational Annuals

Class

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- |    |                           |
|----|---------------------------|
| 1  | Ageratum, 3 stems         |
| 2  | Asters, 6 blooms          |
| 3  | Bachelor Buttons, 5 stems |
| 4  | Bells of Ireland, 3 stems |
| 5  | Calendula, 6 blooms       |
| 6  | Cosmos, 6 blooms          |
| 7  | Dahlia, 1 bloom           |
| 8  | Gaillardia, 6 blooms      |
| 9  | Gladiola, 1 spike         |
| 10 | Marigold, 6 blooms        |
| 11 | Pansy, 6 blooms           |
| 12 | Petunia, 6 blooms         |
| 13 | Snapdragon, 3 spikes      |
| 14 | Strawflower, 6 blooms     |

- 15 Sweet Peas, 6 stems
- 16 Verbena, 3 stems
- 17 Zinnia - small, not over 2", 3 blooms
- 18 Zinnia - large, over 2", 3 blooms
- 19 Any other annuals

**4-H and Vocational Perennials**

Class

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- 1 Chrysanthemum, 3 stems
- 2 Delphinium, 1 spike
- 3 Dianthus, 6 blooms
- 4 Lilies
- 5 Roses, 3 flowers
- 6 Scabiosa, 6 blooms

**4-H and Vocational Foliage and House Plants**

Class

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- 1 Begonias
- 2 Cacti
- 3 Coleus
- 4 Episcia
- 5 Ferns
- 6 Geranium
- 7 Ivy
- 8 Philodendron
- 9 African Violet

## 4-H and Vocational Plan and Plant for Beauty

### Indoor Gardening

#### Class

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- 1 Exhibit displaying any phase of Unit I
- 2 Exhibit displaying any phase of Unit II
- 3 Exhibit displaying any phase of Unit III
- 4 Exhibit displaying any phase of Unit IV

### Landscaping

#### Class

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- 1 Exhibit displaying any phase of Unit I
- 2 Exhibit displaying any phase of Unit II
- 3 Exhibit displaying any phase of Unit III
- 4 Exhibit displaying any phase of Unit IV

## 4-H and Vocational Plant Science

#### Class

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- 1 Plant Science - Exhibit displaying any phase of Science and the Growing Plant

### 4-H and Vocational Forestry Exhibits

#### Class

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- 1 10 leaf specimens, five cones and 1 potted seedling bred from seed bed
- 2 15 leaf specimens, properly labeled
- 3 25 leaf specimens, and 10 wood specimens
- 4 Adopt-a-tree Seedling Book - Exhibitors ages 8, 9 and 10
- 5 Adopt-a-tree Seedling Book - Exhibitors ages 11-14
- 6 Adopt-a-Tree Seedling Book - Exhibitors ages 15 and over
- 7 Exhibit Displaying starred project from "Trees and Towns"

Section 18  
4-H and Vocational Needlecraft

Clothing

1. Each article must have been made by a 4-H member within the current year.
2. Each article should be a part of the specific project(s) in which the member is enrolled within the current year.

Class

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1. Clothing and Textiles - First Year
  - a. Pillow
  - b. Travel Kit
  - c. Beach wrap up
  - d. Draft dodger
  - e. Log carrier
  - f. Placemats and napkins
2. Clothing and Textiles - Second Year
  - a. Tote bag
  - b. Gym Bag
  - c. Back pack
  - d. Purse
  - e. Scarf
3. Clothing and Textiles - Third Year
  - a. Fabric Square wall hanging or pillows
  - b. Travel Case
  - c. Stuff Sack
  - d. Multipurpose apron
  - e. Tabard
  - f. Nightie
  - g. Other - must include construction skills listed in Project Book 3



- 4      Clothing and Textiles - Fourth Year
  - a.      Vest
  - b.      Top or Dashiki
  - c.      Skirt - drawstring or elastic
  - d.      Skirt - gathered or patchwork
  - e.      T-shirt
  - f.      Pants - drawstring or elastic
  - g.      Other - must include construction skills listed in Project Book 4
  
- 5      Clothing and Textiles - Fifth Year
  - a.      Top - kimono or raglan sleeves - no collar
  - b.      Simple Dress - kimono or raglan sleeves - no collar
  - c.      Jumper
  - d.      Robe
  - e.      Other - must include construction skills listed in Project Book
  
- 6      Clothing and Textiles - Sixth Year
  - a.      Pants and Top
  - b.      Jumpsuit
  - c.      Other - must include construction skills listed in Project Book 6
  
- 7      Clothing and Textiles - Seventh Year
  - a.      Shirt - Wool with suede - look trim
  - b.      Skirt, velveteen; Vest, Wool and Blouse
  - c.      Shirtwaist Dress, Corduroy with wool accessory
  - d.      Slacks, wool; Shirt, Corduroy
  - e.      Other - must include construction skills listed in Project Book 7
  
- 8      Clothing and Textiles - Eighth Year
  - a.      Garment using checks, plaids, or stripes and lining. Must include construction skills listed in Project Book
  
- 9      Clothing and Textiles Ninth Year
  - a.      Tailored Garment. Must include construction skills listed in Project Book 9
  
- 10     Clothing and Textiles - Tenth Year
  - a.      Garment that includes fashion design techniques other than tailoring

## Knitting and Crocheting

1. Each article must have been made by a 4-H member enrolled in a 4-H knitting or crocheting project within the current year.

### Class

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- 1 Knitting - Beginners - Purl and/or stitch
  - a. Headband or Headhugger
  - b. Triangle head scarf or neck scarf
  - c. Slippers
  - d. Simple Shell
  - e. Miscellaneous article
- 2 Knitting - Intermediate - Patterned article with special stitches
  - a. Mittens and Headhugger
  - b. Socks
  - c. Sweater - basic cardigan - with buttonholes
  - d. Miscellaneous article
- 3 Knitting - Advanced - with two or more colors of yarn
  - a. Garment with a design - properly blocked
  - b. Miscellaneous article
- 4 Crocheting - Beginners - Single or Double Crochet
  - a. Scarf or headband
  - b. Belt, purse or hat
  - c. Mittens or slippers
  - d. Miscellaneous
- 5 Crocheting - Intermediate - Half double or treble crochet
  - a. Sweater, vest or poncho
  - b. Shawl or scarf
  - c. Accessories - tie, belt, mittens, purse or hat
  - d. Miscellaneous Article
- 6 Crocheting - Advanced - Patterned stitches - shell, cluster, popcorn
  - a. Sweater, vest or poncho
  - b. Dress, coat, jacket or skirt
  - c. Accessories - hat, tie, socks, gloves, scarf
  - d. Miscellaneous

Section 19  
4-H Vocation Art and Handcrafts

Arts and Crafts

1. Each article must have been made by a 4-H member enrolled in a 4-H Related Arts and Crafts Project within the current year.
2. No article made from a commercially available kit or patterns will be accepted.

Class

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- 1 Crafts Caravan, Level I  
Basic Skills
  - a. Tape Shapes
  - b. Stuck-up Basket
  - c. Rub-a-Double Design
  - d. Get-It-Together Scarf
  - e. Basic Batik
  - f. Color in a Window
  - g. Chain a Shape
  - h. Shaped Shadow Plaque
- 2 Crafts Caravan, Level II - Advanced Skills
  - a. Customize with Design - silk screen
  - b. Angel Face - Quilling
  - c. Fabric Crayon Transfer
  - d. Make a Good Book
  - e. Shape up a Shape
  - f. No-rush Weaving
  - g. Roll out the Banner
  - h. Stuffed Stuff
- 3 Design with Shape and Form
  - a. Beginners
    1. Wood Assembler Wall Hanging
    2. Shape in Motion - Mobile
    3. Sculpture in Space - Mobile
  - b. Intermediate
    1. Clay Pinch Pot
    2. Clay Slab Pot
    3. Clay Coil Pot
    4. Decorating a Form

- c. Advanced
      - 1. Low Relief Mirror Plaque
      - 2. High Relief Mirror Plaque
      - 3. Carving in the Round
  
- 4 Design with Line using yarn, cord or string
  - a. Macrame
    - 1. Belt
    - 2. Wall hanging
    - 3. Purse
    - 4. Other
  
  - b. Weaving
    - 1. Belt
    - 2. Wall hanging
    - 3. Purse
    - 4. Other
  - c. String Hangings and Pictures
  - d. Creative Experiment
  
- 5 Design with Texture
  - a. Braided Mats
  - b. Knotted Mats
  - c. Dolls
  - d. Flowers
  
- 6 More Design and Texture
  - a. Tin Lantern
  - b. Latch Hook Rug, Pillow or Wallhanging
  - c. Wood Batik, wall plaque
  - d. Wood Batik, pinor pendant
  - e. Wood Batik box
  
- 7 Design with Color
  - a. Yarn Ball
  - b. Batik on Leather
  - c. Warp Wrapped Item
  - d. Other
  
- 8 Self Determined Project
  - a. Exhibit depicting any phase of 4-H Self Determined Project - OK'd by Leader and Extension Office

## 4-H and Vocational Photography

### Class

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- 1 Unit 1 - Adventures with a Camera - Minimum 3 each of the following: buildings, animals, landscapes and people, plus one sequence - two or more pictures - mounted in album.
- 2 Unit 2 - Challenges in Picture Taking - Minimum 5 each: buildings, landscapes, people, animals and action, plus sequence of 5 pictures taken from same position at different times of the day. Also 3 picture stories of before and after; how-to-do-it, or any 4-H activity.
- 3 Unit 3 - Exploring Photography - Minimum 8 color slides plus 3 close-ups, 5 available; 5 showing good composition, and one story telling sequence of 5 or more pictures.
- 4 Unit 4 - Mastering photography - Minimum 5 each of close-ups; high or low contrast; available light; fill-in flash or flood; portraits of people, animal pictures, plus one enlargement

## Home Furnishings and Home Management

1. Each article must have been made by a 4-H member enrolled in a 4-H Home Furnishings or Home Management Project within current year.

### Class

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- 1 Start With a Small Change - Unit I
  - a. Clutter Box
  - b. Bulletin Board
  - c. Place Mats
  - d. Waste Basket
  - e. Other
- 2 Start With a Small Change - Unit II
  - a. Shelves
  - b. Arrangements - flowers or plant materials
  - c. Pictures
  - d. Curtains
  - e. Table Cloth
  - f. Other

- 3 Start With a Small Change - Unit III
  - a. Exhibit of "Before and After" Floor Plan with illustrations relating to color, texture and design. Written story of accomplishments.
  
- 4 Teens and Their Homes
  - a. Exhibit displaying any phase of lighting
  - b. Exhibit displaying any phase of New Floors and Finishes
  - c. Exhibit displaying any phase of A Place to Write and Study
  - d. Exhibit displaying any phase of Decorating Your Walls
  
- 5 Home Management
  - a. Exhibit displaying any phase of Penny Wise
  - b. Exhibit displaying any phase of Money Magic

### Child Care and Family Relations

1. Each article must have been made by a 4-H member enrolled in Child Care and Family Relations Project within the current year.
2. "Strengthen Your Family" program activities are considered Family Relations.

#### Class

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- 1 Fun to Grow On - Exhibit displaying some of items used during the project: paper bag puppet, home-made book, etc.
  
- 2 What Are Children Like? - Exhibit displaying some items used during project: feel box, combination and games, story books, etc.
  
- 3 Understanding Children Through Play - Exhibit Displaying some items used during the project: toys, puppets, feel box, etc.
  
- 4 Baby-sitting - Exhibit displaying sitter's tool kit and contents.  
  
Specify age of child toys, books, etc. are to be used with
  
- 5 Celebrate Your Family Through 4-H
  - a. Exhibit displaying any phase of #1 - Spending Time Together
  - b. Exhibit displaying any phase of #2 - Sharing Across Generations

Section 20  
4-H and Vocational Group Exhibits

NOTE: Because there are so many youth group exhibits, we are making this a broad classification to include all that exhibit at the fair for premiums.

Types of group exhibits presented to the fair may be complex, and sizes diverse making it difficult for us to define the exhibits or set premiums we can pay.

We are suggesting premiums in each class and trusting to the judgment of the fair to pay premiums based in size and value. Fair may designate the size of displays, but we are making suggestions.

Class

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- |   |  |
|---|--|
| 1 | 4-H  |
| 2 | FFA and/or FHA                             |
| 3 | Small School Exhibit                       |
| 4 | Vocational Agriculture and Industrial Arts |
| 5 | Vocational Homemaking                      |
| 6 | School Services Exhibits                   |

Section 22  
4-H and Vocational Contests

**Tractor Driving Contest**

1. Any protest with reference to any circumstances of this contest must be made by the contestant affected to the contest manager at the time the incident arises. When all contestants have participated and placing's have been announced, the results are considered final and there will be no reconsideration of the circumstances.
2. **OBJECTIVE:** To demonstrate skillful practices and emphasize the safe operation and handling of a farm tractor.
3. **ELIGIBILITY:** Applicants must be members of a regularly organized 4-H Club under the supervision of the Pennsylvania State University Agricultural Extension Service or students in a vocational school, high school department, or a county supervisor's class in vocational and must not have passed their twenty-first birthday by opening day of the fair. Applicants must be residents of Pennsylvania, and must be in a position to show they are experienced tractor operators.
4. The contest will be divided into three parts: a written examination of 50 questions covering general maintenance and safety practices of a farm tractor; a trouble shooting examination on a tractor; and a tractor driving and equipment handling course.
5. Contestants will be scored on a fault point system. The contestant with the lowest score wins. Time will be used to eliminate tie score.
6. Tractor driving contest rules approved by the Pennsylvania State University will be followed.

Class

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- 1 4-H Members
- 2 FFA Members



### Bicycle Safety Rodeo

1. **OBJECTIVE:** To demonstrate skillful practices and emphasize the safe operation and handling a bicycle.
2. **ELIGIBILITY:** Applicants must be enrolled in a 4-H Bicycle Project within the current year.
3. The contest will be divided into two parts: a written examination of questions covering general maintenance and safety practices of a bicycle, and a demonstration of riding skills in a designated area.

#### Class

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- 1 4-H Members

### Judging Contest

NOTE: This class should include any Junior Judging Contests that you may care to set up.

#### Class

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- 1 4-H and Vocational Judging Contest

### Demonstration Contest

#### Class

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- 1 Demonstrator - ages 8, 9, 10 and 11
- 2 Demonstrator - ages 12, 13 and 14
- 3 Demonstrator - ages 15 and over

Section 23  
Apiary Products

**4-H and Vocational Individual Exhibits**

1. Comb honey to be judged on perfection in filling, capping uniformity, neatness and cleanliness of section.
2. Extracted honey is to be judged on body, clarity and cleanliness.

Class

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- 1 Light comb, 3 sections
- 2 Dark comb, 3 sections
- 3 Light - extracted honey - three one-pound jars
- 4 Amber extracted honey - three one-pound jars
- 5 Dark amber extracted honey - three one-pound jars
- 6 Beeswax Block, one pound

**4-H and Vocational Exhibits**

Class

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- 1 Bees, any race. Exhibit on frame in observation hive.
- 2 Honey - exhibit must include all of the following:  
Light Comb - three sections  
Dark Comb - three sections  
Amber Extracted - three one-pound jars  
Crystallized Extracted - three one-pound jars  
Dark Extracted - three one-pound jars
- 3 Beeswax - three one-pound blocks
- 4 Beeswax Candles -
  - a. Pair hand-dipped: 6-8" long
  - b. Pair molded candles
  - c. Open Class showing originality

Section 24  
Conservation

Class

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- 1 Soil and Water Conservation Unit I - Display any phase of the project
- 2 Soil and Water Conservation Unit II - Display any phase of project
- 3 Game Feeder, Duck Resting Box, etc., constructed as part of Wildlife Project
- 4 Photo Story of Wildlife Experiences; Collection of Printed or Illustrated Wildlife Material, or Material collected or photographed illustrating idea learned or worked with in Wildlife Project
- 5 Map of Woodland Area several acres in size. Written description of area, size and kinds of trees and shrubs and their uses as cover and food for wildlife. Mark map to show wildlife, plan life water, shelter, etc.
- 6 Exhibit displaying any phase of Hunter Safety Project

Section A-25  
Geology

Class

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- 1 First Year - ten labeled rocks, minerals and fossils
- 2 Second Year - twenty labeled rocks, minerals or fossils

Section 26  
Engineering Projects

Class

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- 1 Article made in Unit 1 Electric
- 2 Article made in Unit 2 Electric
- 3 Article made in Unit 3 Electric
- 4 Article made in Unit 4 Electric
- 5 Article made in Unit 5 Electric
- 6 Article made in Unit 6 Electric
- 7 Article made in Advanced Electric
- 8 Article made in Handyman Projects
- 9 Display any phase of Unit 1 - Small Engines Project
- 10 Display any phase of Unit 2 - Small Engines Project
- 11 Display any phase of Unit 3 - Small Engines Project
- 12 Display any phase of First Year Tractor
- 13 Display any phase of Second Year Tractor
- 14 Display any phase of Third Year Tractor
- 15 Display any phase of Fourth Year Tractor
- 16 Display any phase of Unit 1 - Automotive
- 17 Display any phase of Unit 2 - Automotive
- 18 Display any phase of Unit 3 - Automotive
- 19 Display any phase of Unit 1 - Bicycle
- 20 Display any phase of Unit 2 - Bicycle
- 21 Display any phase of Unit 3 - Bicycle
- 22 Display any phase of Model Airplanes
- 23 Display any phase of Rocketry
- 24 Article made in Basic Unit 1 - Energy
- 25 Article made in Basic Unit 2 - Energy
- 26 Article made in Intermediate Unit 1 - Energy
- 27 Article made in Intermediate Unit 2 - Energy
- 28 Article made in Advanced Unit 1 - Energy
- 29 Article made in Advanced Unit 2 - Energy
- 30 Article made in Wood Science - Unit 1
- 31 Article made in Wood Science - Unit 2
- 32 Article made in Wood Science - Unit 3

Section 27  
Entomology

Class

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- 1 First Year - 25 species insects of 5 orders, properly mounted and labeled
- 2 Second Year - 50 species of insects of 9 orders, properly mounted and labeled
- 3 Third Year - 75 species of insects of 11 orders, properly mounted and labeled
- 4 Fourth Year - 100 species insects of 12 orders, properly mounted and labeled

Section 28  
Veterinary Science

Class

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- 1 Display any phase if Unit I - Veterinary Science
- 2 Display any phase of Unit II - Veterinary Science
- 3 Display any phase of Unit III - Veterinary Science

Section 29  
Small Animals

Class

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- 1 Pet Project - Brief history of pet; reference material - pamphlet or book - about type of pet and pet properly exhibited
- 2 Dog Obedience -
  - a. Sub-Novice - All exercises done on leash, heel and Figure 8, stand for examination; recall; long sit (1 min.) and long down (3 min.)
  - b. Novice - Heel on leash and Figure 8; stand for examination; heel off leash; recall off leash; long sit (2 min.) off leash; long down (3 min.) off leash
  - c. Graduate Novice - Heel off leash; stand for examination off leash; heel free and Figure 8; drop on recall; long sit (3 min.); long down (5 min.)
  - d. Open - Heel free and Figure 8; drop recall; retrieve in flat; retrieve over high jump; broad jump; long sit (3 min.); long down (5 min.)
  - e. Utility - Scent discrimination; directed retrieve; signal exercise; directed jumping; group examination
- 3 Dog Showmanship - 4-H members may show animals in showmanship only if it has been carried as a project
  - a, b, & c Showmanship

Section 30  
Wildlife

Class

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- 1 Wildlife Through the Seasons - Unit 1 On stiff posterboard, 14' x 22', horizontal format, drawing or photograph of wildlife form. Around illustration, place dried samples of its normal food in Summer, Fall, Spring and Winter.  
Alternative: drawings or photographs of animals' habitat in the four seasons
- 2 Wildlife Through the Seasons - Unit 2 On stiff posterboard, 14" x 22", horizontal format, illustrate a food web, pyramid or chain for a common form of wildlife with cut-out pictures, drawings or photographs

Section 31  
Health and Fitness

Class

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- 1 Unit 1, Project 1 - Choose subject in this project and draw or illustrate with cut-out pictures and/or photographs on 14" x 22" stiff posterboard in horizontal format: Health Scoreboard, Happiness and Health, Winning Smiles, Protect your Health, First Aid or First Help.
- 2 Units II and III, Project 1 - Health Lifestyle. Make a poster on stiff 14" x 22" poster board, illustrate a health risk that can be changed. (Example: Use seat belts.)
- 3 Units II and III, Project 2 - Looking Good. Use cutouts to illustrate a full day's menu of favorite foods that represent a personal balanced diet.
- 4 Units II and III, Project 3 - Fitness. On a 14" x 22" stiff posterboard, show before and after measurements. Include height, weight, waist, chest and time for two mile run, 50 yard dash, sit-ups in one minute, pull-ups.
- 5 Units II and III, Project 4 - Stress. Pick a stress producer and illustrate it on a 14" x 22" poster.
- 6 Units II and III, Project 5 - Person to Person. Read Alligator River Story, and draw characters as you see them. Rank according to virtue. Use 14" x 22" poster.
- 7 Units II and III, Project 6 - Survival Skills. Make a poster 14" x 22", of any survival skill you wish to illustrate.
- 8 Using any of the Sports Health Series Leaflets, make a poster, 14" x 22", of any sports subject or debunk a sports myth.