

Montana FCCLA Competitive Events Manual



Rules and Guidelines

Updated November 2023

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Note: Throughout the manual, the term entrant refers to an individual or a team.

Note: Policies and events offered are determined by the MT FCCLA Board of Directors. Events offered will be based on the number of entrants from previous years, Family & Consumer Sciences content and available resources. Any questions or suggestions should be sent via email to the Board President and State Director.



CAREER PATHWAYS THROUGH FCCLA



HUMAN SERVICES

Preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care, and consumer services.

Possible careers include:

- Child, family, or school social worker
- Director of childcare facility
- School counselor
- Sociologist
- Social services worker
- Personal or home care aide
- Leisure activities counselor
- Recreation worker
- Consumer credit counselor
- Personal financial advisor
- Consumer goods or services retailing representative or buyer
- Cosmetologist, hairdresser, or hairstylist

HOSPITALITY AND TOURISM

The management, marketing, and operations of restaurants and other food services, lodging, attractions, recreation events, and travel-related services.

Possible careers include:

- Restaurant, food service, lounge, casino, coffee shop, or catering owner, operator, or manager
- Hotel, motel, resort, or bed and breakfast owner, operator, or manager
- Tour company owner, operator, or manager
- Meeting and convention planner
- Interpreter or translator
- Tourism and travel services marketing manager

EDUCATION AND TRAINING

Planning, managing, and providing education and training services and related learning support services.

Possible careers include:

- Superintendent, principal, or administrator
- Teacher or instructor
- Preschool or kindergarten teacher
- Clinical, developmental, or social psychologist
- Social worker
- Counselor
- Teacher assistant
- Parent educator
- Child care worker
- Coach
- Recreation worker
- Sign language interpreter

VISUAL ARTS AND DESIGN

Designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services.

- Stage designer
- Fashion/apparel designer or illustrator
- Interior designer
- Home furnishing coordinator
- Textile designer or chemist
- Costume designer

REAL WORLD SKILLS

Individuals require many skills to be college and career ready, including academic knowledge, technical expertise, and a set of general, cross-cutting abilities called "employability skills."

- **Applied Academic Skills:** Communications, Math, Science, Basic Literacy
- **Critical Thinking Skills:** Problem Solving, Organization & Planning
- **Resource Management:** Time, Money, Materials & Personnel
- **Information Use**
- **Communication Skills**
- **Interpersonal Skills:** Leadership, Teamwork & Negotiation
- **Personal Qualities**
- **Systems Thinking:** Teamwork & Project Management
- **Technology Use**



National FCCLA Competitive Events:



Involvement in FCCLA's Competitive Events programs offers members the opportunity to expand their leadership potential and develop skills for life necessary in families, communities, and workplaces. Members can demonstrate Family and Consumer Sciences skills, career skills, and interpersonal skills through the following competitive events:

- **Skill Demonstration Events** provide opportunities for members to demonstrate college and career-ready skills in Family and Consumer Sciences and related occupations. Students compete at the National Fall Conference and/or the Montana State Leadership Conference. *They culminate at the respective conference.*
- **National STAR Events** (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. *Students compete at the State Leadership Conference to qualify to compete at the National Leadership Conference.*
- **National Online STAR Events** are competitive events conducted by National FCCLA online only. Applications must be submitted electronically directly to National FCCLA.
- **National FCCLA/LifeSmarts Knowledge Bowl** is a three-level, team competition that challenges students' knowledge of all aspects of Family and Consumer Sciences. Chapters must qualify and compete at a National Fall Conference in the fall to qualify for the National Leadership Conference.

Event	Where is the event conducted?			
	Montana State Leadership Conference	National Fall Conference	Online via National FCCLA	National FCCLA Leadership Conference (must qualify)
Skill Demonstration Events	★	★		
National STAR Events	★			★
National Online STAR Events			★	★
National FCS Knowledge Bowl		★		★

Preparation Checklist for Advisers



This checklist is designed to give you, the adviser, an organized view of Competitive Events and to ensure all requirements for the students have been met. Please read the information carefully and completely to ensure you and your students understand all requirements.

Tip: Have students review this checklist early to avoid missing deadlines and opportunities.

- ☐ Distribute information about competitive events to your members and provide access to the Competitive Events Guide.
 - o Use the Montana Competitive Events Manual to identify which events are available at the State Competition.
 - o [STAR Event Demonstration Videos](#) are available.
- ☐ After the members have selected their events, ensure they are eligible to compete.
 - o View the Montana Competitive Events Manual for state-specific policies.
 - o View the National FCCLA STAR Events Guide in the membership portal. Review the eligibility information for the specific event and overall competition policies.
- ☐ Give members copies or electronic access to the information about their event:
 - o Event rubrics, format and frequently asked questions are available in the National FCCLA STAR Events Guide, available to affiliated chapters through the membership portal. Please note there are now two guides: one for STAR Events and one for Skill Demonstration Events.
 - o If applicable, access event resources through the portal.
 - Look for this icon next to events which have resources on the National FCCLA Website.
- ☐ For events conducted at the Montana State Leadership Conference, members must register by the date specified in the State Leadership Conference Registration Materials.
- ☐ A students' state and national dues must be paid in full before registration can be completed for the Montana State Leadership Conference.
- ☐ Before State Leadership Conference, download an updated National FCCLA STAR Events Guide as event policies may be updated throughout the year.
 - o Tip: National FCCLA posts a [Major Changes to Competitive Events Guide](#) to highlighting changes from the previous year.



Competitive Event Information

Event Categories:

1. An event category is determined by the Entrant's grade in school during the school year preceding the National Leadership Conference, and in some cases, enrollment in a specific course of program, as outlined in the event eligibility section.
2. Event categories are defined as:
 - o **Level 1** – FCCLA chapter members through grade 8
 - o **Level 2**– FCCLA chapter members in grades 9-10
 - o **Level 3** – FCCLA chapter members in grades 11-12
3. Team events may have one, two **or** three participants from the same chapter (with the exception of the Culinary Arts, Baking & Pastry, and Parliamentary Procedure STAR Events).
4. Event categories for teams are defined as:
 - o A team composed of members of mixed grade levels must enter at the level of the **highest** participant member's grade level.
 - o Team events with only Level 2 (grades 9-10) or Level 3 (grades 11-12) may not include members through grade 8.
 - o Team events with only Level 3 (grades 11-12) may not include members through grade 10.

Award System:

The following award system is followed in Montana.

Entrants will be evaluated on a point system. Each Entrant will be demonstrating proficiency to the degree that points are accumulated sufficient to earn a certificate of participation, bronze, silver or gold will receive that award at the Awards Program during the annual State Leadership Conference.

Gold	90-100
Silver	70-89.99
Bronze	50-69.99
Certificate of Participation	49.99 and below

Student Accommodations:

Students with a 504 plan or IEP are **encouraged** to participate in Skill Demonstration and/or STAR Events. FCCLA members with disabilities as properly identified by a valued team of professionals (such as an IEP team, Section 504 coordinator, certified psychologist, physician) will be reasonably accommodated in national events. During the online registration process, advisers will email the State Director to identify suggested modifications that can be made to the event facilitation process and rubric scoring process. The State Director will then formalize a plan with the adviser that follows FERPA guidelines while supporting the student. The written plan will then be communicated to the event lead and assistant.

Final rubric scoring for the event will be at the discretion of the judges.

Competitive Events Rules – Montana State Leadership Conference

Entrant: can be a team or individual

Eligibility:

1. Entrants must be paid members of a nationally affiliated FCCLA chapter in good standing (all financial obligations at the district and state level have been met).
2. A chapter may have a maximum of:
 - a. Two entrants **per** event **per** category in any STAR Competitive Event. However, Chapter in Review and Online STAR Events may only have one entrant per chapter per National FCCLA policy. (edited June 2016)
 - b. Three entrants in any SKILL Demonstration Event. (added February 2015)
 - c. For the Culinary Arts event, only one entrant is permitted per chapter. (added November 2023).
3. Individual members may enter a maximum of: (edited September 2018)
 - a. One STAR Competitive Event with the exception of Parliamentary Procedure. Members competing in Parliamentary Procedure may compete in two STAR events.
 - b. One STAR Competitive Event and one Skill Demonstration Event.
 - c. Two Skill Demonstration Events.
4. Once an entrant wins 1st place in a Skill Demonstration Event, he/she may not compete in any category in the same event again.
5. Once a member has competed in an individual or team STAR Event at the FCCLA National Leadership Conference, they may not enter the same event, under any category, again. (edited June 2015)
6. In the Baking and Pastry and Culinary Arts events, additional verification of industry training program elements is required. Entrants for these events must submit documentation of completion of the ServSafe Food Handler Certification to director@mtfccla.org at the time of registration. A limited number of entries for these two events will be offered on a first-come, first-served basis (edited November 2023).

Registration Process:

7. Entrants must follow Online Event Registration requirements in order to compete at the State Leadership Conference. Entrants not registered online for the appropriate category and entrant structure (team or individual) will be disqualified.
8. Each individual registering to compete in a Skill Demonstration or STAR Event will pay a non-refundable Event Registration Fee of \$7.00. Baking and Pastry and Culinary Arts STAR Events participants will also pay a \$20 fee to offset the cost of required supplies. (edited November 2022)
9. Entrant's grade level must match event category registration at the state level. (edited January 2020)

Preparing for and during competition:

10. Entrants must supply all equipment and supplies unless otherwise specified for the event.

11. Entrants MUST be appropriately dressed for each event following the Montana FCCLA Dress Code or the Competitive Events Manual guidelines. (edited June 2016)
12. Notification of participation cancellations should be given to Montana FCCLA at the earliest possible date prior to the competition.
13. No substitutes or alternates will be allowed to take the original entrant's place in individual events at State Leadership Conference or National Leadership Conference. The only time a team substitute is allowed is to replace the fourth member of 4-member Parliamentary Procedure Team. (edited June 2015)
14. The adviser must pick up the registration materials and confirm participation of each entrant during the designated State Leadership Conference registration time for *Registration Packet* points to be awarded on the Point Summary Form. (edited September 2018)
15. All entrants must complete an online event orientation in advance of the State Leadership Conference. Entrants will include the appropriate documentation, signed by their adviser, with their competition materials to receive *Event Online Orientation Documentation* points on their Point Summary Form. (edited September 2018)
16. When applicable, event testing for all STAR events will occur online **in advance** of the State Leadership Conference during the designated time. Failure to attend and take the test during the specified time frame will result in a test score of zero. (edited September 2018)
17. Entrants must be on time for assigned competition. If an entrant is more than 15 minutes late, they will be disqualified. Any conflicts with another FCCLA conference responsibility must be addressed with the Headquarters room on Thursday evening when schedules are released. Competitive Event competition is a scheduling priority over all other FCCLA activities. (edited September 2018)
18. Entrants waiting to compete must be respectful of others in the event area.
19. No cell phone use policy during Skill Demonstration and STAR Events.
20. There will be no talking in the event rooms. All instruction should be done prior to the event. Any coaching at the event will disqualify the student. No spectators are allowed during any STAR Events.
21. Multiple entrants for an event category may compete in the same competition room simultaneously.
22. Awards (medal or certificate of participation) will be awarded based upon the average score from the evaluators for Skill Demonstration and STAR events. (edited September 2018)
23. During the awards ceremony, the top five entrants who score an 85 or higher for Skill Demonstration and STAR Events will be recognized on-stage. (edited September 2018)
24. The top entrants, per event per category who score at least an 85, based upon the average judge scores prior to standard deviation, will be eligible to qualify for National FCCLA. National FCCLA event guidelines will be used to determine the number of entrants eligible to represent Montana at National FCCLA per event. Final ranking of entrants per event per category to qualify for National FCCLA will be determined using standard deviation. The top two entrants per event per category will receive a plaque. (edited September 2018)

25. The highest scoring, using standard deviation, Skill Demonstration Event entrant will receive a trophy if they received a gold or silver from the initial average judge scores. (edited September 2018)
26. Scores and results of the event will be kept confidential until the awards are given. Chapter advisers may pick up the competitive event rubrics and awards immediately following the awards ceremony.
27. The decision of the judges and standard deviation calculation is final. Any questions or concerns regarding the decisions of the judges should be submitted in writing to the State Director and Headquarters Chair within 5 working days of the conference. (edited November 2022)
28. Spectators are not allowed to observe any portion of any STAR Event. Videotaping and/ or audio recording of events is not allowed. (edited November 2022)

Montana State Leadership Conference: Skill Demonstration Events*

Purpose: Provide opportunities for members to demonstrate college and career-ready skills in Family and Consumer Sciences and related occupations.

Events offered at Montana State Leadership Conference: Annually, the Montana FCCLA Board of Directors selects which events will be offered.

Competition levels: Students may compete at the National Fall Conference on a rotation schedule **and/or** the Montana State Leadership Conference. In Montana, testing events occur at the State Leadership Conference. Skill Demonstration events culminate at the respective conference.

Award: Gold, Silver, Bronze or Certificate of Participation at the Montana SLC. Trophy for 1st place finisher who scores at least a silver or gold.

Individual: All Skill Demonstration Events are individual events.

Event information and policies: can be found in the membership portal in the Skill Demonstration Event Guidelines.

*This chart indicates **only** events offered by Montana FCCLA at the State Leadership Conference.*

Additional Skill Demonstration events are offered by National FCCLA at the National Fall Conference.

Event	Description	Membership Category		
		Level 1	Level 2	Level 3
Culinary Food Art	An individual event, will showcase the best of participants' creative and artistic skills in utilizing an assortment of fruits and vegetables to design and create an interesting food art item		★	★
Culinary Knife Skills	Showcases the best of participants' knife skills. Participants will produce six uniform pieces for each knife cut meeting industry standards and demonstrate proper safety and sanitation procedures.		★	★
Fashion Sketch	Recognizes members for their ability to design and sketch a croquis based upon a provided design scenario.		★	★
FCCLA Creed Speaking and Interpretation	Recognizes first-year members (through grade 9) for their ability to recite the FCCLA creed and interpret it within the context of their personal philosophy. This event provides an opportunity for members to gain self-confidence in public speaking while learning the values and philosophy expressed by the organization in which they hold membership.	★		
FCCLA Knowledge Challenge	A knowledge and skill <u>test</u> which allows participants to demonstrate their knowledge of FCCLA's programs, activities, leadership and chapter management.	★	★	★
Impromptu Speaking	Recognizes participants for their ability to address a topic relating to FCCLA and Family and Consumer Sciences without prior preparation. The ability to express one's thoughts in an impromptu situation while maintaining poise, self-confidence, logical organization of point, and conversational speaking are important assets in family, career and community situations.	★	★	★
Interior Design Sketch	Recognizes members for their ability to problem solve, design, and sketch an interior design space using the provided interior design scenario.		★	★
Interviewing Skills	Recognizes members for their ability to prepare employment materials and utilize job interviewing skills for an entry level position in an area of Family and Consumer Sciences and/or related occupations. This event provides an opportunity for members to gain self-confidence and demonstrate job seeking skills.	★	★	★

Lesson Plan Development and Modification	An individual event that recognizes members for their ability to develop an original lesson plan and offer tailored modifications based on a provided student profile, ensuring that the student's specific learning needs are met.	★	★	★
Pastry Arts Technical Decorating Skills	An individual event, recognizes participants for their ability to demonstrate their skills producing cake decorations using pastry arts equipment and techniques. Participants will prepare and present a sample board based on event specifications.		★	★
Speak Out for FCCLA	An individual event, recognizes members for their ability to utilize marketing and public speaking skills to promote Family and Consumer Sciences and FCCLA membership through participation in the FCCLA national program Power of One unit, "Speak Out for FCCLA."	★	★	★
#TeachFCS	Showcases participants' marketing and public relations skills to plan and implement a week-long public relations project to encourage teaching Family and Consumer Sciences Education as a potential career choice. A minimum of three promotional activities must be planned and implemented prior to competition.	★	★	★
Technology In Teaching	An individual event, recognizes members for their ability to select and critically evaluate an application (app) for use as part of a class offered in the Family and Consumer Sciences program.	★	★	★
Toys that Teach	Recognizes members for their ability to design, build, and demonstrate an original homemade toy which provides learning and play for either an individual child or a small group of children. The toy is to be constructed of common, everyday household items, meet safety guidelines, and be easy to carry and use.	★	★	★

**Subject to change based on Skill Demonstration Event changes made by National FCCLA.*

National STAR Events:

Montana State Leadership Conference



Purpose: (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation.

Events offered at Montana State Leadership Conference: All events are offered at the State Leadership Conference.

Competition levels: Students compete at the State Leadership Conference to qualify to represent Montana at the FCCLA National Leadership Conference.

Award: Gold, Silver, Bronze or Certificate of Participation at the Montana SLC. Students may qualify for National Leadership Conference.

Event information and policies: See the Montana FCCLA Competitive Events Manual and National FCCLA Competitive Events Guide for event rubrics, Q/A and policies.

Event	Description	Category			Individual and/or Team	
		Level 1	Level 2	Level 3	Individual	Team
Baking & Pastry	Recognizes participants who demonstrate their baking and pastry skills through the preparation of a quick bread, choux pastry, cookie, and shaped yeast bread.			★	★	
Career Investigation	Recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.	★	★	★	★	
Chapter in Review Portfolio	Recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the community.	★	★	★	★	★
Chapter in Review Display	Recognizes chapters that develop and implement a well-balanced program of work and promote FCCLA and Family and Consumer Sciences and/or related occupations and skills to the community.	★	★	★	★	★
Chapter Service Project Display	Recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools, and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.	★	★	★	★	★
Chapter Service Project Portfolio	Recognizes chapters that develop and implement an in-depth service project that makes a worthwhile contribution to families, schools and communities. Students must use Family and Consumer Sciences content and skills to address and take action on a community need.	★	★	★	★	★
Culinary Arts	An individual event - recognizes participants enrolled in occupational culinary arts/food service training programs for their ability to produce a quality meal using industrial culinary arts/food service techniques and equipment.			★	★	
Early Childhood Education	Recognizes participants who demonstrate their ability to use knowledge and skills gained from their enrollment in an occupational early childhood program.			★	★	
Entrepreneur -ship	Recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations.	★	★	★	★	★
Event Management	Recognizes participants who apply skills used in Family and Consumer Sciences courses to plan an event for an educational institution, community or non-profit organization, business, or government institution.	★	★	★	★	★

Fashion Construction	Recognizes participants who apply fashion construction skills learned in Family and Consumer Sciences courses to create a display using samples of their skills.		★	★	★	
Fashion Design	Recognizes participants who apply fashion design skills learned in Family and Consumer Sciences courses to design and market clothing styles.		★	★	★	★
Focus on Children	Recognizes participants who use Family and Consumer Sciences skills to plan and conduct a child development project that has a positive impact on children and the community.	★	★	★	★	★
Food Innovations	Recognizes participants who demonstrate knowledge of the basic concepts of food product development by creating an original prototype formula, testing the product through focus groups and developing a marketing strategy.	★	★	★	★	★
Hospitality, Tourism and Recreation	Recognizes participants who demonstrate their knowledge of the hospitality, tourism, and recreation industries and ability to translate their knowledge into a hypothetical or real business. Project must relate to culinary, lodging, recreation, tourism or event coordination.		★	★	★	★
Interior Design	Recognizes participants who apply interior design skills learned in Family and Consumer Sciences courses to design interiors that meet the living needs of clients.		★	★	★	★
Interpersonal Communications	Recognizes participants who use Family and Consumer Sciences and/or related occupations skills and apply communication techniques to develop a project designed to strengthen communication.	★	★	★	★	★
Job Interview	Recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview and communicate a personal understanding of job requirements.		★	★	★	
Leadership	Recognizes participants who actively evaluate and grow in their leadership potential. Participants use the <i>Student Leadership Challenge</i> and supporting materials, to investigate their leadership ability and develop a mentorship relationship to further their leadership development.		★	★	★	
National Programs in Action	Recognizes participants who explain how the FCCLA Planning Process was used to implement a national program project.	★	★	★	★	★
Nutrition and Wellness	Recognizes participants who track food intake and physical activity for themselves, their family, or a community group and determine goals and strategies for improving their overall health.	★	★	★	★	★
Parliamentary Procedure	Recognizes chapters that develop a working knowledge of parliamentary law and the ability to conduct an FCCLA business meeting.	★	★	★		★
Professional Presentation	Recognizes participants who make an oral presentation about issues concerning Family and Consumer Sciences and/or related occupations. Participants use visuals to illustrate content of the presentation.	★	★	★	★	★
Promote and Publicize FCCLA	Recognizes participants who use communications skills and techniques to educate their schools and communities about FCCLA with the intention of growing chapters and strengthening FACS and FCCLA programs.	★	★	★	★	★
Public Policy Advocate	Recognizes participants who demonstrate their knowledge, skills, and ability to actively identify a local, state, national, or global concern, research the topic, identify a target audience and potential partnerships, form an action plan, and advocate for the issue in an effort to positively affect a policy or law.	★	★	★	★	★
Repurpose and Redesign	Recognizes participants who select a used fashion or home apparel item to recycle into a new product.	★	★	★	★	★
Say Yes to FCS Education	An individual event, recognizes participants who demonstrate the knowledge and skills needed to explore and experience the career of being a Family and Consumer Sciences educator. Participants must prepare a portfolio, conduct classroom observations, plan and execute a lesson, develop an FCCLA integration plan, and deliver an oral presentation.		★	★	★	

Sports Nutrition	Recognizes participants who use Family and Consumer Sciences skills to plan and develop an individualized nutritional plan to meet the needs of a competitive student athlete in a specific sport.	★	★	★	★	★
Sustainability Challenge	Recognizes participants that address environmental issues that adversely impact human health and well-being and who actively empower others to get involved.	★	★	★	★	★
Teach or Train	Recognizes participants for their exploration of the education and training fields through research and hands-on experience.	★	★	★	★	

This list and related information is subject to change based on STAR Event changes made by National FCCLA.