

# 4-H Host and Hostess Competition Rules



1. Contestants must be 15 years of age as of January 1 of the current 4-H year.
2. This competition is open to any 4-H member in the current year and he/she must complete their 4-H project that they have chosen. 4-H members DO NOT have to complete a speech or demonstrations at the club level to compete in the 4-H Host and Hostess Competition (4-H Nova Scotia AGM 2008). NOTE: To retain the position of host and hostess, he/she must be a registered 4-H Nova Scotia member.
3. Contestants for county competition are to be chosen from one's own club; club decision (one host and one hostess).
4. Contestants to be chosen for regional competition are to be chosen from their own county; county decision (one host and one hostess).
5. Contestants for provincial competition will be chosen at the regional level by a panel of judges.
6. Provincial contestants will be selected at 4-H Weekend by a panel of judges that conduct an interview, hear an impromptu speech and hear a sight reading. (Annual General Meeting 2003)
7. 4-H Host and Hostess will be announced at 4-H Night in Nova Scotia during 4-H Weekend.
8. During the interviews, judges will be provided questions but may also ask their own questions.
9. Winners of county Host and Hostess competitions cannot compete two consecutive years.
10. You can only be the 4-H Nova Scotia Provincial Host or Hostess once.
11. If the Provincial Host or Hostess is unable to fulfill their responsibilities or resigns from the position, the runner up will be asked to fulfill the responsibilities for the remainder of the year. As 'Acting Host/Hostess' you will be eligible to compete again on a provincial level.
12. The judges for Host and Hostess Competition must place high emphasis on:
  - Past involvement and enthusiasm;
  - Community awareness;
  - Ability to express one's self.

This will be done in an interview, an impromptu speech, and a sight reading.