D8 4-H DUDS TO DAZZLE

General Rules & Guidelines

OVERVIEW

In the Texas 4-H Youth Development Program, 4-H members participate in the 4-H Fashion & Interior Design project to become knowledgeable in a multitude of concentrated skills including, but not limited to, design, construction and consumer buying. The Texas 4-H Duds to Dazzle qualifying competition has taken another step in expanding the learning experience by "going green" through the introduction of eco-fashion.

OBJECTIVES

- Allow participants to exhibit knowledge and skills gained through their 4-H Fashion & Interior Design project by designing, constructing, and presenting a finished product.
- Allow participants learning opportunities.
- Promote teamwork.
- Help 4-H members gain experience in public speaking.
- Provide leadership opportunities for young people.
- Assist youth in gaining an appreciation for recycling textiles so that they do not end up in the waste stream.

ELIGIBILITY REQUIREMENTS

1. **Membership**. Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Fashion & Interior Design project.

2. **Age Divisions**. Age divisions are determined by a participant's grade as of August 31, 2025 as follows:

Division	Grades	
Junior/Intermediate	3*, 4, 5, 6, 7, or 8	**Must be at least 8 years old*
Senior	9, 10, 11, or 12*	**Must not be older than 18 years old*

3. **Teams per county**. There is no limit to the number of teams per county.

4. **Members per team**. Each team will have at least three and no more than four members. Teams may not include members in different age divisions. See rule #2.

5. **Substitution of team members**. Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the competition.

6. **Design categories**. There will be three categories in each age division: Wearable, Accessory/Jewelry, and Non-wearable. Teams will be randomly assigned to a category, but assignments will not be announced until check-in on the day of the contest.

    a. Wearable is clothing that is suitable to be worn by people or pets. Ex: shirt, coat, vest, dress, costume, leggings, swimsuit cover, etc.
    b. Accessory/Jewelry is an article or set of articles that can be added to an outfit to make it more useful, versatile, or attractive. Ex: apron, earrings, purse, headband, hat, belt, necklace, etc.
    c. Non-wearable is an item that is not suitable to be worn by people or pets. Ex: pillow, towel, jewelry pouch, cellphone or iPad case, stuffed animal, doll clothes, Christmas stocking, etc.

7. **Attire**. Each team will have the option to wear coordinating clothing appropriate for construction and the team presentation. A team name is acceptable.

8. **Resource materials provided at contest**. A *Planning and Presentation Worksheet* will be provided for each team at the contest. No other resource materials will be allowed. The following resources are available for team to use in preparation for competition: *Unraveling the Mystery of Design Elements and Principles in Clothing*, *Laundry on Your Own*, *Hand Stitching*, *Pricing Tips and Tricks*, *Safety Guide*, *Simple Seaming Techniques and How Does Fast Fashion Affect the Environment*.

9. **Sewing kit**. Each team must supply their own equipment for the competition. A team can choose not to include a listed item, but no additional item can be added. Kits can be checked by contest officials. Any extra equipment will be confiscated, and the team may be disqualified.

10. **Awards**. The top five high scoring teams in each category and age division will be recognized with awards during the awards program.

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Sewing Kit

Each team will bring a sewing kit containing only one each of the following items, unless a different quantity is noted. A team can choose not to include a listed item, but no additional item can be added. A team may organize their kit by utilizing a storage container of choice.

	3” x 5” or 4”x6” notecards (1 pkg.)		1” hook and eye closer
	3-in-1 beading tool		Bobbins
	Calculator		Elastic (1/2” and 1”; 1 pkg. each)
	Extension Cord		Fabric Clips
	Fabric Markers (box of 10 or less)		Fabric marking pens/pencils (max. of 2)
	First aid kit		Glue- crafting and/or fabric (2 containers)
	Grid ruler		Hand sewing needles
	Hot glue gun & glue sticks (10)		Iron
	Manual pencil sharpener		No-sew adhesive tape (max. 10 yards)
	Paper plates (max. 25)		Paper towels (1 roll)
	Pencils/pens (max. 5 each)		Pin cushion
	Power strip		Presser feet
	Rotary cutter (with blade cover)		Rotary cutter gloves (1 pair)
	Safety pins (1 pkg. assortment)		Seam gauge
	Seam ripper (max. 5)		Self-adhesive Velcro fastener (1 pkg.)
	Self-healing cutting mat		Sewing machine (standard, no Serger)
	Sewing machine manual		Sewing machine needles (variety)
	Sew-on Velcro fastener (1 pkg.)		Shears/scissors (max. of 5)
	Sketchbook		Storage bags- Gallon/quart (1 box each)
	Straight pins (1 pkg.)		Tabletop ironing mat or board
	Tape measure (max. 5)		Thimble
	Thread (max. of 12 spools)		Timer or stopwatch
	Trash bags (1 box of 13-gal)		Water bottle (max. 16 oz)

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Rules of Play

1. **Check-in**. Teams will report to the designated location for check-in.

2. **Orientation**. An orientation will be provided for all participants.

3. **Electronic Devices.** No electronic devices or jewelry (except for medically required) is allowed in the contest. This includes cell phones, smart watches or other communication devices

4. **Stations**. Each team will be directed to a construction station. There will be collections of materials at each station, but no pattern. The materials must be used to represent a constructed item from one of the following categories: Wearable, Accessory/Jewelry, or Non-wearable.

5. **Time**. Each team will have 60 minutes to construct an item, plan a presentation, and clean up the construction area.

6. **Resources and Instructions**. A textile startup item, worksheet, and any necessary additional instructions will be located at each station to assist the team.

7. **Participants only**. Only participants and contest officials will be allowed in construction areas.

8. **Equipment**. Teams that may experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents, or contest officials. Instead, team members must work together and be creative in completing construction without the malfunctioning equipment.

9. **Construction**: Each team will be provided with a startup textile item(s) for their assigned category and will create a garment/item using them. Each category may be provided the same textile, or each may receive a separate original item.

    a. *Clarification: at contest, all teams competing in Wearable may receive a men's button-down dress shirt; each team competing in Accessory/Jewelry get 5 silk neck ties; and the teams entered in the Non-wearable category are given table runners. Or, every team competing in Duds to Dazzle is provided with an adult-sized t-shirt to refurbish. The choice is at the discretion of the contest officials.*

10. **Design and Development**. Teams are challenged with being creative in developing an original product with the materials provided.

    a. Teams must incorporate each material into the product. However, teams may determine the exact amount of each material to use, keeping in mind that a minimum of 50% of the final product must include the initial material(s).

        i. *Clarification: if the category is Accessory/Jewelry, and the team is provided a cloth shower curtain as the original item to be refurbished, they do not have to use 50% of the shower curtain. If you choose to make a purse from the shower curtain, you do not need to use 50% of the shower curtain; however, a minimum of 50% of the finished purse must be comprised of the curtain.*

    b. Teams will have access to a "closet" of additional materials that may be incorporated into their products. The number of additional materials a team may get will be determined by contest officials and announced during participant orientation.

    c. The sketchbook, note cards, and worksheet may be used to prepare for construction of the item

and the team's presentation. Teams should be exact on materials utilized, construction steps, techniques used, etc.

11. **Presentation**. When time is called, each team will present their item, according to the criteria on the score card, to a panel of at least two judges. A team can display the final product to the judges as they choose: model, hold, or place on the table.
    a. All team members must participate in the presentation, with at least three of them having a speaking role.
    b. Judging time will include:
        i. 5 minutes for the presentation
        ii. 3 minutes for judges' questions
        iii. 4 minutes between team presentations for judges to score and write comments
    b. Teams are allowed the use of note cards during the presentation but should not read from them, as this minimizes the effectiveness of their communication.
    c. Judges may ask teams questions that are not directly related to the item constructed during the contest. Instead, some questions may address the general knowledge gained through the 4-H members' fashion and interior design project learning experiences.
    d. No talking or writing is allowed among any team members while waiting to give the team presentation. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
12. **Clean-up**. Teams must clean up their construction areas. Clean-up time is included in the 60-minute construction allotment. Only "hot" items will be allowed to remain in the construction area, such as an iron or hot glue gun.

13. **Finished Product.** Teams will take their finished product with them and should plan to bring it forward during the award ceremony.

14. **Rankings**. Placing will be based on rankings of teams by judges. Judges' results are final.

15. **Awards Program**. An awards program will be held at the conclusion of the judging process.

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Competition Resources

In preparation for the Duds to Dazzle Fashion & Interior Design Competition, participants should not limit themselves to studying only the resources provided at the contest. Provided contest resources include:

- Duds to Dazzle EXPLORE Curriculum, https://texas4-h.tamu.edu/wp-content/uploads/explore_book_series_clothing_duds_to_dazzle.pdf

- Laundry on Your Own (L-5200), https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_laundry_on_your_own.pdf

- Unraveling the Mystery of Design Elements and Principles in Clothing (4H 313) – Iowa State University Extension https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_elements_of_design_and_principles_in_clothing.pdf

- Hand Stitching (15.105). SEW-lotions Guidelines, Your Guide to Successful Sewing; https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_hand_stitching.pdf

- Simple Seaming Techniques (11.110). SEW-lotions Guidelines, Your Guide to Successful Sewing, https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_simple_seaming_techniques.pdf

- Pricing Tips and Tricks, https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_pricing_tips_and_tricks.pdf

- Safety Guide, https://texas4-h.tamu.edu/wp-content/uploads/fashion_duds_to_dazzle_resource_safety_guide.pdf

Additional information and resources regarding the Duds to Dazzle contest can be found on the Texas 4-H website at: https://texas4-h.tamu.edu/projects/fashion-interior-design/.

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Planning & Preparation Worksheet

Project Description (sketch or describe what your finished product will look like):

Construction (know the materials used and steps in the construction of the item):

Materials:

Steps:

Knowledge of general care of the textile used in the construction of the item (know what fiber is in the textile and how to clean it):

Fiber(s):

Care Instructions:

Safety Precautions (list personal safety precautions taken during the construction of the item):

Intended Purchaser and Purchase Location (who is the intended audience, and where they would buy the item):

Purchaser:

Purchase Location:

Estimated Selling Price (what would the retail cost be to purchase the item; explain):

Team Member Roles (list each team member and their tasks/responsibilities):

Score Sheet

DUDS TO DAZZLE FASHION & INTERIOR DESIGN COMPETITION SCORECARD

Team Name or County	Category:	Age Division:

Criteria	Comments	Score
1. Team Preparation – to be judged during the preparation portion of the contest.		
Design Process: Team members display a rational process for creating their final product. Tasks are completed resourcefully and in a logical order.		(15)
Safety Precautions: Team members demonstrate an understanding of how to safely use the tools provided in the kit during the construction process.		(5)
Teamwork: Cooperation, effectiveness, communication of team members, and efficient use of time including cleaning of workspace.		(15)
Use of Materials: • Utilized a minimum of 2 items from the supply closet. • Innovative use of start-up items. • A minimum of 50% of the final product made from the start up item or items must be visible. • Product fits assigned category.		(10)
2. Team Presentation – to be judged during the presentation and question/answer portion of the contest.		
Quality and Overall Appearance of Final Product: Demonstrates the level of skill applied, techniques used, enhancements made, and adherence to design principles.		(25)
Product Sales Presentation or Pitch: Overall effectiveness of communication skills. Must include the following: • Sustainable fashion fact • Target audience • Estimate price per unit • Materials used and construction steps. • Fiber characteristics and care		(30)

Additional comments:	Total Score	
	Judge's Initial	

Possible Interview Questions

Use of Materials

- Discuss why you chose to create this item from your starting item or items. What other ideas were discussed?
- Describe the items that were selected from the supply closet and how they impact your final product.

Construction

- How did you decide which methods to use in constructing this item?
- What skills did you learn while preparing for this contest?
- How will you use your construction skills after you graduate from the 4-H program?

Intended Audience

- How would you determine a target audience?
- How would you reach your target audience?

Pricing

- Describe how you determined the whole sale and resale sale prices of your item.
- What information is important to have to determine your whole sale and resale price?

Fiber Characteristics and Care

- Why is this fabric a good choice for your item? Describe fabric characteristics that make it suitable for the intended use of the item.
- How will you care for this item? Is there any additional cost to consider when caring for this item?
- What is the fiber content of your garment? Describe two qualities of each fiber. If you don't know the fiber content, what would be some ways to determine the fiber?

Preparation

- Describe the process for creating your item.
- Describe what went well during the creation of the item and what didn't go so well.
- Describe what you would do differently if you were to create this item again.

Safety

- What do you think is the most important safety rule during the Duds to Dazzle contest?
- Why do you think it is important to understand how to safely use all of the tools in the supply kit?

Teamwork

- What have you learned during the Duds to Dazzle contest that will help you in the future when working in a group?
- What skills do you have that make you a good team member?