

## **DIVISION 6032 - 4-H SEWING**

### **Isaac Hilpp Senior Extension Specialist for 4-H Youth Development**

1. **Classes in Division:** twelve Junior Classes 790A-799B; eleven Senior Classes 800-810.
2. **Number of Entries Permitted:**
  - a. County may submit ONE entry per class.
  - b. A member may enter up to three classes within their age division in the Sewing Division. (This means: a member's name may appear up to three times in the junior age division or the senior age division but cannot appear in both age divisions on the county's Sewing Division invoice sheet.)
3. **General Rules:**
  - a. See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at [www.kystatefair.org](http://www.kystatefair.org). Click on "Competition," then "Premium Book", then "4-H Exhibits."
  - b. **Item must meet all requirements for the class;** otherwise, the entry will be disqualified.
  - c. Items entered must have been completed by the exhibitor within the current program year.
  - d. The decision of the judges is final.
4. **Unique Rules or Instructions:**
  - a. Items must be "handmade"; no ready-to-wear/factory made items will be accepted for judging.
  - b. Articles of clothing for "Clothing Option" classes are to be made by and constructed for the 4-H member to wear. Doll clothing does not meet the requirement for Clothing Option classes.
  - c. Send **NO additional** accessories or undergarment with any sewing entry unless it was constructed as a part of the project.
  - d. Specific number of items: In classes where there is to be a specified number of articles exhibited and the entry contains more, the judges will be instructed to have the agent who submits the article(s) make the decision on which item(s) are to be judged. In those cases where the situation was not discovered before entry was made, the article(s) to be judged will be left to the discretion of the judges.
  - e. Complete outfit: The definition of a "complete outfit" is an item or items that cover the top and bottom of the body. To be considered a top, a jacket or robe, it must include a front **or back** closure. Open front tops that require an under shirt do not count as a complete outfit unless the under shirt is also constructed by the member.
5. **Additional Documentation Required:**
  - a. Documentation is required only in Junior Unit VI non-clothing option, Up Cycle Jr & Sr, and Smart Clothing Jr & Sr projects.
    - i. Documentation may be handwritten or printed by computer on 8.5" X 11" paper.
    - ii. Insert documentation into folder or plastic sheet protector. Attach it to the item using a safety pin or binder clip.
6. **Labeling:**
  - a. Identification Card (4IO-11SO): The State Fair Entry system will generate this label. Safety pin the ID card to the outside of the item for public viewing.
  - b. Small label: Safety pin a small label with at least the county name on it inside of each article. Do not use straight pins. This label is needed in case garments become separated.
7. **Entry Instructions:** All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.
8. **Awards:**
  - a. Each entry that meets class requirements will receive a ribbon.
  - b. A champion will be named in each class.
  - c. An overall grand champion and reserve champion will be selected.
9. **Class Descriptions:**

## Junior Division for 4-H'ers Ages 9-13

Junior members may complete the projects in any order and may repeat a level for more than one year. The curriculum includes instructions for making "practice" items; the practice items do not fit in classes in the Clothing Division.

**Unit I – Let's Learn to Sew: Beginner skills;** See Publication:

<http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf> , pages 3-20 and 55-56.

- 790A Unit I Clothing Option: Shorts, pants, or skirt with casing waistline (elastic and/or drawstring). *Garment must be made from woven fabric and include the following: straight machine stitching, appropriate visible seam finish, and machine stitched hem. This class is for youth ages 9-13.*
- 790B Unit I Non Clothing Option: Apron or a Carrier Bag (ie: drawstring backpack, shoulder bag, tote bag or laundry bag) The bag must include some type of handle. Item must be made from woven fabric and include the following: straight machine stitching, appropriate visible seam finish, and a casing. Machine stitched hem on apron is acceptable. Practice projects (travel kit and tissue holder) are not to be entered. This class is for youth ages 9-13.

**Unit II – Let's Get to the Bottom: Beginner skills;** See Publication:

<http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf> , pages 21-38 and 55-56.

- 791 Unit II Clothing Option: Skirt, shorts or pants. *Exhibit must be made from woven fabric and include the following: enclosed seams, appropriate seam finish, interfacing, zipper, and a facing or waistband. This class is for youth ages 9-13.*
- 792 Unit II Non Clothing Option: Bag with zipper (i.e. tote bag/purse, garment bag, sling-type bag or duffel/gym bag). Exhibit must be made from woven fabric and include the following: enclosed seams, appropriate seam finish, interfacing, and zipper. Practice projects (book cover, zippered travel bag) are not to be entered, This class is for youth ages 9-13.

**Unit III – Top It Off: Beginner skills;** See Publication: <http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf> , pages 39-52 and 55-56.

- 793 Unit III Clothing Option: Shirt, simple jacket, one piece dress with no waistline, cape with a hood or collar, bathrobe, or vest with lining or facing. *Garment must be made from woven fabric and include the following: buttons and buttonholes. A simple lining, trim, collar, and sleeves may be included but are not required. This class is for youth ages 9-13.*
- 794 Unit III Non Clothing Option: Backpack or sports bag with lining or facing, applied trim, and button/buttonhole closure. Practice projects (hanger cover, pillow case with button closure, gift bag) are not to be entered. *This class is for youth ages 9-13.*

**Unit IV – Stretch Your Knit Skills: Beginner skills;** See Publication:

<http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf> , pages 45-48 and 55-56.

- 795 Unit IV Stretch Your Knit Skills: 1 or 2 piece complete outfit made from knit fabric; such as a dress, top and bottom, pajamas, or nightshirt. **All garment pieces must be made from knit fabric with a limited amount of one-way stretch; rib knit may be included for neckband and arm/leg band trim only.** *This class is for youth ages 9-13.*

**Unit V – Moving on Up: Intermediate skills;** See publication: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/junior\\_unit\\_v\\_moving\\_on\\_up.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/junior_unit_v_moving_on_up.pdf)

**796** Unit V Moving on Up: one-piece complete outfit made from woven fabric; such as a dress, coveralls, or jumpsuit. Item must include at least a zipper and/or buttons and buttonholes. A waistline simple lining, trim, collar, and sleeves may be included but are not required. This class is for youth ages 9-13.

**Unit VI – Put it All Together;** See Publication: <http://www.ca.uky.edu/agc/pubs/4jd/4jd01pb/4jd01pb.pdf> , pp. 49-56.

**797** Unit VI Put It All Together Clothing Option: 2 or 3 piece complete coordinating outfit; such as athletic wear; dress with jacket or coat, swimwear with cover-up, jacket or shirt with slacks/ skirt. *At least one piece must include sleeves and a collar/hood. No simple casings. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 9-13.*

**798** Unit VI Put It All Together Non-Clothing Option: Download a pattern from site of your choice for tote bag, purse, luggage, etc. Be creative with your design. Required elements: Pockets, functional zipper; and creative stitchery or applied trim to personalize your bag. If bag is not lined, the seam allowances must be finished with a bound seam finish. Optional elements: lining, button(s), hook and loop tape, or snap(s). This class is for youth ages 9-13. **In the documentation include** your name, your county, the name of the unit, class entered, cost, and the design source.

**Unit: Up Cycle It!—for youth ages 9-13 with advanced sewing skills;** See publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle\\_project\\_jr\\_and\\_sr.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf)

**799A** Up Cycle It! Junior clothing option—item sewn from repurposed garments or household fabric goods and documentation folder. Recycled fabric is to be the major component of the item. Documentation required, include: your name, your county, unit, class entered, a “before” photo of all repurposed items used; source of the fabric or garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector.  
“Deconstructed” t-shirts which do not include sewing skills do not fit this class. Items for the home do NOT fit this class. Items which do not include sewing as a major means of reconstruction are not eligible for this class. See publication. This class is for youth ages 9-13 with sewing skills.

**799B** Upcycle It! Non-clothing option: accessories sewn from repurposed garments or household fabric goods and documentation folder. Such as; tote bag, hat, luggage, purse, etc. Documentation required, include: your name, your county, unit, class entered, a “before” photo of all repurposed items used; source of the fabric/garment; how the design was created; and any design drawings that were used in the creation. Items for the home do not fit this class. Place documentation in a folder or plastic sheet protector. This class is for youth ages 9-13 with sewing skills

.....

## Senior Division for 4-Hers, age 14-18

Senior members may complete the projects in any order and may repeat a level for more than one year.

**Unit: Let's Be Casual- for ages 14-18.** (Ask your county 4-H agent for a copy or see publication: [http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_1\\_a\\_lets\\_be\\_casual.pdf](http://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_a_lets_be_casual.pdf))

- 800 Let's Be Casual--Clothing Option: 1 or 2 piece complete outfit made from knit or woven fabric such as a dress, top and bottom, romper, simple pajamas, or robe. This class is for youth ages 14-18.
- 801 Let's Be Casual--Non Clothing Option: 2 coordinating fabric accessories from the following: apron, oven or BBQ mitt, wallet, garment bag, purse, backpack or duffel bag. This class is for youth ages 14-18.

**Unit: Dress It Up- for ages 14-18.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_1\\_b\\_dress\\_it\\_up\\_0.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_b_dress_it_up_0.pdf))

- 802 Dress It Up--1 or 2 piece complete "dressy" outfit, such as a dress, suit, pantsuit, sport coat and slacks. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 14-18.

**Unit: Match It Up- for ages 14-18.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_1\\_c\\_match\\_it\\_up.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_c_match_it_up.pdf))

- 803 Match It Up--Clothing Option: Choose at least one item from each group to make a complete 3 or 4 piece coordinated outfit:
- Shorts, pants, or skirt
  - Top, blouse, or shirt
  - Vest, jacket, or sweater
- At least one piece is required to have regulation set in sleeves. Fabric choice may be woven, knit or a combination of the two. An accessory item may be included as the fourth piece. This class is for youth ages 14-18.
- 804 Match It Up--Non Clothing Option: 3 or 4 piece coordinating sport/luggage/travel or fashion accessories set. Ideas include, but are not limited to, a wallet, purse, device carrier, backpack, duffel bag, gym bag or bag for bike or vehicle. Among the items chosen, the set must include the use of applied trim, pockets and at least one zipper. This class is for youth ages 14-18.

**Unit: Creative Expression for ages 14-18.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_1\\_d\\_creative\\_expressions.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_1_d_creative_expressions.pdf))

- 805 Creative Expression--Clothing Option: Construct a complete outfit for one of the following activities:
- Holiday, theater, cosplay, or historic costume
  - Uniform for medical profession, cheerleader, dancer, etc.
  - Riding apparel
- This class is for youth ages 14-18.
- 806 Creative Expression--Non Clothing Option: Select one of the following and construct a:
- Fabric doll or animal with a wardrobe of two outfits
  - Creative accessories such as; gauntlets, tote, hat, purse, etc.
  - Machine appliquéd specialty flag or decorative banner (minimum size 24 inches x 24 inches)
- This class is for youth ages 14-18.

**Unit: Leisure Time- for ages 14-18 with advanced skills.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_2\\_a\\_leisure\\_time\\_1.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_2_a_leisure_time_1.pdf))

- 807 Leisure Time--Clothing Option: 2 or 3 piece complete outfit. Choose from the following:
- Athletic wear such as yoga, cycling, warm-up, bathing suit and cover-up, tennis wear, etc.
  - Pajamas and robe (must use specialty fabric such as terry cloth, flannel, fleece, nylon tricot)
  - Raincoat and hat or rain suit
- This class is for youth ages 14-18.

**Unit: Formal Affair- for youth ages 14-18 with advanced skills.** (Ask your county 4-H agent for a copy or see publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior\\_unit\\_2\\_b\\_formal\\_affair\\_2.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/senior_unit_2_b_formal_affair_2.pdf))

- 808 Formal Affair--1 or 2 piece complete outfit, such as a prom dress, bridesmaid dress, or tuxedo. Fabric choice may be woven, knit or a combination of the two. This class is for youth ages 14-18.

**Unit: Up Cycle It!—for youth ages 14-18 with advanced sewing skills;** See publication: [https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle\\_project\\_jr\\_and\\_sr.pdf](https://4-h.ca.uky.edu/sites/4-h.ca.uky.edu/files/upcycle_project_jr_and_sr.pdf)

- 809A Up Cycle It! Senior Clothing option— item sewn from repurposed garments or household fabric goods and documentation folder. Recycled fabric is to be the major component of the item. Documentation required, include: your name, your county, unit, class entered, a “before” photo of all repurposed items used; source of the fabric or garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector.  
“Deconstructed” t-shirts which do not include sewing skills do not fit this class. Items for the home do NOT fit this class. Items which do not include sewing as a major means of reconstruction are not eligible for this class. See publication. This class is for youth ages 14-18 with sewing skills.
- 809B Upcycle It! Senior Non-clothing option: accessories sewn from repurposed garments or household fabric goods and documentation folder. Such as; tote bag, hat, luggage, purse, etc. Items for the home do NOT fit this class. Documentation required, include: your name, your county, unit, class entered, a “before” photo of all repurposed items used; source of the fabric/garment; how the design was created; and any design drawings that were used in the creation. Place documentation in a folder or plastic sheet protector. This class is for youth ages 9-13 with sewing skills.

**Unit: Outerwear- for youth ages 14-18**

- 810 Outerwear: Construct an outerwear garment such as coat, jacket, cape, vest, parka, rainwear, etc. Must include zipper and/or button/buttonhole. Must include hood, collar or facing. This class is for youth ages 14-18 with sewing skills.

Revised 10/14/22