

NEW JERSEY FCCLA COMPETITIVE AND STAR EVENTS

GENERAL INFORMATION AND RULES

INTRODUCTION

The NJ FCCLA State Competitive Events and the National STAR (Students Taking Action with Recognition) Events are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. The NJ FCCLA State Competitive Events and the National STAR Events program offer individual skill development and application of learning through the following activities:

Cooperative: teams work to accomplish specific goals

Individualized: an individual member works alone to accomplish specific goals

Competitive: individual or *team* performance is measured by an established set of criteria

Competitive and STAR Events promote the FCCLA mission to focus on the multiple roles of *family* member, wage earner, and *community* leader. Each event is designed to help members develop specific lifetime skills in character development, *creative* and *critical* thinking, interpersonal communication, practical knowledge, and career preparation.

The New Jersey Learning Standards have been utilized in the development of the purposes for each Competitive Event. Please help students identify the value of their participation by understanding the educational goals of each event. When discussing your chapter's FCCLA activities with supervisors, administrators and parents, be sure to include the applicable Learning Standards.

Competitive and STAR Events encourage active student participation and recognize accomplishments of youth. The belief that everyone can be successful is the foundation of these events. Cooperation and competition are stressed in positive, constructive ways.

A special note of appreciation from the NJ FCCLA State Director and State Adviser is extended to the FCCLA Advisory Committee, alumni members, Chapter Advisers and State Officers who offered helpful suggestions that assisted in the revision and development of the guidelines.

DEFINITIONS

Family and Consumer Sciences is a people-centered discipline that supports the wellbeing of individuals, families, and communities through education, research, and applied technology. The field includes areas such as healthcare, nutrition and wellness, education and training, child and family development, personal and family finance, housing and interiors, consumer services, textiles and apparel, and hospitality and tourism.

The Family and Consumer Sciences Industry Economic Impact Study is the first comprehensive analysis of the economic scale and workforce relevance of the FCS field. It identifies 351 occupations across 215 industries that align with FCS knowledge and skills, with a combined direct economic output of \$753 billion annually. The study offers a unified data framework to understand FCS's role in workforce development, community wellbeing, and the U.S. economy.

Such content areas include:

- Culinary arts, hospitality, and tourism
- Education and training
- Food science and nutrition
- Health management and wellness
- Housing and interior design
- Human/child development and family relations
- Personal and family finance
- Fashion, textiles, apparel, and retailing

GENERAL INFORMATION AND RULES

ELIGIBILITY FOR COMPETING

1. All participants in the Competitive and STAR Events must be affiliated FCCLA members by February 1 of the State Leadership Conference year.
2. If a State Competitive Event occurs prior to February 1 of the State Leadership Conference, those participating must be affiliated members prior to the event date.
3. A student may compete in a maximum of two (2) events. We recommend one state event and / or one STAR event if a student insists on competing in more than one event.
4. If a student has a conflict with the scheduling of two events, the student may need to drop one of the events. For example: Cake Decorating requires almost 2 hours of uninterrupted time, making it difficult for students to meet the requirements of two workshops and another competitive event.
5. **Event Categories:**
 - A. The **STAR event categories** are determined by the member(s') grade level in school during the school year preceding the National Leadership Meeting. Middle School members fall Level 1; 9th and 10th grade members make up Level 2; and 11th and 12th grade members are considered Level 3.
 - B. **State Event Categories** are defined as:

Junior – FCCLA chapter members through grade 8; and who are identified as comprehensive or occupational members.

Senior – FCCLA chapter members in grades 9 – 12; and who are identified as comprehensive member.

Occupational – FCCLA chapter members who have been or are currently enrolled in occupational Family and Consumer Sciences related course work, grades 9-12.

 - A team composed of both junior (through grade 8) comprehensive or occupational and senior (grades 9-12) comprehensive members must enter the senior category.
 - A team composed of both senior (grades 9-12) comprehensive and occupational (grades 9-12) members must enter the senior category.
6. No project can be entered into more than one category or in more than one event. However, projects entered in any event may be included within the Chapter in Review Event.

GENERAL INFORMATION AND RULES

SERVING SPECIAL NEEDS MEMBERS

FCCLA welcomes the participation of special needs members. The organization does not provide a separate competitive event category for these students. Even though these students are mainstreamed, their needs must be met to provide an educationally valuable and positive experience during competitions. This is a shared responsibility between the local Chapter Adviser and the State Organization. Chapter Advisers who are registering special needs students are encouraged to attach information regarding the students' specific classifications when competitive events registration form is submitted. Please complete the Special Needs Competitive Events Information Form found in Competitive Event Resources, using the Child Study Team and the IEP as a guide. The state office will work with the Chapter Adviser to provide the necessary support for these FCCLA members.

PROCEDURES FOR PARTICIPATION

1. Competitive and STAR Events Selection

Participants have individual, team, and chapter events from which to choose. When registering for the events and attending the State Leadership Conference, students should have the opportunity to experience all facets of the conference such as workshops, competitive events, and general sessions. If a student is too overloaded with competitive events, he/she loses sight of the leadership development purpose for the FCCLA State Leadership Conference. In addition, students are expected to attend all the general session and a minimum of two (2) conference workshops in order to be eligible for recognition.

2. Competitive and STAR Events Registration

To register for chapter, individual, team, and/or STAR Events to be conducted at the State Leadership Conference, the Chapter Adviser must complete and **SUBMIT the registration form on time** to the NJ FCCLA State Office.

It is important to pay close attention to the “deadlines”. The deadlines refer to the “Sent Date” and time.

All participants in chapter, individual, team, and/or STAR Events **must also be confirmed on site** at the State Leadership Conference by the **Chapter Adviser**. A copy of the chapter's registration confirmation paperwork must be readily available at the time of registration. **Students may not register themselves.**

NO ADDITIONS OR SUBSTITUTIONS will be made after the deadline date or at the State Leadership Conference. Chapter Advisers should review the Competitive Events Confirmation Registration Form. The State Adviser should be notified immediately of schedule conflicts prior to the State Leadership Conference. Conflicts **will not** be changed at the State Leadership Conference Competitive Events registration desk.

3. Competitive and STAR Events Supplemental Materials

A. All projects must be planned, conducted, and prepared by the participant(s) only. Supporting resources are acceptable as long as participants are coordinating their use and resources are cited appropriately verbally and/or in print during the presentation to avoid false credit for unoriginal or non-participant work. Chapter Advisers should serve as consultants to ensure entries are well organized, contain substantiated statements, and are written with proper grammar, punctuation and spelling.

B. The use of AI is clearly described at the end of this document.

C. File Folders

Participant(s) will submit one (1) letter-size file folder containing **three (3) identical sets**, with each set stapled, of the specific items listed for selected events at the Competitive Events registration desk at the State Leadership Conference. The file folders must be labeled in the **upper left corner**:

- Participant(s) name
- Participant(s) chapter/school
- Name of the event
- Event category

GENERAL INFORMATION AND RULES

4. Use of the PLANNING PROCESS SHEET

- The FCCLA Planning Process Sheet (found in the Competitive Event Resources) should be used as the foundation for every event. The National Organization requires the use of this five-step method to help chapter members and advisers plan individual, group, or chapter activities.
- Be advised that many of the NJ FCCLA State Competitive Events require a complete Planning Process Sheet to be submitted with additional paperwork to meet event criteria.
- The National Organization requires the use of the Planning Process, five-step method, for all STAR Events. Although FCCLA usually requires a completed summary of the Planning Process to be submitted as part of the STAR Events, there are exceptions such as Culinary Arts, Baking and Pastry, and Parliamentary Procedure.

5. Competitive and STAR Events Identification

- All chapter, individual, and team participants will be registered and identified by their names and/or their school names.
- Each participant is required to wear his/her name tag received at registration for the entirety of State Leadership Conference.

6. Competitive and STAR Events Confirmation Form

Each chapter will receive a Competitive and STAR Events Confirmation Form prior to the State Leadership Conference. Chapter Advisers are requested to review this form with their student(s) to confirm the event(s) entered and scheduled participation time(s). The Chapter Adviser should immediately notify the FCCLA State Adviser or other designated personnel in case of problems or concerns. Conflicts **will not** be changed at the State Leadership Conference competitive events registration desk.

**GENERAL INSTRUCTIONS AT THE STATE LEADERSHIP CONFERENCE
FOR ADVISERS AND PARTICIPANTS**

1. Each Chapter Adviser must confirm registration for his/her chapter/students during the conference and competitive events registration period upon arrival at the State Leadership Conference. **Students will not be permitted to register themselves or their chapters.**
2. All people attending the FCCLA State Leadership Conference must wear name tags.
3. All advisers are required to attend the orientation prior to the Opening General Session. Students must attend the entirety of a minimum of two (2) workshops on the first day of the State Leadership Conference and all sessions and workshops on the second day. Forms will be provided to verify attendance. **Failure to attend required meetings will result in disqualification from the Competitive and STAR Events entered.**
4. Certain Competitive and STAR Events permit the use of a variety of equipment such as computers, projectors, etc. All equipment must be provided by the participants along with power strips and extension cords. The participants are also responsible for securely storing their equipment to guarantee its safe return.
5. Competitive and/or STAR Event participants should report to the event room approximately ten (10) minutes prior to their scheduled times and check in with the event facilitator. **In the event of the Opening General Session running overtime, the competitive events will begin after the close of the general session.** Check periodically with the facilitator who is serving as the room consultant to learn about the progression of the event schedule.
6. For specific regulations for each State Competitive and STAR Event, refer to the NJ FCCLA guidelines for that particular event outlining purpose(s), event categories, eligibility, and regulations.
7. The competitive event guidelines can be found on the njfccla.org website under the Spring Competitive Events tab. The password for the competitive event guidelines is: **2026conneCTEd!** This is case sensitive and includes the exclamation point. Please let us know if you have any issues with this.
8. Advisers/observers **are not** allowed in any competition areas.
9. Adherence to the rules and regulations and the input of the judges, make the selection of winners final.
10. Human errors are always possible. If a Chapter Adviser notices a discrepancy, please file a **Competitive Event Inquiry** with the State Adviser within one week.

GENERAL INFORMATION AND RULES

DISQUALIFICATION

Disqualification is an unpleasant situation for all concerned. NJ FCCLA would like to keep disqualification to a minimum and encourage the positive outcomes of participation.

The following are reasons for disqualification:

1. Failure to affiliate competing members or the chapter by February 1 of the State Leadership Conference year.

2. Failure to attend the required meetings/workshops at the State Leadership Conference.
3. Failure to appear at the event.
4. Failure to demonstrate the Six Pillars of Character, including, but not limited to, disregard for speakers and inappropriate behavior at the evening activities.
5. An individual or chapter who participates in the same event with projects that are the same or similar to previously entered projects.
6. Deceiving the judges by circumventing the established protocol and competing without proper registration.
7. Fashion garments that do not reflect acceptable standards of modesty as determined by the state office. Lingerie, Swimsuits, or Wedding Gowns are not permitted as entries for competition.
8. A member participating in an individual event and that has placed first and/or represented New Jersey at the FCCLA National Meeting in that event is expected to participate in a different event the following year. This guideline helps students learn and develop. There are exceptions and this should be discussed with the state adviser on a case-by-case situation.

POINT DEDUCTIONS

The following point deductions, if applicable, will be subtracted from the total average score:

1. Failure to hand in required event materials at Competitive Events registration at the State Leadership Conference will result in point deductions.
2. Failure to follow dimension rules for displays will result in the loss of two points per inch, up to a maximum of 10 points.
3. Failure to follow page rules or number of copies for Planning Process sheet, summary pages, title pages, written summaries, portfolios, manuals, business plans, presentation outlines, proof of presentation, participant file folder information, or recipes will result in the loss of two points per missing copy or additional page, up to a maximum of 20 points.
4. Failure to bring all necessary supplies/equipment will result in the loss of up to 10 points. This applies to Bread Basics, Cake Decorating, Luncheon Menu and Sewing for Service.
5. Failure to submit garment or file folder at the Competitive Events registration desk will result in the loss of 10 points. This applies to Fashion Runway, Personal Patchwork, Second Stitches (project & folder) and Successories (project & folder).
6. Failure to register entry in the appropriate Fashion Runway division (sportswear, business, evening) will result in the loss of 5 points.
7. Failure to comply with the **NO TALKING** policy during a competition will result in the loss of 5 points. This is particularly important in Bread Basics, Cake Decorating, Lessons in Leadership, Luncheon Menu Showcase, and Parliamentary Procedure.
8. Failure to follow specific event guidelines may result in additional point deductions not to exceed 10 points (i.e. set up, take down, use of props, extended use of audio. pointers, visuals, wall space, etc., when not allowed).
9. Failure to follow the instructions regarding the folders size and labeling the folder in the upper left-hand corner with the specified information such as the name of participant(s), chapter/school name, event category, and event/project title will result in the loss of two points.
10. Members are expected to use Artificial Intelligence responsibly and effectively making every effort to avoid plagiarism. Failure to follow the guidelines regarding AI will result in up to 20-point deduction or disqualification. See the section on AI.

GENERAL INFORMATION AND RULES

The philosophy of Competitive Events embraces the concept that important learning takes place, and every participant is a winner. Therefore, disqualification will only occur in extreme situations. The alternative New Jersey FCCLA prefers is to penalize participants with point deductions as a consequence for procedural violations. The culmination of our members' hard work and effort should come to a positive conclusion with an evaluation from a qualified team of judges who demonstrate an understanding of youth.

COMPETITIVE STAR EVENT INQUIRY

1. The rating sheets for the State Competitive Events and STAR Events will be e-mailed to the chapters following the State Leadership Conference.
2. In order to file an inquiry regarding a Competitive and/or STAR Event, the Chapter Adviser should write an email addressed to the FCCLA State Director or State Adviser explaining the situation he/she wants reviewed. The email must be sent within one week following the State Leadership Conference. When appropriate, the original material(s) to substantiate this concern should be attached to the e-mail.

RECOGNITION AND AWARDS

1. Members and Chapters participating in the individual and team Competitive and STAR Events will receive certificates of participation.
2. Members participating in Competitive and STAR Events will receive gold, silver, or bronze medals according to the level of competency reached as follows:

100% to 90%	Gold medal
Between 89% and 79%	Silver medal
Between 78% and 70%	Bronze medal
69% and below	Certificate only (will not be announced)

3. First, second, and third place winners will be selected if there are sufficient entries and they are not deficient in quality. A score of 70 percent or better must be achieved.

Guidelines for the Use of AI

FCCLA competitive events are designed to assess the authentic, original work and critical thinking of the student.

The following policy outlines the expectations for the use of Artificial Intelligence (AI) and generative tools in all project components, including written reports, research, and presentations. NJ FCCLA is committed to academic integrity. Members are expected to demonstrate honesty, trust, fairness, respect, and responsibility in the preparation of their competitive events and related materials.

1. AI Usage Parameters

AI tools may be used for spelling, grammar, and punctuation. AI may not be used to generate original content, ideas, research, or complete drafts. All projects must demonstrate authentic student work and process.

To maintain fairness and academic integrity, the fundamental policy is that AI is allowed for refinement but prohibited for generation of core content.

Category	Recommended Policy	Examples of Use
Allowed Use (Refinement)	<p>AI tools may be used for spelling, grammar, and punctuation.</p> <p>AI may be used for brainstorming ideas surrounding a broad topic. AI is not meant to be a substitute for your own ideas.</p> <p>It can be used in research to suggest credible sources.</p>	<p>Grammar/spelling checks, rephrasing for flow, formatting reports, fixing punctuation.</p> <p>If you are working with a national program and want to focus on Financial Fitness, you might use AI to brainstorm current issues regarding personal finance.</p>
Prohibited Use (Generation)	AI tools may not be used to generate original content, ideas, research, analysis, or complete drafts.	Generating the core written report, creating the fundamental ideas for a project, fabricating data or sources, or writing the descriptive text for a presentation.

2. Required Authenticity Check: Document History

To verify the work is authentic and original, all written reports and project documents must be submitted with a clear record of the creation process.

Authenticity Measure	Purpose & How to Implement
Document History Requirement	<p>Students must submit a shared link to their project document (Google Doc, OneDrive, etc.) allowing view access to the edit history. Judges will look for gradual, organic writing versus massive text blocks pasted in a single edit, which strongly indicates bulk AI generation.</p> <p>When submitting the final project link, the sharing settings must be configured to allow judges to view the document's complete edit history (sometimes labeled Version History).</p> <p>Judges will look for gradual, student-driven development. Projects that show evidence of large blocks of text being pasted in a single action (indicating bulk AI generation) will be subject to a policy violation review.</p>
High-Weight Q&A/Interview	Judges must ask specific questions that relate directly to the content, methodology, or decisions presented in the project. The student must demonstrate deep knowledge of their choices.

3. Failure to Adhere to Set Policies

Failure to follow the AI Policy (Section 1 and 2), or the inability to demonstrate knowledge of the project's content and development process during the Q&A session, will be treated as a violation of the Original Work Policy (similar to plagiarism) and will result in a possible 20 point deduction or immediate disqualification depending on the severity of the infraction.

4. The FCCLA competitive events are numerous and complicated. It may not be possible for the judges and staff to identify AI misuse in the 10 minutes that they are examining a project. NJ FCCLA reserves the right to rescind awards after the State Leadership Conference if misuse of AI is identified. This could impact a team or an individual's opportunity to compete at the National conference or receive scholarships.