

2025-2026 District 11 4-H Fashion Show General Rules and Guidelines



The District 11 4-H Fashion Show is getting a fresh update this year! While we will continue to feature the traditional four Buying categories and four Construction categories, we're excited to introduce two new additions: Promote Texas Fibers and Upcycle Your Style.



OVERVIEW

The 4-H Fashion Show is an opportunity for youth to showcase the skills and knowledge they've gained through participation in the Fashion and Interior Design project. This project encourages creativity, personal expression, and practical life skills related to clothing and fashion.

Participants explore a wide range of topics, including:

- Fibers and fabrics
- Wardrobe planning and selection
- Clothing construction and sewing techniques
- Sustainable fashion and upcycling
- Comparison shopping and smart consumer choices
- Fashion interpretation and understanding of personal style
- Grooming, poise, and professional presentation

Through the 4-H Fashion Show, members demonstrate their ability to apply these skills in real-world contexts by building confidence, showcasing individuality, and preparing for future success in both personal and professional settings.

OBJECTIVES

Through participation in the 4-H Fashion and Interior Design project and the 4-H Fashion Show, members gain valuable life skills and hands-on experience in both fashion and personal development. Youth involved in the project will:

- Demonstrate skills and knowledge in clothing construction and consumer decision-making
- Understand and apply current fashion trends.
- Design and create outfits for specific purposes or occasions.
- Exhibit poise and self-confidence in public settings.
- Strengthen personal presentation and communication skills.
- Explore and apply creative tools and techniques to design or modify garments.
- Express creativity and originality by producing one-of-a-kind fashion pieces.

FASHION SHOW

Each county may send three 4-H members in each of the Fashion Show age divisions and categories to the District 11 4-H Fashion Show. Participants are required to participate in an interview and encouraged to participate in the public fashion show. Any exceptions to this requirement must be approved in advance by the contest superintendent.

PARTICIPANT RULES for DISTRICT 11 4-H FASHION SHOW

The rules in this guide are for the District 11 4-H State Fashion Show held in conjunction with the District 11 Spring Spectacular. Please refer to your county Fashion Show guidelines for information on those contests.

Failure to comply with the requirements will result in disqualification or penalty deductions from the final score.

1. **Age.** Age divisions are determined by a participant's age as of August 31 of the current 4-H year in accordance with what is stated in the current Texas 4-H Rules and Guidelines. Junior and Intermediate divisions will follow district Fashion Show guidelines.

Junior Division: Grades 3 through 5
Intermediate Division: Grades 6 through 8
Senior Division: Grades 9 through 12
2. **Participation.** Participants must complete a 4-H Fashion and Interior Design project between June 2025, and the district contest in the 2025-2026 4-H year. All garments/ensembles to be judged must have been purchased (renting a garment is not allowed in the buying division) or constructed during participation in a 4-H Fashion & Interior Design project between June 2025, and the district contest in the 2025-2026 4-H year.
3. **Fashion Show category.** Participants must compete in the **same category** at both the county and district levels. The **same outfit** worn at the county contest must also be worn at district. While accessories such as shoes, jewelry, hats, gloves, or scarves, may be updated, any changes must be documented on the required paperwork. The selected garment category should reflect the **style, fabric, and intended use** of the outfit. Changes in **division or category** between county and district are **not permitted**.
4. **Participants may compete in one Fashion Show category.** 4-H members may compete in **only one Fashion Show category**, except for The **Natural Fiber Contest**, that has been renamed **Promote Texas Fibers** and is now considered a fashion show category, this is a **SENIORS ONLY** Category and they **MUST enter the same outfit that they enter in another category**. If you win both categories that you enter, you **MUST declare on the day of the District Contest which category you will advance to State Roundup in**.

5. **Garment Category** It is the responsibility of the 4-H member and parent that a garment is entered in the appropriate category. Participants should consult with their county Extension agent and project leader when selecting the appropriate category for a garment. The appropriate garment category should be determined by the style, fabric, and use of the garment.
6. **Fashion Show Registration and Paperwork.** 4-H Fashion Show guidelines and entry forms can be found on the District 11 4-H Website at <https://d114-h.tamu.edu/district-11-4-h-spring-spectacular/>. Contestants qualifying for the District 11 4-H Fashion Show must complete the required entry forms and register on Texas 4-H Online. Participants will upload their entry form during the registration process. Juniors and Intermediates will use a different form from the Seniors, please be aware when you download the forms that you are using the correct form.

DISTRICT 11 4-H FASHION SHOW INTERVIEW PROCEDURE

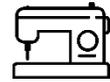
1. Introduction/Presentation

Each contestant will start by introducing themselves and modeling their garment for the judges. Participants will then provide a presentation of 5 minutes or less to the judges. During the presentation, the participants need to describe their project activities, outfit selection, construction or buying skills and their knowledge of fiber and fabrics. Prior to competing the participant should review the contest score sheet to see the areas that will be judged.

2. Question and Answer

Judges will have the opportunity to ask each participant questions from the list of contest questions as well as questions related directly to the participants' garment or project experiences.

JUNIOR & INTERMEDIATE CONSTRUCTION



1. Garments may be constructed by sewing, knitting, or crocheting. Accessories may be purchased.
2. It is not necessary to construct all garments worn during the contest. For example, a 4-H member may construct a skirt and purchase a blouse to wear with it. Only the skirt will be judged on construction, and the blouse will be judged as an accessory. Enter the appropriate information on the Construction Division Worksheet. Information from the worksheet will be evaluated during the judging so the worksheet must be complete.

CATEGORY DESCRIPTION

Everyday Living	Includes casual sportswear, weekend-wear, sleepwear, clothing for school, casual after-school events, or hanging out with friends.
Refashion	This category is an eco-friendly category where participants upcycle old or damaged textiles into entirely new garments. Using creativity and sewing skills, youth transform items like curtains or t-shirts into fresh, fashionable pieces—beyond simple alterations—to keep materials out of landfills.
Dressy	For ensembles work to dressy activities such as dinner dates, theater, banquets, and job/scholarship interviews. Examples are men's and women's suits dressy dresses and dressy coats.
Special Interest	Garment intended for use as a costume or specialty athletic wear. May be sewn from fabric or from another garment. These garments may be unusual or innovative materials; imaginative but wearable.

NECESSARY FORMS

The 2026 District 11 Jr/Int 4-H Fashion Construction Entry Form is required for participants in the 2026 District 11 4-H Fashion Show.

CONSTRUCTION JUDGING CRITERIA

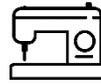
Fashion Show construction judging is based on the 2026 Fashion Show Construction Score Sheet. A panel of judges will evaluate and score the entries based on their Fashion Show paperwork and interview.

Each category will be judged separately.

If ties should occur, the ties will be broken using partial scores in the following order.

1. Construction skills
2. Interview
3. Knowledge of fiber and fabric characteristics
4. Paperwork

SENIOR CONSTRUCTION



1. Garments may be constructed by sewing, knitting, or crocheting. Accessories may be purchased.
2. All garments worn (garments that are visible - i.e., blouse under jacket or vest) during the interview process must be constructed. Close-fitting legwear, tights, and pantyhose do not need to be constructed.
3. In Construction, first place winners may enter the same category in which they have previously been awarded a first-place entry at State, unless they have competed at the National Fashion Revue. See related rules in the 2026 4-H Roundup guide.

CATEGORY DESCRIPTION

Everyday Living	This category features garments designed for daily activities and relaxed settings. Whether it's casual sportswear, weekend outfits, sleepwear, or clothes for school and social hangouts, participants create practical, comfortable, and stylish looks suited for everyday life. The focus is on functionality, quality construction, and appropriate fabric choices that reflect the wearer's lifestyle and personality.
Refashion	This category is an eco-friendly category where participants upcycle old or damaged textiles into entirely new garments. Using creativity and sewing skills, youth transform items like curtains or t-shirts into fresh, fashionable pieces—beyond simple alterations—to keep materials out of landfills.
Semi-formal to Formal	<p>Garments in this category are designed for semi-formal or formal occasions and must be constructed from appropriate fabrics for such events.</p> <p>Semi-Formal attire is stylish and polished, but less formal than black-tie.</p> <ul style="list-style-type: none">• <i>Women:</i> midi or maxi dresses, wrap dresses, cocktail dresses, pantsuits, or jumpsuits.• <i>Men:</i> slacks with a blazer, two-piece suit (with or without a tie), and accessories like pocket squares or dress watches. <p>Formal attire is suitable for events such as prom, evening weddings, or gala parties.</p> <ul style="list-style-type: none">• <i>Women:</i> floor-length gowns, knee-length cocktail dresses, or a classic little black dress.• <i>Men:</i> two- or three-piece suit or tuxedo with a shirt and tie.
Theatre/Costume	This category showcases garments created for stage productions, cosplay, or themed events. Costumes may be fully constructed from fabric or creatively built on existing clothing. Designs often feature imaginative concepts, innovative materials, and bold details with a balance between theatrical flair and wearability.

NECESSARY FORMS

The 2026 Texas 4-H Fashion Construction Entry Form is required for participants in the 2026 District 11 4-H Fashion Show.

CONSTRUCTION JUDGING CRITERIA

Fashion Show construction judging is based on the 2026 Fashion Show Construction Score Sheet. A panel of judges will evaluate and score the entries based on their Fashion Show paperwork and interview.

Each category will be judged separately.

If ties should occur, the ties will be broken using partial scores in the following order.

1. Construction skills
2. Interview
3. Knowledge of fiber and fabric characteristics
4. Paperwork

JUNIOR AND INTERMEDIATE BUYING



1. All garments worn (garments that are visible - i.e., blouse under jacket or vest) during the interview process must be included in the buying worksheet.

CATEGORY DESCRIPTION

Everyday Living	Includes casual sportswear, weekend-wear, sleepwear, clothing for school, casual after-school events, or hanging out with friends
Fantastic Fashions under \$25	This category is designed to expand the 4-H member's shopping experience to include different shopping venues. Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or other retail business. Receipts are required for everything that is visible during the interview, except shoes. Receipts for garage sales can be handwritten. This includes jewelry and accessories. Do not need to account for sales tax.
Dressy	For ensembles work to dressy activities such as dinner dates, theater, banquets, and job/scholarship interviews. Examples are men's and women's suits, dressy dresses, and dressy coats.
Special Interest	Entry should be a specific outfit that you NEED to know how to purchase wisely. Entry should be something that reflects a special interest of the participant, such as equestrian clothing and riding apparel, dance costumes, hiking clothing, or rock-climbing clothing.

NECESSARY FORMS

The 2026 District 11 Jr. /Int. 4-H Fashion Buying Entry Form is required for participants in the 2026 District 11 4-H Fashion Show

BUYING JUDGING CRITERIA

Fashion Show buying judging is based on the 2026 Fashion Show Buying Score Sheet.

A panel of judges will evaluate and score the entries based on their Fashion Show paperwork, presentation and interviews.

Participants will provide a presentation up to 5 minutes in length. Each category will be judged separately. If ties should occur, the ties will be broken using partial scores in the following order.

1. Consumer buying skills
2. Interview
3. Knowledge of fiber and fabric characteristics
4. Paperwork

SENIOR BUYING



1. All garments worn (garments that are visible - i.e., blouse under jacket or vest) during the interview process must be included in the buying worksheet.
2. In Buying, first place winners may enter the same category in which they have previously been awarded a first-place entry at State, unless they have competed at the National Fashion Revue. See related rules in the 2026 4-H Roundup guide.

CATEGORY DESCRIPTION

<p>Business/ Interview Attire</p>	<p>This category features outfits appropriate for job interviews, scholarship interviews, job fairs, or other professional settings.</p> <ol style="list-style-type: none"> 1. Professional - A polished, conservative look such as a business suit, blazer with dress slacks or skirt, or a coordinated pantsuit. 2. Business Casual - A more relaxed yet neat and professional style, including collared shirts, sweaters, khakis or slacks, modest dresses or skirts, and clean dress or casual shoes.
<p>Fantastic Fashions under \$25</p>	<p>This category encourages 4-H members to explore alternative shopping options by purchasing outfits from garage sales, consignment stores, thrift shops (like Goodwill or Salvation Army), or other resale venues. The goal is to demonstrate smart consumer skills while creating a complete, stylish look. Receipts are required for all visible items during the interview—except shoes, including accessories and jewelry. Handwritten receipts are acceptable for garage sale purchases.</p>
<p>Semi-Formal to Formal</p>	<p>Garments in this category are designed for semi-formal or formal occasions and must be constructed from appropriate fabrics for such events.</p> <p>Semi-Formal attire is stylish and polished, but less formal than black-tie.</p> <ul style="list-style-type: none"> • <i>Women:</i> midi or maxi dresses, wrap dresses, cocktail dresses, pantsuits, or jumpsuits. • <i>Men:</i> slacks with a blazer, two-piece suit (with or without a tie), and accessories like pocket squares or dress watches. <p>Formal attire is suitable for events such as prom, evening weddings, or gala parties.</p> <ul style="list-style-type: none"> • <i>Women:</i> floor-length gowns, knee-length cocktail dresses, or a classic little black dress. • <i>Men:</i> two- or three-piece suit or tuxedo with a shirt and tie.
<p>Special Interest</p>	<p>This category highlights outfits that support a participant’s specific hobby, sport, or lifestyle needs such as equestrian gear, dancewear, hiking apparel, or rock-climbing clothing. Entries should demonstrate the ability to make smart purchasing decisions for specialized clothing that must be functional, durable, and appropriate for the activity.</p>

NECESSARY FORMS

The 2026 Texas 4-H Fashion Buying Entry Form is required for participants in the 2026 District 11 4-H Fashion Show.

BUYING JUDGING CRITERIA

Fashion Show buying judging is based on the 2026 Fashion Show Buying Score Sheet. A panel of judges will evaluate and score the entries based on their Fashion Show paperwork, presentation and interviews.

Participants will provide a presentation up to 5 minutes in length. Each category will be judged separately.

If ties should occur, the ties will be broken using partial scores in the following order.

1. Consumer buying skills
2. Interview
3. Knowledge of fiber and fabric characteristics
4. Paperwork



Junior, Intermediate and Senior Upcycle Your Style



1. A majority of the outfit should be upcycled (for example, a pair of denim jacket and jeans with embroidery work paired with a non-upcycled shirt, a tie dyed dress with a vest or a hand painted jacket with a sweater.).The focal point of the outfit should be the upcycled item.
2. Garment may be **new or used**, purchased from a store, resale shop, or already owned.
3. Alterations should focus on decorative or creative enhancements rather than major structural reconstruction.

CATEGORY DESCRIPTION

<p>Upcycle Your Style</p>	<p>4-H members will take a new or used garment and enhance it through creative decoration or embellishment to provide additional value and personal flair. The purpose of this category is to encourage youth to practice sustainable fashion habits by giving new life to clothing through thoughtful design choices.</p> <p>Participants may add trims, appliqués, patches, paint, embroidery, dye techniques, or other decorative details to upgrade and personalize a garment. The finished product should reflect the participant’s creativity, style, and decision-making skills, while demonstrating how small changes can transform and extend the life of a clothing item.</p>
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NECESSARY FORMS

Jr/Int - The District 11 Jr/Int 4-H Fashion Upcycle Your Style Entry Form is required for participants in the District 11 4-H Fashion Show

Seniors - The 2026 Texas 4-H Fashion Upcycle Your Style Entry Form is required for participants in the District 11 4-H Fashion Show.

UPCYCLE YOUR STYLE

JUDGING CRITERIA

Fashion Show Upcycle Your Style judging is based on the 2026 Fashion Show Upcycle Your Style Score Sheet. A panel of judges will evaluate and score the entries based on their Fashion Show paperwork, presentation, and interviews.

Participants will provide a presentation up to 5 minutes in length. Each category will be judged separately.

If ties should occur, the ties will be broken using partial scores in the following order.

1. Creativity
2. Quality of Design
3. Interview
4. Knowledge of Fiber & Fabric



SENIOR Texas Natural Fibers

1. All garments worn (garments that are visible - i.e., blouse under jacket or vest) during the interview process must be included in the Texas Natural Fiber worksheet.
2. Garments may be **constructed by the participant** or **purchased**, provided they prominently feature one or more Texas-grown fibers, and have been entered in another category - Construction, Buying or Upcycle Your Style to be eligible to compete in the Texas Natural Fibers category.
3. Fiber content may include **cotton, wool, mohair, or blended fabrics** containing these materials.
4. Participants must be able to identify the fiber content and explain its Texas connection during the judging interview.
5. **In Texas Natural Fiber, SENIOR first place winners may enter the same category in which they have previously been awarded a first- place entry at State, unless they have competed at the National Fashion Revue. See related rules in the 2026 4-H Roundup guide.**

<p>Texas Natural Fiber</p>	<p>The Texas Fiber category is designed to promote awareness and appreciation of Texas-grown natural fibers such as cotton, wool, and mohair. Participants will showcase garments that celebrate the state’s fiber industry, highlighting the importance of local agriculture in the fashion and textile industries.</p> <p>Texas leads the nation in cotton production and is a significant producer of wool and mohair. This category educates youth about the state’s agricultural economy and encourages mindful consumerism and fiber advocacy through fashion.</p>
<p><i>Cotton</i></p>	<p>Each garment entered must contain a minimum of 60% cotton.</p>
<p><i>Wool/Mohair</i></p>	<p>Each garment entered must contain a minimum of:</p> <ul style="list-style-type: none"> • 60% wool and 40% other fiber. • 60% mohair and 40% other fiber. • 60% blend of the two fibers and 40% other fiber. • 100% wool/mohair blend is also acceptable.

NECESSARY FORMS

Seniors - The 2026 Texas Natural Fibers Form is required for participants in the District 11 4-H Fashion Show.

JUDGING CRITERIA

Fashion Show Texas Natural Fiber judging is based on the 2026 Fashion Show Texas Natural Fiber score sheet. A panel of judges will evaluate and score the entries based on their Fashion Show paperwork, presentation, and interviews.

Participants will provide a presentation up to 5 minutes in length. Each category will be judged separately.

If ties should occur, the ties will be broken using partial scores in the following order.

1. Knowledge of Fiber and Uses
2. Promotion of Natural Fiber
3. Interview
4. Project activities