



**Action Skills**  
*State Championships 2021*

### **Review Technical Standards**

This contest will follow the "Standards and Competencies" outlined within the SkillsUSA Technical Standards (virtual). Review the contest's technical standards prior to competing.

### **Set Up Contest Space and Materials**

The filming device should be set up to capture a contest space not larger than 8' x 12'. This space can also contain a table no larger than 30" x 96" and one duplex (two plug-ins) 110-volt (15 amp) electrical outlet.

### **Complete the Contest Submission**

#### **Skill Demonstration**

This contest will require a video to be submitted. You will submit a five-minute video of you presenting an occupational skill accompanied by a clear explanation of the topic through the use of examples, experiments, displays or practical operations related to the occupational program of the contestant. The video must be submitted unedited and completed in a single take.

Time will be started when your demonstration begins. A local proctor can keep time. Only you should speak during the contest; the proctor and other observers should be silent.

The demonstration is an individual performance; however, models or assistants may be used in the demonstration but will not say or do anything that assists the demonstration except serving as a model.

Any visual aids are to be prepared by contestants. No sound devices may be used to transmit audible words, sound or music. Notecards and other reference materials are not permitted. Do not mention your name, school, or city. Basic safety practices related to the skill performed must be followed.

### **Submit Contest Submission**

Submit the following:

- Contest video file.
- One-page typed resume.