

## **COMPETITION RULES**

### **SPEECH/INDIVIDUAL CATEGORY:**

1. Only one (1) speech is to be presented, and it must not exceed three (3) minutes.
2. Must be an **original speech, written by the contestant.**
3. Speech cannot be presented as a dramatic/theater presentation.
4. Costumes and props are not permitted.
5. **Speech must be typed, on cue cards or completely memorized.**
6. **Contestants MUST attend Saturday, March 31<sup>st</sup> 12pm – 4pm Speech Preparation Workshop @ South Shore.**

### **GROUP CATEGORY:**

1. A group can ONLY present IF **each student in the group also competes separately in the individual category with an original speech.**
2. 2 – 5 students per group. Each student in the group MUST be a contestant in the individual category. If a group has an individual in their piece that is NOT competing in the individual category, that group will be disqualified.
3. Must be an **original presentation, written by the contestants.**
4. Presentation must not exceed three (3) minutes.
5. Costumes and props are not permitted.
6. Speech/presentation **must be memorized.**
7. **Contestants MUST attend Saturday, March 31<sup>st</sup> 12pm – 4pm Speech Preparation Workshop @ South Shore.**

### **ATTIRE:**

- Dress, skirt, dress shirt, slacks, school uniform, tie, suit, etc.
- No sneakers or jeans, jogging pants, hooded sweatshirt, etc.

### **PREPARE SPEECH:**

- Write Speech
- Ask an adult to review speech (must have clear beginning, middle, and end).
- **Practice speech:** work on slowing down, making eye contact with audience, using body language, pausing between sentences and not fidgeting while talking. Most importantly, **be confident and have fun.**
- Rehearse speech at least 2 times per day (in front of mirror, record, and for an adult or peer).
- Get comfortable with your words. Articulate your words. Slow down.

## **JUDGING CRITERIA:**

- Voice projection, and clarity of speech
- Enunciation and Pronunciation
- Tone of voice and speech
- Speech structure, a clear beginning, middle and end
- Eye contact with audience
- Body language and stage presence
- Creates an emotion in the listener
- Leaves the listener with a powerful emotional sensation, message or image that reinforces the point

## **TOPIC EXAMPLES:** Students are **ENCOURAGED** to pick personal topics, but here are some examples.

- Acceptance: Race, gender, class, and/or culture
- Black Lives Matter
- Peer Pressure
- White Privilege
- Social Justice
- Trump Administration (what does this administration mean for youth and what are some solutions or ways to use your voice to make a difference)
- Youth Incarceration
- Education
- Loving the Skin I'm In (Self-love and acceptance)
- Police Brutality
- Bullying
- When You Look At Me (addressing stereotypes)
- What I Am Doing to Create Change
- I Do Solemnly Swear (a message to people about your commitment to your community, schools and self.).
- Suicide
- Family
- Equality or Eliminating Racism
- The Truth
- I am a Leader or The Leader in Me
- Dear Parent Letter
- Forgiveness Letter (apologizing to someone for something you've done and how you will improve in the future)
- My Dream for the Future
- Education is Important because...
- Bullying

# COMPETITION RUBRIC

5 = Exceptional      4= Almost perfect      3= Good      2= Needs work      1= no effort was given

CRITERIA	SCORE
<b>Voice Projection:</b> <ul style="list-style-type: none"> <li>• Speaker projects voice so entire audience can hear</li> </ul>	1 2 3 4 5
<b>Clarity:</b> <ul style="list-style-type: none"> <li>• Speaks in a clear voice that is easy to understand</li> <li>• Does not mumble or stumble over words. Good articulation</li> </ul>	1 2 3 4 5
<b>Pacing:</b> <ul style="list-style-type: none"> <li>• Speaker talks at a pace that isn't too fast</li> <li>• Pauses when necessary &amp; doesn't say "um" or "uh"</li> </ul>	1 2 3 4 5
<b>Enunciation and Pronunciation:</b> <ul style="list-style-type: none"> <li>• Audience clearly understands what is being said</li> </ul>	1 2 3 4 5
<b>Tone:</b> <ul style="list-style-type: none"> <li>• Voice is not monotone</li> <li>• Voice reflects emotion and passion as it relates to subject matter</li> </ul>	1 2 3 4 5
<b>Speech Structure:</b> <ul style="list-style-type: none"> <li>• Clear beginning, middle and end</li> </ul>	1 2 3 4 5
<b>Eye Contact:</b> <ul style="list-style-type: none"> <li>• Consistently makes good eye contact with audience</li> <li>• Speaker isn't always looking at his/her paper</li> </ul>	1 2 3 4 5
<b>Body Language/Stage Presence:</b> <ul style="list-style-type: none"> <li>• Stands up straight while speaking</li> <li>• Uses appropriate hand gestures</li> <li>• Smiles and looks comfortable</li> <li>• Doesn't fidget during presentation</li> </ul>	1 2 3 4 5
<b>Conclusion:</b> <ul style="list-style-type: none"> <li>• Creates an emotion in the listener</li> <li>• Leaves the listener with a powerful emotional sensation, message or image that reinforces the point</li> </ul>	1 2 3 4 5
<b>COMMENTS:</b>	<b>TOTAL/45pts.</b>