



Major Changes in the 2022-2023 STAR Events Guidelines

The following is a listing of the major changes in the 2022-2023 Competitive Events Guides. It is in no way inclusive and participants and advisers should continue to **read the event rules carefully** to ensure eligibility and successful event completion and presentation.

The STAR Events Guidelines (for national competitions offered at the state conference) **are available to members and advisers through the FCCLA Adviser and Student Portals under the “Resources” tab.**

These resources, provided for members and developed with funds from membership dues, are available to advisers and members through the FCCLA Adviser and Student Portals. The guide will only be available to affiliated chapters and members beginning November 1 and then after that at the time of affiliation.

STAR Events

The following events have been updated to reflect changes per level (scaffolding) as submitted by state associations. These events have multiple revisions in addition to updated rubrics. They are:

- Chapter in Review – Display
- Chapter in Review – Portfolio
- Chapter Service Project – Display
- Chapter Service Project – Portfolio
- Interpersonal Communications
- Digital Stories for Change
- FCCLA Chapter Website
- Instructional Video Design
- National Programs in Action
- Leadership
- Parliamentary Procedure
- Promote and Publicize FCCLA
- Teach or Train

- Please be sure that members understand their **level of competition (1, 2, or 3 – Level 4 is Post-Secondary and Virginia FCCLA does not have any Level 4 chapters).**
- **Name Changes** – The following event had a minor name change
 - Teach and Train is now Teach or Train
 - This event has always specified that members either choose to teach or train, they do not do both.
 - Regional, state and national competitions should **not** dock points if a competitor accidentally puts “Teach and Train” on their project.
- **Dress Code** – For competition, the official FCCLA dress code, culinary uniform (if specified), or costumes (when applicable) are the only acceptable attire.
- **FCCLA Planning Process** – Rubrics have been updated to reflect the Planning Process being worth 10 points compared to the previous 5 points (when applicable).
- **Chicken Fabrication** – the whole chicken will now be cut into 10 standard pieces per the instructions on the event specifications page.
- **Classic Knife Cuts** – Production time has been increased to 20 minutes. Participants will receive a variety of vegetables for making appropriate cuts.
- **Culinary Arts Exhibit** – On the Point Summary Form, in addition to wearing clothing to meet the conference dress code, participants must also wear a chef coat or apron over; full culinary uniform is also allowed. Wording for Show Pieces has been edited to allow for dummy cakes.
- **Interpersonal Communications** – communication areas for project are now determined based on the level of the participants.
- **Leadership** – To add more substance to the Leadership STAR Event, a book component has now been added. A rotating list of suggested leadership books will be available on the FCCLA Portal.
- **Parliamentary Procedure** – Knowledge testing has been changed across all levels.
- **Point Summary Form** – The following point adjustments have been made.
 - Registration Packet – 1 point (previously 3 points)
 - Event Online Orientation – 1 point (previously 2)
 - **HOWEVER, for state competition**, the 1 point for Event Online Orientation will automatically be awarded. There is no onsite or online orientation for state competition.

These documents are available to members and advisers through the FCCLA Adviser and Student Portals under the “Resources” tab.

-FCCLA Knowledge Matters Virtual Business Challenge Simulation Guidelines

-FCCLA/LifeSmarts Knowledge Bowl Guidelines

-Skill Demonstration Events Guidelines

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Skill Demonstration Events

Skill Demonstration Events will return to in person this year. The rotation schedule for Skill Demonstration Events is available on the website and in the Skill Demonstration Events guidelines. We will still offer the Online Challenge Events that take place prior to NFC, but are recognized during NFC. Those who compete in an Online Challenge Event still have to register for NFC.

FCCLA/LifeSmarts Knowledge Bowl

Knowledge Bowl will return to in person this year during NFC. Teams still need to take the test to determine the top 40 prior to NFC. Please refer to the Knowledge Bowl Guidelines (in the Portal) for more information.

Please read event rules carefully to ensure eligibility and receive the highest possible points.

For additional clarification of any of the rules in any of the Competitive Events Guides, please email competitiveevents@fclclinc.org