



# Suffolk Federation of Young Farmers' Clubs

CHARITY FARM HOUSE, CHARITY LANE, OTLEY, IPSWICH, SUFFOLK IP6 9NA

☎ 01473 785547

E-mail: [office@suffolkyfc.com](mailto:office@suffolkyfc.com)

Website: [www.suffolkyoungfarmers.com](http://www.suffolkyoungfarmers.com)

County Chairman: Richard Branch

Class No.	Class Name	Eligibility	Procedure	Scale of Marks	Notes
1	Tractor/machinery ID	3 per club – Junior and Senior	Competitors to identify a number of farm machinery items!		
2	Brownies	3 per club	To be nut free but freestyle on the recipe if you like! Recipe card must be provided with the exhibit.  To be displayed on a plate, 4 brownies per plate	Taste 40 Detail 20 Overall effect 40  <b>TOTAL MARKS 100</b>	
3	Novelty Cake Icing	3 per club	Competitors to produce a cake decorated in the YFC theme. Cake must be edible but doesn't have to be home baked, can be bought. Judging is entirely on decoration.  Must be displayed to be viewed from all angles	Decoration 40 Detail 20 Overall effect 40  <b>TOTAL MARKS 100</b>	
4	Cocktails	3 per club	Competitors to create a cocktail to the theme "Celebration" Non-alcoholic for juniors, alcohol permitted for seniors. All ingredients must be brought on the day and the cocktail created in the time permitted (20 minutes).	Taste 40 Decoration 20 Recipe 20 Overall effect 20	





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				<b>TOTAL MARKS 100</b>	
5	Floral Art	2 per club	Create a table decoration suitable for a "Harvest Supper celebration". Junior and Senior.  60cm x 60cm x 60cm.	Idea 20 Colour 20 Composition 20 Technical 40	
				<b>TOTAL MARKS 100</b>	
6	Wheel change	3 per club	Timed wheel change. Vehicle and jacks etc will be provided.	Timed	
7	Ultimate Frisbee	1 per club	NFYFC competition. A minimum of 6 players are required to make a squad, there is a maximum of 10 players in a squad. From the squad 5 players are selected to be on the pitch at any one time. This MUST include a minimum of 1 female player on the pitch at any one time.  Ultimate is a game for two teams of five players on the pitch, each team having a minimum of 1 reserve player on the sideline up to a maximum of 5 reserve players on the sideline. 5.2. Each game will last for 12 minutes with the next score to occur completing the game or until a maximum		





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		<p>time limit of 15 minutes is reached. I.e. The final whistle will signal 12 minutes of play, the game will then continue until the next score, after which the game will end. If no score is made the game will end at 15 minutes.</p> <p>5.3. A goal is scored when you throw the disc to a member of your team standing (or more likely running) in the last section at the end of the field known as the “endzone”, your team is attacking.</p> <p>5.4. The winner is determined by the team scoring the most points. A draw will be awarded if both teams have scored the same number of points at the end of the game.</p> <p>5.5. League points will be awarded as follows: Win 3, Draw 2, Loss 1</p> <p>5.6. At the beginning of the game, each team stands in the endzone which they are defending and faces the opposite team. When both teams are ready, the team with the disc throws it as far as they can towards the opposite team who will automatically be in play once they have retrieved it.</p> <p>5.7. Players cannot run with the disc. When a player catches, they have up to 3 steps to slow down and then they must choose a pivot foot and keep this still before throwing the disc. If the player has not thrown the disc and takes additional steps, the player must return their pivot foot back to where it should be, before throwing the disc. If they did make a throw after the 3 steps</p>		
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			<p>and the disc was caught by their team, the disc must be returned to the thrower however if the opposition caught the disc the turnover stands.</p> <p>5.8. A team can therefore only move the disc upfield by throwing it from player to player.</p> <p>5.9. The defending team takes possession if the disc touches the ground, if it goes out of bounds or if they make an interception by catching the disc or knocking it to the ground in mid-flight.</p> <p>5.10. Teams change ends between each point. I.e. the scoring team stays in the end zone where they have just scored.</p> <p>5.11. A team may make unlimited substitutions, but only in the break of play after a goal has been scored and before the game restarts. Teams are allowed an unlimited number of substitutions in each game.</p> <p>5.12. The game is noncontact but when contact between players does occur; it may be deemed a foul.</p> <p>All competitors must be suitably dressed for playing sport and be wearing their team's colours/shirt.</p>		
8	Cheerleading	Juniors only 1 per club	<p>NFYFC competition</p> <p>The team may consist of between 6 and 10 members</p> <p>Each team is required to perform a Cheerleading routine. Cheerleading is a physical activity, which contains many elements including dance, jumps, cheers and stunts to direct</p>	<p>Creativity &amp; Choreography 30 (Formations/Shapes/Use of Floor)</p> <p>Technical Marks 30</p>	





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		<p>spectators of events to cheer-on sports teams at games and to encourage spectators to participate in competitions/sports</p> <p>For the purposes of this competition, Tumbling is a gymnastic element and a Stunt is a lift (normally a static nature at this level) where a person has their weight off the ground)</p> <p>4.3.1.1. Tumbling          Allowed: Forward Rolls, Backward Rolls, Cartwheels, Front Walkovers and Back Walkovers          Not Allowed: Tumbling that involves a spring or run (i.e. Flips, Somersaults, Handsprings)</p> <p>4.3.1.2. Stunts: For the purposes of this competition, we are defining Stunts as 'an element performed by a group of Cheerleaders, involving Flyers, Bases and Spotters.          Flyer: A person without contact to the ground – Also known as Mounter/Top person          Base: A person in direct contact with the floor who provides primary support for the flyer and could also be responsible for catching the flyer during dismount          Status FINAL          July 2021          Back Spot: A person primarily responsible for protecting the head, neck and shoulders of the flyer. They must be positioned to the side or the back of the stunt. The Back Spot may not have both hands providing</p>	<p>(Gym skills/Jumps/Lifts/Travelling)</p> <p>Showmanship &amp; Spirit 20 (Enthusiasm/Voice Projection)          Costume 10          Overall Presentation 10          TOTAL 100</p>	
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			<p>primary weight-bearing support to the flyer. The Back Spot must be a participating member of the team</p> <p>These rules state that Stunts are allowed, to note that at the NFYFC Final a MATTED FLOOR will be provided</p> <p>4.3.3. No Stunt to be more than 1½ persons high (a member sitting on another members shoulders = 1½ members high)</p> <p>4.3.4. All stunts at this height must have a Back Spot. Not Allowed: Stunts that involve a Twist or Rotation. Teams must adhere to these guidelines. At the area rounds and NFYFC finals, if the judge(s) believe moves in the routine to be dangerous, the performance will be stopped and will not be scored.</p> <p>A minimum of 3 minute and a maximum of 5 minutes will be allowed for the routine</p>		
9	Auctioneerin g	1 per club	<p>NFYFC competition</p> <p>Each Competitor will be required to auction 3 lots.</p> <p>5.2. Prior to the auction commencing the competitor will view a total of 6 items. Lots will include agricultural and non-agricultural items.</p> <p>5.3. The Competitor will then have 20 minutes to draft a handwritten, catalogue-style description and provide a valuation figure for each item on the day of the competition.</p> <p>5.4. The competitor is to hand their descriptions and valuations</p>	<p>Lot description &amp; Valuation 20</p> <p>Opening &amp; closing Commentary 20</p> <p>Auctioneering skill 40</p> <p>Auction conduct and practice 20</p> <p>Total 100</p>	





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			<p>to the judge prior to the auction. The competitor will then choose 3 items at random 'out of a hat' from the 6 available, to auction.</p> <p>5.5. The judge will identify one of the lots to have a reserve. The item and price of the reserve lot is at the judge's discretion.</p> <p>5.6. The competitor should provide an introduction and then open the auction sale, outlining the procedure and relevant conditions of the sale e.g. the payment process, order of the auction, buyer's commission rate.</p> <p>Stewards will be placed in the audience to act as purchasers on the lots to ensure there is enough bidding to enable the competitor to demonstrate the skill. These stewards will be anonymous to the competitor and will only bid if no other bids are forthcoming.</p> <p>5.9. Stewards will have no knowledge of the item's values provided by the competitor.</p> <p>5.10. Once all the lots have been 'sold' the auctioneer will close the auction in a suitable way and the judge will work out their score.</p>		
10	Pick n Mix comp	4 per club	You'll see! Competitors to be up for a giggle and prepared to have a go....		
11	Promotional video	1 per club	Clubs to create a 1 minute promotional video for your club. Laptop and screen will be provided. Any creation tool may be used but must be Instagram/twitter friendly so needs max	Idea 20 Information 20 Impact 40	





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			length of 59 seconds.	Presentation 20	
12	Old School competitions	6 per club	Go back to school for a while. Egg and spoon, 3 legged race, wheelbarrow race. Have a giggle		
13	It's a Knock Out	Junior & Seniors Teams of 6 - 8			Don't forget your water proofs / change of clothes 😊
14	YFC mural	1 per club	Clubs to produce a mural. Can be computer designed or hand drawn/painted. 3ft wide by 2 ft tall. Will be used in the YFC Barn at Trinity Park	Idea 20 Promotion 20 Eye catching 20 Design 40  <b>TOTAL MARKS 100</b>	

