LEVEL UP 2026 - 2027

NYS SkillsUSA

ACTION SKILLS

PURPOSE

To evaluate each competitor's ability to demonstrate and explain an entry-level skill used in the occupational training area.

ELIGIBILITY

Open to active SkillsUSA members enrolled in a career and technical program with entry-level job skills as the occupational objective. Must provide the Basic Participator form stating that the contestant is classified under the provisions of Public Law 105-17, Individuals with Disabilities Education Act, 1997, is required for participation. The eligibility form is to be presented to the contest chair at the contestant orientation meeting. No written Contest Test and no SkillsUSA knowledge (PDP) test is required.

CLOTHING REQUIREMENTS

Contestants must wear appropriate attire for the occupational area of the demonstration.

NYS SkillsUSA official dress will be acceptable only if the demonstration is considered a leadership skill.

SkillsUSA NYS Attire:

- Official red blazer, NYS Black Jacket, the older red national windbreaker or older red sweater and the Black or red Jacket from Nationals.
- Button up, collared, white dress shirt (accompanied by a plain, solid black tie), white blouse (collarless or small-collared) or white turtleneck, with any collar not to extend into the lapel of the outer layer coats
- Black dress slacks or black dress skirt
- Note: Wearing socks or hose is no longer required. If worn, socks must be black dress socks, and hose must be either black or skin-tone and seamless/nonpattern.
- Black shoes that are not backless or open toe.

Note: Contestants must wear their contest clothing to the contest orientation meeting.
Also bring #2 pencil, resume, Conference Program, safety assurance and Basic forms.

EQUIPMENT AND MATERIALS

1. **Supplied by the technical committee:**
   a. Timekeeper
   b. All necessary information and furnishings for judges and technical committee
2. **Supplied by the contestant:**
   a. All materials and equipment needed for the demonstration to be completed two times, once for the preliminaries and again for the finals, if required
   b. All competitors must create a one-page résumé and submit it at orientation. Failure to do so will result in a 10-point penalty.
   c. "Note: Your resume may be judged as part of your contest" Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site: **http://www.nysskillsusa.org**
   d. WiFi is not guaranteed please make sure all presentations are downloaded.

DEVICES

Cell phones or other electronic devices not approved by the NYS Chairperson will be collected by the contest chair during the competition. Chairpersons will announce their acceptance by listing it on their standard or at the orientation meeting. In case of emergency, advisors should allow the competitors to take their phones to the contest areas.

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

OBSERVER RULE

1. No observers will be allowed to talk or gesture to competitors.
2. Judges may disqualify competitors who receive assistance from observers.
3. No videos, pictures, or note-taking in the room.
4. All electronics must be turned off, or competitors will be penalized.
5. No observer may enter or exit while the competitor is presenting
6. No observing is allowed by any Action Skills competitor in either the preliminary or final round
7. Any judge, timekeeper or doorkeeper has the right to ask an observer to leave if they are being a distraction for any competitor

SCOPE OF THE COMPETITION

KNOWLEDGE PERFORMANCE

There is no written knowledge test required in this competition. Competitors in this event are also exempt from the professional development test.

SKILL PERFORMANCE

The demonstration is a presentation of an occupational skill accompanied by a clear explanation of the topic using examples, experiments, displays or practical operations.

COMPETITION GUIDELINES

1. An actual technical skill must be performed as opposed to an illustrated talk.
2. Notecards and other reference materials are not permitted.
3. Any skill may be demonstrated if it is related to the occupational program of the competitor.
4. The competitor will present a 3"x5" card to the chair upon entering the competition room and prior to the competitor's demonstration. This 3"x5" card will contain the following three items:
   a. The competitor's number
   b. The topic or purpose of the demonstration
   c. The competitor's training program
5. The demonstration shall be at least five minutes in length but shall not exceed seven minutes.
   Penalty: 50 points will be deducted for each 30 seconds (or fraction thereof) under five minutes or for each 30 seconds (or fraction thereof) over seven minutes.
6. Competitors will be allowed three minutes to set up the demonstration and three minutes to clear the demonstration area (8'x12') box.
   Penalty: 50 points will be deducted for each 30 seconds (or fraction thereof) over the three-minute allowance.
   Note: The demonstration area/box will be marked by an 8'x12' taped area on the floor.
7. Demonstration time (limit) will start when the demonstration begins. The timekeeper will signal the speaker at five minutes, six minutes, and seven minutes.
8. One 110-volt (15 amp) electrical outlet with an extension cord, one table, one chair and one easel will be provided.
   Note: The presenter and his or her demonstration material must remain within the 8'x12' demonstration area/box. Points will be deducted for any violation of demonstration materials, easel, presenter, model, and/or model chair that are outside the 8'x12' demonstration area/box.
9. Any visual aids (signs, charts, transparencies, slides or diagrams) are to be prepared by competitors. No sound devices of any kind may be used to transmit audible words, sound, or music. No compressed air or gas will be permitted. No material or apparatus that poses a threat of fire or explosion may be used. No pressurized aerosol cans of any kind are permitted.
10. Basic safety practices related to the skill performed must be followed. Safety violations will be subject to penalties. Judges may interrupt the demonstration for serious violations.
11. The competitor will not mention or display his or her name, school, city, or state.
12. The demonstration is an individual performance; however, an assistant may be used to set up and dismantle the demonstration, or may be used as a prop or model, but in no way can assist with the presentation. Any presentation assistance, coaching or signaling will disqualify the competitor. An advisor may not serve as an assistant. The presentation assistant/ model/helper must be a SkillsUSA student member, and in official dress.
13. The competitor's advisor/instructor must attend the mandatory orientation meeting with the competitor.
14. Competitors will not take the skills-related written or Professional Development Test as outlined in the general regulations.
15. The presentation assistant/model/helper must attend the competitor orientation meeting.
16. The competitor will not have any interaction with the judges or timekeeper.
17. Tiebreaker — Highest score based on the following criteria:
    a. Explanation is complete
    b. Demonstration is interesting
    c. Demonstration is organized

STANDARDS AND COMPETENCIES

AS1.0—Design an effective presentation that demonstrates a job skill related to the field of training

1.1. Prepare a demonstration of a job skill that lasts five to seven minutes
1.2. Organize demonstration in a logical and coherent manner

AS 2.0 — Deliver the presentation in a professional manner that meets the standards outlined by the technical committee

2.1 Practice elements of informal conversation
2.2 Perform the actual skill in the presentation
2.3 Explain the topic through the use of experiments, displays or practical operations
2.4 Demonstrate an effective and pleasing delivery style
2.5 Use verbal illustrations and examples effectively
2.6 Make a formal and effective introduction to the presentation that clearly identifies the scope of the demonstration
2.6 Pronounce words in a clear and understandable manner if feasible
2.7 Use a variety of verbal techniques including modulation of voice, changing volume, varied inflection, modifying tempo and verbal enthusiasm
2.8 Demonstrate poise and self-control while presenting
2.9 Use props and models to illustrate points
2.10 Demonstrate good platform development and personal confidence
2.11 Communicate the primary points of the speech in a compact and complete manner
2.12 Tie organizational elements together with an effective ending
2.13 Complete the demonstration within the time limits set by competition requirements
2.14 Deliver an interesting and informative demonstration

AS 3.0 — Wear appropriate national competition clothing for the occupational area of the demonstration.

3.1. Display clothing that meets NYS standards for competition
3.2. Demonstrate good grooming in dress and personal hygiene