Virtual Dairy
Showmanship Guidelines

***Please note that while 4-Her’s are allowed to film as many takes of their showmanship video as they choose, they may submit only ONE video and that video must be a single, continuous take.

1. Introduce yourself (First name only, age, how long you have shown dairy for)
2. Introduce your animal (name, age, breed, sex)
3. Showmanship Skills:
   a. Walking and posing heifer
      i. The 4-H member should walk in a small circle as they would in a show ring. Then the 4-H member should set up the heifer in the correct position. (Act as though the camera is the judge).
   b. Identification of body parts
      i. Point out these body parts on your heifer:
         1. Poll
         2. Tail Head
         3. Hip bone
         4. Pin bone
         5. Withers
         6. Point of Elbow
         7. Brisket and Hocks
4. General Knowledge questions
   a. All 4-Hers should answer the following questions:
      i. How many breeds of dairy cattle can you name?
      ii. On average, how much does a gallon of milk weigh?
      iii. What breed of cattle makes the most milk by quantity?
      iv. What breed of cattle has the highest butter fat in their milk?
      v. What are your heifers dam and sire names?
   b. Additionally, 4-Hers should answer the following questions that are appropriate to their age and experience specific class:
      i. **Novice:**
         1. What is the gestation period of a cow?
         2. What is the first milk that a cow produces that is crucial to give to a calf right after birth?
      ii. **Juniors:**
         1. What is the average length of lactation of a cow?
         2. What is the most common inflammation of the mammary gland called?
      iii. **Seniors:**
         1. What is a freemartin heifer?
         2. What is the milk let-down hormone called?