



2019 Regional and State Nail Care Contest Guidelines

Important Notes:

Information highlighted in Yellow indicates NEW FOR 2019

White text highlighted in Black indicates the information is for National Contestants ONLY. Will not be performed at Regional or State Competitions.

PURPOSE

To evaluate each contestant's preparation for employment and to recognize outstanding students for excellence and professionalism in the field of nail care.

ELIGIBILITY

Open to active SkillsUSA members enrolled in programs with cosmetology/nail care as the occupational objective.

CLOTHING REQUIREMENT

Clothing requirements are the same for District and State Contest.

Official SkillsUSA blazer not required.

Clothing requirements will be judged only at the contest and not during the contestant meeting.

Apron is optional. Apron must be without name of contestant or school.

For men: White dress shirt, black dress slacks, black socks and black leather work or dress shoes.

For women: White top or white polo, black dress slacks, black socks or black or skin-tone hose, and black leather work or dress shoes. Must be closed toe (no sparkles or rhinestones, no open heels)

For models: Business like, white top or white polo, black dress slacks or skirt (knee-length); black or skin-tone hose and black shoes; must be closed toe (no sparkles or rhinestone, no open heels).

Note: A white cosmetology smock can be worn with the white dress shirt for men or white top for women.

- *No school logo or identifiers allowed on shirts.*

EQUIPMENT AND MATERIALS

1. Supplied by the technical committee
 - a. Table and 2 chairs
 - b. One electrical outlet per contestant
 - c. First Aid Kit
2. Supplied by the contestant
 - a. Technical guidelines for the specific applications required to be performed
 - b. Disposable table towels (no lint).
 - c. Plastic bags for disposal of refuse
 - d. Safety glasses for contestant and model
 - e. White terry towels (no holes or stains allowed)
 - f. Water dispenser/cup (to clean nail art brushes)
 - g. All items necessary to complete five sculptured acrylic nails.
Note: Dappen dishes must have covers: monomer, polymer and primer must be from the same manufacturer: Two or more of the four basic acrylic colors (pink, white, clear or natural) must be used to complete two-tone/French manicure sculpted nails
 - h. All items necessary to complete five nails with a tip and light-cured gel overlay. (Full Well Tips ONLY)
Note: Gel polish, temporary or no-light gels may not be used.
 - i. Dark red crème lacquer/polish
 - j. Anti-microbial cleanser (for pre-cleaning hands of contestants and model)
 - k. Waterless hand sanitizer (for use by contestant and model)
 - l. UVA Light
 - m. Electrical Extension Cord
 - n. Disinfectant tray system with solution (for implements)
 - Must be hospital grade disinfectant.
 - o. NEW FOR 2019: All items allowed to complete the flat nail art application: Medium choices: acrylic paints, polishes/lacquers, colored powders (acrylic and dip), gel polish, rhinestones sizes 20ss and under, glitters and dusts, and adhesives, i.e., gel top coats/glue Note: No pre-prepared items can be used; items are limited to those intended for use on nails. Top coat may be used as a sealer for Gel Nails.**
 - p. Written description of the nail art theme. Themes are to be typewritten and contained within a plastic sleeve. **Include picture of completed Nail Art**
Note: Due at contest check-in
 - q. Portable kit organizer (to transport all items necessary for the contest)
 - r. Manicure table lamp (optional)
 - s. Blood spill kit
 - t. All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a 10-point penalty

NOTES:

- **Can use any product made for nails in nail art (polish, glitter polish, acrylic paint, striper polish and brush, etc)**
- **Nail Art Sealer for nail art application only.**

3. Items not allowed:

- a. Electric files/drills
- b. Top Coat on Red Polish and Acrylic Nails

NOTES: Contestants must provide light curing systems for Gel application

SCOPE OF THE CONTEST

The contest is defined by industry standards as set by the current industry technical standards. The contest is divided into two parts: a written exam and a series of testing situations designed to assess knowledge in nail care industry standards.

Knowledge Performance

The contest will include a written knowledge test of 50 multiple-choice questions assessing knowledge of cosmetology.

- All written tests for the **regional contests** will be taken online **January 1 – January 28.**
- All written test for the **state contest** will be taken online **March 25 – April 15.**

If you do not test during these times...you will not have another opportunity, therefore you will not have a written test score. It is your responsibility to contact your liaison and schedule a time for your students to test. Professional Development Test will have 20 questions based on materials from Level 1 and Level 2 of the Professional Development Program and the SkillsUSA Workbook. PDP test score will be used in the case of a tie.

Skill Performance

The contest will include a series of testing situations and technical applications. The areas that will be evaluated are customer service; safety and sanitation, natural nail care, artificial nails, and nail lacquer and art application. Observations during each segment and evaluation of the finished product will be considered in the scoring.

References:

NMC-INTA Pedicure Equipment Procedures:

https://probeauty.org/docs/nmc/INTA_PBA_pediprocedures.pdf

Milady Standard Nail Technology Textbook,

Fifth Edition: www.milady.com

Salon Fundamentals: Nail Technology:

www.pivot-point.com

Contest Guidelines

1. All contestants must bring a model for the competition.
2. Contestants are not permitted to touch their models before the competition begins or between segments.
3. Conversation between contestant and model is limited. Communication with observers, judges and other contestants is prohibited during the contest.
4. Disqualification or penalty points taken can occur for the following:

- a. Any rule not followed, with *no* exceptions
 - b. Leaving competition area before completion of model (applies to both contestant and model) without proper escort
 - c. Unauthorized use of a product that is not allowed or that doesn't appear in the above listing
 - d. Any product that appears to have been altered
5. Contestants should come prepared to do the following:
- a. A three- to five-minute mock nail care consultation on the benefits of natural nail care. You will address the judges as if they are a new client of yours in the salon. Props may be used. The consultation should include the following points: (1) Recommended natural nail care services; (2) Results the client should expect; (3) The home care products the client would need to purchase and use to obtain these results.
 - b. A basic pedicure on one foot of their model. Procedures should include, but not be limited to, shaping toenails, pushing back cuticles, cleaning under toenails, refining skin and polishing.
 - c. All five fingers of the model's right hand are to be sculpted with acrylic using forms, no tips, in a twotone/ French-manicure (pink and white) technique. Two or more colors of acrylic may be used.
 - d. All five fingers of the model's left hand are to have nail tips applied and overlaid with a light-cured gel or a light-cured hybrid acrylic/gel. Any type of tip may be used. Nail Care, 2019
 - e. A 50-question, multiple-choice exam on all aspects of nail care.
 - f. Two coats of dark red crème lacquer/polish is to be applied to the model's right hand.
 - g. Flat nail art is to be applied to all five fingers of the model's left hand. A specific theme is to be carried through on all five fingers and in a written description. Contestants must have written and submitted a description of the theme they intend to create at the contest check in. Themes should be typewritten, may be decorated and must be contained in the plastic sleeve. Diagrams of the art you intend to create can be used; however, these are limited to the finished product and may not be step-by-step instructions. Judging will be on the overall balance of the use of different mediums and the creative use of the mediums to support the theme, as well as your attention to detail. Once all judging is complete, props may be used to enhance art during the parade of models.

Contest Guidelines

1. Contestants will come prepared to perform the following applications in the time allotted:
 - a. Sculptured, acrylic nails on right hand (1 hour)
 - b. Tips with light-cured gel overlay left hand (1 hour)
 - c. Red polish application on right hand, flat nail art on left hand (1.5 hours)
2. All segments of work must be completed in the specified time during competition. (For example, during the tip and wrap segment, no work may be completed or started on the sculptured, nail art or polish application.)

Standards and Competencies

NAIL 1.0 — Apply the knowledge and skills needed to perform safety and sanitation in a nail care situation.

1.1 Show safety in handling products

1.1.1 Set up table to consist of items needed for the specific contest application in progress (e.g., if sculptured nail is in progress, the gel and nail art materials should not be visible during this time)

1.1.2 Identify all products and solutions properly with the manufacturers original packaging and labeling (e.g., cannot be defaced)

1.1.3 Ensure that bottles and containers are securely closed after use

1.1.4 Demonstrate when and how safety glasses and gloves are used

1.2 Perform sanitary practices

1.2.1 Ensure that all implements and files are brought to the contest cleaned, disinfected or new and are labeled as such

1.2.2 Ensure that any implement or file that becomes contaminated during the contest is disposed of or cleaned and disinfected

1.3 Perform safe usage of implements and tools

1.3.1 Verify there are no cuts on surrounding skin

1.3.2 Verify there are no cuticle abrasions

1.4 **Apply and Demonstrate and be prepared to define** knowledge of sanitation and disinfection, *how they are accomplished and how they differ

1.4.1 Demonstrate sanitation and disinfection

1.4.2 Demonstrate proper procedure for sanitation and disinfection

1.4.3 Demonstrate contrast sanitation and disinfection

1.4.4 Demonstrate importance of proper sanitation

1.4.5 Demonstrate importance of proper disinfection

1.5 Show cleanliness and organization of the working environment

1.5.1 Ensure that workspace is clean and organized throughout contest

1.5.2 Verify that only needed items are out on the table

1.5.3 Ensure that required tools and products are accounted for and professionally organized

NAIL 2.0 – Implement skills that are needed for quality customer service in a nail care situation

- **This Section is for NATIONAL CONTEST ONLY. NOT APPLICABLE AT REGIONAL AND STATE COMPETITION.**
- **National Qualifiers should review the National Technical Standards for more details.**

NAIL 3.0 – Apply knowledge and the skills needed to perform natural nail care in a nail care situation.

- **This Section is for NATIONAL CONTEST ONLY. NOT APPLICABLE AT REGIONAL AND STATE COMPETITION.**
- **National Qualifiers should review the National Technical Standards for more details.**

NAIL 4.0- Apply the knowledge and the skills needed to perform foot care in a nail care situation.

- **This Section is for NATIONAL CONTEST ONLY. NOT APPLICABLE AT REGIONAL AND STATE COMPETITION.**
- **National Qualifiers should review the National Technical Standards for more details.**

NAIL 5.0 — Apply the knowledge and the skills needed to perform artificial nails services in a nail care situation

5.1 Build an acrylic nail

- 5.1.1 Ensure product control; clarity/no bubbles, smile line
- 5.1.2 Verify that the cuticle and nail groove are smooth and thin
- 5.1.3 Identify that the contour, the highest point of nail, is in the center at the natural stress area
- 5.1.4 Ensure that the shape and length is consistent on each finger
- 5.1.5 Identify that the surface finish is smooth, with a high-gloss shine

5.2 Demonstrate proper application and blending of a nail tip

- 5.2.1 Perform tip application (i.e., fit and alignment)
- 5.2.2 Perform tip blending
- 5.2.3 Perform product control (i.e., no adhesive seepage)
- 5.2.4 Perform tool control (i.e., no excessive filing on skin or natural nail)

5.3 Demonstrate application of a light-cured gel nail

- 5.3.1 Demonstrate application of light-cured gel. (e.g., Cover nail completely, no excess gel in cuticle area)
- 5.3.2 Identify that the contour, the highest point of nail, is in the center at the natural stress area
- 5.3.3 Ensure that the shape and length is consistent on each finger
- 5.3.4 Ensure that surface finish is smooth, with a high-gloss shine

NAIL 6.0 — Implement the knowledge and skills needed to perform nail lacquer and art application in a nail care situation

- 6.1 Show proper application of nail lacquer, including any necessary cleanup
 - 6.1.1 Ensure neatness, coverage, evenness and cuticle involvement
- 6.2 Show proper application of flat paints/lacquers
 - 6.2.1 Implement creativity; theme, follow-through of theme, artist expression, and color coordination
 - 6.2.2 Perform at the proper level of difficulty and complexity of design
 - 6.2.3 Ensure precision, neatness and clarity of lines
- 6.3 Describe the theme you intend to create with nail art in one to two written paragraphs (grammar, creativity and language will be evaluated)

Committee Identified Academic Skills

The technical committee has identified that the following academic skills are embedded in this contest.

Math Skills

- Solve practical problems involving percentages
- Solve problems using proportions, formulas and functions
- Use basic math skills for the purposes of sales and marketing (addition, subtraction, multiplication, division, percentages)
- Use basic math skills for the purposes of bookkeeping (addition, subtraction)

Science Skills

- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems)
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point, color)
- Demonstrate simple compounds (formulas and the nature of bonding)
- Predict chemical changes to matter (types of reactions, reactants and products; and balanced equations)
- Use knowledge of heat, light and sound Energy

Science Standards

- Understands the structure and properties of matter
- Understands the sources and properties of energy
- Understands the nature of scientific inquiry

Source: McREL compendium of national science standards. To view and search the compendium, visit:

www.mcrel.org/standards-benchmarks/.