



Contest Best Practices for District 33 Toastmasters Clubs & Members

FOCUS ON SPRING 2026 TALL TALES AND INTERNATIONAL SPEECH CONTESTS

Objective

Guide Toastmasters to participate more fully in speech contests, as contestants, judges and helpers, to recognize excellence and observe more proficient speakers

Why Speech Contests?

- Opportunities to learn and help members grow through Toastmasters speech competition
- Gratifying experience for contestants, helpers, judges, district leaders & the audience
- What's your reason?

Tips for Contestants and Judges

-- Share experiences of Contestants, Contest Chief Judges

- Eligibility – paid member of a club in good standing for Tall Tales
- Eligibility for International Speech – paid member of a club in good standing, also completed Pathways Level 1 & 2 (or achieved Distinguished Toastmaster (DTM)) or member of new club
- Judging Criteria – Follow what's listed on 2nd page of Judges Ballots; Attend Judges Training
- Timing – 3 - 5 minutes Tall Tales; 5 – 7 International Speech Contest; +/- 30 seconds

D33 Contest Resources

See [Contests | District 33 Toastmasters](#), notably:

- **Judges Ballots**, notably [Tall Tales Contest Judges Guide and Ballot](#). and [1172-International-Speech-Contest-Ballot](#) (under Judge Information)
- **Sample contest programs** for club and area (under Contest Chair)
- **Contest Checklist** for Speech Contests in District 50 – (at top under ContestChair), Short List in Word and step-by-step in Excel to use as a guide to prepare and recruit helpers
- Contest Master Script
- [Speech Contest Rulebook for 2025-2026](#) (changes every Toastmasters year)
- Sample Contest Programs
- Eligibility Forms, Certificates, Club Contest tools

Club Contests

Clubs can have a full Club Contest or a **Showcase** (with relaxed contest rules), or nominate their representatives to compete in the Area Contests. With a showcase, a contestant does not disqualify from competing at the Area Contest if they are over or under the time limit at the club. With a “showcase”, club members may share speaking time for each contestant and allow feedback. Some clubs use “round robin” feedback for each attendee to share one positive and one constructive point about the contestants’ presentation.

Judges at club contests or showcases can be club members, outside Toastmasters or non-members, with all using the Judges ballot to rank the contestants.