RULES FOR ALL HISTORY DAY PROJECTS

The following rules apply to History Day projects in all categories. This is a summary from the _National History Day Contest Rule Book._ **It is your responsibility to make sure your project follows all the History Day rules.** Please read the rulebook for more information!

Project Creation

□ I created my project this year. I have not reused any part of a previous project (mine or anyone else's).

□ This is the only History Day project that I have created this year.

□ This is a new topic. I have not done a History Day project on this topic before.

□ I have credited the sources of all my information. I have not plagiarized.

□ My topic connects to the History Day annual theme _(Communication in History)._

□ I have researched, designed, and created the entry. The only help I got from other people was other group members or adults within reason (See NHD Rulebook).

□ **Groups**: We all worked together on the project. All group members are listed with the project.

Counting Words in History Day Projects

There are size limits for projects in all History Day categories. The limit is usually a combination of words and/or time. Limits keep projects to a manageable size. Pay attention to the way words are counted. You will have to count the words in your project and accurately include this information with your project.

Required Written Materials (All Categories)

Item	Do the words count?	Explanation
Process paper	Yes	All the words in the process paper count toward the process paper's 500-word limit.
Title page and annotated bibliography	No	Words in the title page and annotated bibliography do not count.

Categories: How to Count Words

Item	How many words?	Explanation
December 7, 1941	One	A date counts as one word.
365 or forty-eight	One	A number counts as one word.
A cow jumped over the moon.	Six	Words such as "a," "the," and "of" count as one word each.
John Quincy Adams	Three	Each word in a name is counted individually.
mid-September or up-to-date	One	A hyphenated word counts as one word.
Eighteenth-century politics	Two	A hyphen is needed in "eighteenth-century" because it is a compound adjective. By contrast, "in the eighteenth century" is four words.

The category-specific rules have more information on what should be included in the total word count for your category.

Disqualification

Disqualification is when an entry is removed from competition. The contest coordinator is able to disqualify an entry for the following reasons related to academic integrity:
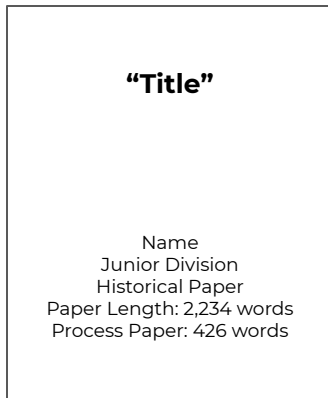
● Entering a project in multiple contests or entry categories within a contest year
● Reusing, individually or as a group, a project (or research from a project) from a previous year
● Plagiarizing
● Tampering with or removing any part of another entry during a competition

Rule infractions (such as going over the time, size, or word limit) may keep your entry from advancing. Rule infractions, however, are not grounds for disqualification from a competition.

REQUIRED WRITTEN MATERIALS

You need supporting written documents in addition to your project itself. Judges will look at these materials when they review your entry. When assembling these materials, put them in the following order.

Title Page

"Title"

Name
Junior Division
Historical Paper
Paper Length: 2,234 words
Process Paper: 426 words

The title page includes:
- Entry title
- Student name(s)
- Division
- Category
- Word counts for project and process paper

Process Paper

You will need one process paper for each entry. In a group, students will work together to create it. The process paper should be 500 words or fewer. It should not have quotes, images, or captions.

You can write your process paper as an essay, or question-and-answer format. You will discuss:
- How did you choose your topic and how does it relate to the annual theme?
- How did you conduct your research?
- How did you create your project?
- What is your historical argument (thesis)?
- In what ways is your topic significant in history?

Annotated Bibliography
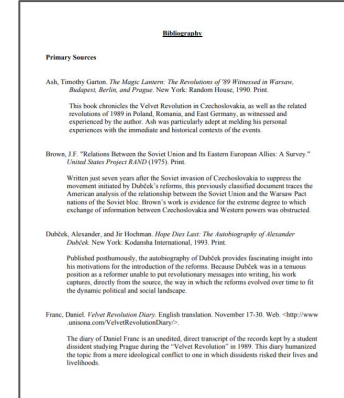
Your bibliography should list all the sources you used to develop your project. Your citations should be either in MLA or Turabian format. Divide your bibliography into at least two sections - primary and secondary sources.

Each citation should have an annotation. Each annotation should be no longer than 2-3 sentences. The annotation should explain:
- How you used the source
- How the source helped you to understand the topic

Preparing Your Written Materials
The way you will prepare these materials will differ based on the type of competition in which you are participating.

In-Person Contest	Virtual Contest

Follow the contest coordinator's instructions carefully. In general, you will need to **print your materials in advance**. Bring the required number of copies with you to the event *already printed.*
 	
Format: 1-inch margins and 12 point font.
 	
Print: Use plain, white 8.5 x 11 paper. You can print single or double-sided. Staple materials in upper-lefthand corner. DO NOT put these materials in a binder or folder.
 	
Website students will upload these materials to the website itself. You do not need to bring additional copies of these materials to the event.
	Follow the contest coordinator's instructions carefully. In general, you will:
	• Use 1-inch margins and 12 point font
	• Combine into one file
	• Make sure they are in the following order:
	  ○ Title Page
	  ○ Process Paper
	  ○ Annotated Bibliography
	• Save the file as a PDF
	• Rename your PDF file to include you (and any group members') names
	
	Website students will upload these materials to the website itself.

RULES: PERFORMANCE

The following rules apply to History Day projects in the Performance category. This is a summary of the _National History Day Contest Rule Book._ **It is your responsibility to make sure your project follows all the History Day rules.** Read the rulebook for more information!

Performance is an original creation

Your Performance is a reflection of your research and analysis. You may receive reasonable help from others, but you must be the sole author. All the information you use from others must be attributed and cited. Failure to do so is plagiarism. For example:

- You must write the script. You cannot perform a script written by someone else.
- Others may review your work and offer suggestions, but you must consider each suggestion and make changes.

The presentation must be a live, dramatic performance

Performances should have dramatic appeal. Performances are not oral reports or lectures. Performances must be presented live. Audiences may be present. Neither students nor judges can remove spectators from a Performance room unless the person is being disruptive.

If a contest is hosted virtually, a contest coordinator can require students to submit either scripts or recordings instead of live Performances.

Performance is no longer than 10 minutes

Performances can be no longer than ten minutes.

- Timing starts at the beginning of the Performance following the performance introduction
- You must state only your title and name(s) before the start of your Performance.

There may be factors beyond your control that may cause your Performance to go over time, such as audience reaction or forgotten lines. Leave extra time in your script so these unplanned interruptions won't cause you to go over.

Technology, if used, can only be run by you (and any group members)

You are allowed to use media and technology in a Performance. This might include projection, mp3 players, computers, or other media.

- You must provide all equipment, including extension cords. Check with the contest coordinator about what may be available at the event.
- You (and any group members) are the only ones allowed to run the equipment.

You can get help with costumes and props

You may have help in **producing** your costume or props, but the design, choice of fabrics, etc. must be your own. You are allowed to buy or rent a costume. It's okay to borrow props and costumes from others, or your school.

Reasonable Help	Your Responsibility
A parent uses a cutting tool to cut your Performance prop	You design and construct the prop
A parent or guardian assists in sewing costumes	You design the costume

Judges and audiences cannot participate

During your Performance, you may **not** interact with or require participation by the audience. For example:

- **It's okay** to pretend that you are a presidential candidate giving a speech at a rally.
- **It's not okay** to host a game show and make the judges be contestants.

Performance set-up and take-down Is done by you

Performance set-up and take down can only be done by you (and any group members). Keep this in mind when planning your props.

- You will have up to five minutes to set-up before your Performance.
- You will have five minutes following your Performance to remove props and to participate in an interview with the judges.

Reasonable Help	Your Responsibility
Non-team members carry your Performance props into the contest space _(for example: into the building, from the registration area to outside the Performance room)_	You move your props into the Performance area, position them for your Performance, and remove them when the Performance is over

Process paper and annotated bibliography with Performance

The general NHD rules require a process paper and annotated bibliography with each project. Follow your contest coordinators instructions on how to prepare these for competition. **Unless otherwise specified by the event coordinator, you will not include your Performance script with these written materials.**