

CENTRAL STATES CONFERENCE OFFICIAL TEMPERANCE RULES - 2019

The health and temperance rally is a multi-state initiative sponsored by the Central States Conference (CSC) of Seventh Day Adventist Churches to allow school-aged youth to use creative avenues to educate themselves and others about the importance of healthy living, and awareness through an increased faith in God. All entries are intended to be shared with the general public and local community.

PARTICIPANT ELIGIBILITY

The eligibility of participants range from Grade 1 – College, up to age 23 as indicated by each category. Each participant must be affiliated with one local church within the Central States Conference in order to participate (although membership at the local church is NOT required). Participants in a group need not be from the same local church but must be affiliated with a church from within the same federation and can only represent one local church in the Federation Run offs. Church attire is a recommended during all presentations. No props allowed. All typed entries must be double spaced, Times New Roman font with one inch margins.

By March 2	Local Church Run-offs
By April 6	Federation Run-offs
April 27	Conference Run-offs

PREFERRED CONFERENCE TOPICS

- Domestic Violence Awareness
- Alcohol & Drug Abuse
- Peer Pressure
- Abstinence
- Physical Fitness & Nutrition

ENTRIES

All entries must be labeled with the following items on the back of each entry:

- Name
- Date
- Category
- Grade Level & Age
- CSC Adventist Church Name
- City & State

CATEGORIES

Participants may submit entries in each of the following categories. Please review the detailed category guidelines.

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|-----------------------------|---------------------------------|
| • Posters(Grades 1-College) | Jingles(Grades 1-College) |
| • Cartoons (Grades 1-12) | Group Jingle (Grades 1-College) |
| • Video (Grades 9-12) | Poem (Grades 1-College) |
| • Essay (Grades 5-College) | Oration (Grades 9-College) |

CATEGORY GUIDELINES

Poster - An enlarged poster created by one participant and must convey a message of one of the categories discussed above and clear enough to see for people walking or driving on the street nearby. Poster size: Grades 1-8: 11x14. Grades 9-college: 22x28.

Cartoons – A drawing or series of drawings on an 8-1/2 x 11 background created by one participant that conveys a visual message intended to be reproduced in a newspaper or magazine. Grades 1-4: 4 panel drawing. Grades 5-12: 6 panel drawing.

Poems – A live presentation of poetry by one participant that conveys a message to listeners and readers. Grades 1-4 must have 5-10 lines, Grades 5-8 must have 10 to 15 lines, and Grades 9-College must have 15-20 and no more than 10 words per line for each grade level.

Jingle – A live presentation of a catchy phrase or tune by one participant. Props and costumes are not allowed and must convey a message that is within the category standards understand by everyone. **Grades 1-4:** Six lines and ten words per line. **Grades 5-College:** Eight lines and ten words per line.

Group Jingle (2-4 people) - A live presentation of a catchy phrase or tune by two through four participants. Props and costumes are not allowed and must convey a message that is within the category standards and is understand by everyone. **Grades 1-4-** Eight lines and ten words per line. **Grades 5-College-** Ten lines and ten words per line.

Video – A 3 to 5 minutes video produced by one to three participants that keeps the interest of viewers and highlights one of the categories above. Must contain one health/fact, one reference from the Bible, and one reference from the writings of Ellen G. White. A bibliography of the sources used must be included in the credits of the video. Grades 9-College only.

Oration – An original verbal story written and recited by one participant that conveys a message for readers within the same age group. Orations should be memorized and typed (double-spaced with one- inch margins (top, bottom, left and right) for judges to follow during presentation. Orations should three to five minutes in length, and must contain one quote from the Bible and one quote from Ellen G. White readings. Orations are for Grades 9-College Only.

Essay Short Story – An original informative story written by one participant that conveys a message for readers within the same age group. Stories should be typed, double-spaced with one- inch margins (top, bottom, left and right) contain at least one health and temperance fact, one reference from the Bible and one reference from the writings of Ellen G. White. 500 to 750 word length for Grades 5-8. 1000-1500 word length for Grades 9-College. A bibliography of the sources used must also be included after the end of the story. Three to five facts must come from websites that end in .net, .gov, .edu.

HELPFUL RESOURCES

Bible (Biblegateway.com), the writings of Ellen G. White, NEWSTART principles – Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in God. Public Health Information.

PRELIMINARY EVALUATION BY TEMPERANCE COORDINATOR(S)

All entries should be previewed by the local and federation temperance coordinators to ensure that participants meet eligibility requirements and to ensure that entries are label, complete, and appropriate to present. The conference temperance coordinators will conduct a final review. Questions should be directed to the CSC Temperance Coordinators at: temperance@central-states.org well in advance of each designated deadline.

TEMPERANCE COORDINATOR CHECKLIST

- ✓ Participant is affiliated with a local church within the Central States Conference
- ✓ Participant(s) meets the grade/age requirements & group participants are from the same federation.
- ✓ Entry complies with category requirements (format, timing, word count, etc.) and properly labeled.
- ✓ Participants has submitted an entry that is original, creative, clear and appropriate for submission.

EVALUTION

All entries will be reviewed and/or evaluated based on 5 criteria. To prevent entries from being disqualified, please be certain that they meet the minimum criteria outlined below.

- **Originality/Creativity** – The entry presents a new approach, original thoughts, and style.
- **Interest** – The topic stimulates curiosity and interest.
- **Clarity of Message** – The message is clear, easy to follow, and easy to understand.
- **Presentation** – The presentation/presenter(s) is/are neat in appearance, printed words can easily be read, and/or spoken words can be clearly heard. Each participant should be dressed modestly and appropriately for presentation (no sagging pants, low cut tops, etc.) Regular church attire is HIGHLY recommended. Do not dress to fit your presentation.
- **Appropriateness** – The languages and images used in the entry are appropriate to present in a church setting. Entries submitted will be evaluated based on scored criteria. Impartial judges will be selected by designated temperance coordinators in advance of each run-off event to evaluate entries based on the 5 criteria referenced in the Evaluation section above. Each criterion is to be scored on scale of 1 to 10 (with 1 being the lowest and 10 being the highest) for the maximum base score of 50 points for each entry. First place winners will have the highest score overall for each category and are eligible to advance to the next stage runoffs. Ties must be broken by the impartial judges.