

# 25th CFC SINGLES FOR CHRIST NATIONAL CONFERENCE COMPETITIONS GUIDELINES



*"For you were once darkness, but now you are light in the Lord.  
Live as children of light, for light produces every kind of goodness and righteousness,  
and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."  
EPHESIANS 5:8-9;14*

SUBMISSION DEADLINE:  
JULY 26 2019 @ 11:59PM PDT

SUBMIT ALL ENTRIES TO:  
[scon2019comps@gmail.com](mailto:scon2019comps@gmail.com)

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# COMPETITIONS ENTRY FORM

\*PLEASE SUBMIT 1 ENTRY FORM FOR EACH COMPETITION YOUR AREA WISHES TO ENTER\*

1. Delegation Area (choose one):

Northeast A

Northeast B

Southeast A

Southeast B

South Central A

South Central B

NorthwPDT A

NorthwPDT B

SouthwPDT A

SouthwPDT B

North Central A

North Central B

2. Competition (choose one):

Banner

Dance

Original Song

Poetry Slam

Most Valuable Photo

Original Video

T-Shirt Design

Ultimate Improv Competition

Couple Coordinator's Name(s):	Team Captain's Name:
Approval Signature:	Team Captain Phone Number:
Couple Coordinator Email:	Team Captain Email:

# BANNER COMPETITION

1. There should be one entry per region. All competitors should submit their final and complete entry form to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT. Late submissions will be assessed for a 5 point reduction. The committee should be notified ahead of time for any changes that will be made to the entry prior to the SCON date. Any revisions made on the day of will not be accepted.
2. The SFC Regional Couple Coordinators must verify the official list of those participating in the competition to ensure they are registered and active SFC members. Incomplete entry forms will not be accepted, and those participating in competitions that are not registered nor are active members will not be allowed to compete.
3. Please label the email subject with "BANNER: [INSERT REGION & NAME]"
4. You are required to provide a maximum 1-page essay explaining the concept of your decisions as to how your design reflects the theme. This should be submitted to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT.
5. Your banner must represent the conference theme - DAY BREAK. The SCON 2019 verse, *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* Ephesians 5:8-9;14 must be included on your banner.
6. Your banner must be vertical 2 meters high (approx 2 yards) and 1 meter wide (approx 1 yard).
7. Teams will be required to provide and construct a support system made out of PVC pipes and velcro, wood, paint roller extension poles, or other means to hold it up straight and tall (and sturdy). It is your banner representative's responsibility to set this up before the Banner Parade and to take it down at the end of the conference.
  - a. If your Area is unable to provide these materials, please let the Competitions committee know by July 26, 2019 at 11:59PM PDT.
8. Your banner must also include the name of your region clearly on the banner.
9. Teams can be composed of up to 10 members to participate in the banner parade.
10. Banner Captain must bring 3 copies of the essay on the day of the competition to give to the judges.

## CRITERIA FOR JUDGING - BANNER

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>AREA/REGION:</b>	
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ESSAY	JUDGES SCORE	
CONTENT (personal reflection on theme, relevant and significant links made)	50%	
INTEGRITY (essay is appropriate in length [1 page], adequate representation of team)	30%	
ALTRUISTIC APPROACH (clear message made discernable)	20%	
TOTAL	100%	

PRODUCT	JUDGES SCORE	
CREATIVE ARTISTIC RENDITION (technique, style, usage of principles of design, level of difficulty, materiality, wholesomeness)	50%	
CONTENT (concept and interpretation, clarity of idea, representative of delegation)	35%	
PRESENTATION (creativity and level of craftsmanship, support system)	15%	
TOTAL	100%	

### Committee Use Only

Overall Score:		Ranking:	
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# DANCE COMPETITION

1. There should be one entry per region. All competitors should submit their final entry form to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT. Late entries will be assessed for a 5 point reduction. The committee should be notified ahead of time for any changes that will be made to the entry prior to the SCON date. Any revisions made on the day of will not be accepted.
  - a. Please label the email subject with "DANCE: [INSERT REGION & NAME]"
2. The SFC Regional Couple Coordinators must verify the official list of those participating in the competition to ensure they are registered and active SFC members. Incomplete entry forms will not be accepted, and those participating in competitions that are not registered nor are active members will not be allowed to compete.
3. Dance captains are required to provide a maximum 1-page essay about why they chose the pre-chosen tracks and how the choreography and overall performance portrays the theme. This should be submitted to the Competitions Committee also by July 26, 2019 at 11:59PM PDT.
  - a. Dance teams must bring 3 copies of their essay on the day of the competition to give to the judges.
4. Each dance team must be composed of 5-15 members. Entries must also be composed of MIXED dancers - brothers and sisters (there should be more than one sister/brother in a group).
5. The performance must be a minimum of 2 minutes and a maximum of 5 minutes in length, from the start to the end of the music played.
6. The dance must incorporate TWO UNIFYING SPECIFICATIONS:
  - a. Each team must include at least one track from a Catholic artist. Examples include Liveloud, Matt Maher, and Audrey Assad. The pre-chosen track must be at least 1 minute of the duration of the mix; anything less will be penalized.
  - b. The dance must somehow interpret the conference theme in the routine: *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* *Ephesians 5:8-9;14.*
7. Costumes must be decent and proper for the dance.
8. Movements and Music should be wholesome and lively. Subliminal, sexually suggestive and vulgar lyrics/language will not be allowed. Non-compliance with the guidelines will result in disqualification.
9. Your final mix in mp3 format MUST be submitted to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT. Points will be deducted for each day that the music is not received. Your music mix must only be one track and not divided into several tracks. On the day of the competition, teams must bring their music on a back-up flash drive, just in case the submitted mp3 causes technical difficulties.
10. It is the team's responsibility to signify their presence at the start of competitions and to be attentive to any announcements made during conference.

# CRITERIA FOR JUDGING - DANCE

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>AREA/REGION:</b>	
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ESSAY	JUDGES SCORE	
<b>CONTENT</b> (personal reflection on theme, relevant and significant links made)	40%	
<b>INTEGRITY</b> (essay is appropriate in length [1 page], adequate representation of team)	30%	
<b>ALTRUISTIC APPROACH</b> (shows consciousness of audience, clear message discernable for performance)	30%	
<b>TOTAL</b>	100%	

PRODUCT	JUDGES SCORE	
<b>CONTENT</b> (concept represents theme; creative interpretation, delivery of techniques, seamless transitions, level of difficulty)	50%	
<b>EXECUTION</b> (audience impact, energy, vibrancy, and execution, timing rhythm, coordination)	30%	
<b>STYLE</b> (stage presence, wholesome appeal)	20%	
<b>TOTAL</b>	100%	

Committee Use Only

Overall Score:		Ranking:	
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## ORIGINAL SONG COMPETITION

1. There should be one entry per region. All competitors should submit their final entry form to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT. Late submissions will be assessed for a 5 point reduction. The committee should be notified ahead of time for any changes that will be made to the entry prior to the SCON date. Any revisions made on the day of will not be accepted.
2. The SFC Regional Couple Coordinators must verify the official list of those participating in the competition to ensure they are registered and active SFC members. Incomplete entry forms will not be accepted, and those participating in competitions that are not registered nor are active members will not be allowed to compete.
3. There is no maximum or minimum to the number of members participating in the performance, however in terms of instrument limitations; there is an instrumental maximum of 2 acoustic guitars, 2 electric guitars, 1 bass guitar, 1 keyboard, and 1 drum set. There will only be 4 microphones provided.
4. Written music must be of a positive and/or Christian nature. The written music must be categorized in one of the following categories: *Praise (Fast song)* or *Worship (Slow song)*. The lyrics must be written as if to be used as a potential SFC song.
5. Your song must somehow incorporate the theme: *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* Ephesians 5:8-9;14.
6. Please label the email subject with "ORIGINAL SONG: [INSERT REGION & NAME]"
7. All artists must write a one-page maximum essay about the inspiration they had creating this piece and the process. This should be submitted in addition to an mp3 recording the song and a Powerpoint with lyrics to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 11:59PM. PDT.
8. Original song composers must bring 3 copies of the essay AND song lyrics on the day of the competition to give to the judges.
9. The song that is performed must be the same as the lyrics handed to the judges or else points will be deducted.
10. It is the team's responsibility to signify their presence at the start of competitions and to be attentive to any announcements made during conference.



## CRITERIA FOR JUDGING - ORIGINAL SONG

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>NAME/REGION:</b>	
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ESSAY	JUDGES SCORE	
<b>CONTENT</b> (personal reflection on theme, relevant and significant links made)	40%	
<b>INTEGRITY</b> (essay is appropriate in length [1 page], adequate representation of team)	30%	
<b>ALTRUISTIC APPROACH</b> (shows consciousness of audience, clear message discernable for performance)	30%	
<b>TOTAL</b>	100%	

PRODUCT	JUDGES SCORE	
<b>MUSIC RENDITION</b>	10%	
<b>MUSICAL ARRANGEMENT</b> (effective use of instruments, transitions (climax, pause, flow, etc.) stage presence)	30%	
<b>SHOWMANSHIP</b> (onstage presence)	20%	
<b>MESSAGE AND CONTENT</b> (uniqueness of lyrics, content)	40%	
<b>TOTAL</b>	100%	

### Committee Use Only

Overall Score:		Ranking:	
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## POETRY SLAM COMPETITION

1. There should be one entry per region. All competitors should submit their final entry form to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT. Late submissions will be assessed for a 5 point reduction. The committee should be notified ahead of time for any changes that will be made to the entry prior to the SCON date. Any revisions made on the day of will not be accepted.
2. The SFC Regional Couple Coordinators must verify the official list of those participating in the competition to ensure they are registered and active SFC members. Incomplete entry forms will not be accepted, and those participating in competitions that are not registered nor are active members will not be allowed to compete.
3. Your poem must somehow incorporate the theme: *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* Ephesians 5:8-9;14.
4. Your poem must be of a positive and/or Catholic nature. Content that are sexually suggestive or vulgar will be ground for disqualification.
5. The poem can be no longer than 4 minutes in length and must be performed acapella.
6. Please label the email subject with "POETRY SLAM: [INSERT REGION & NAME]"
7. All writers must write a one-page maximum essay about the inspiration they had creating this piece and the process. This should be submitted in addition to a Powerpoint with the lyrics to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 11:59PM. PDT.
8. Writers must bring 3 copies of the essay AND poem lyrics on the day of the competition to give to the judges.
9. The poem that is performed must be the same as the lyrics handed to the judges or else points will be deducted.
10. It is the performer's responsibility to signify their presence at the start of competitions and to be attentive to any announcements made during conference.

# CRITERIA FOR JUDGING - POETRY SLAM

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>NAME/REGION:</b>	
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ESSAY	JUDGES SCORE	
<b>CONTENT</b> (personal reflection on theme, relevant and significant links made)	40%	
<b>INTEGRITY</b> (essay is appropriate in length [1 page], adequate representation of team)	30%	
<b>ALTRUISTIC APPROACH</b> (shows consciousness of audience, clear message discernable for performance)	30%	
<b>TOTAL</b>	100%	

PRODUCT	JUDGES SCORE	
<b>EXECUTION</b> (memorization, volume & intonation, conviction)	30%	
<b>SHOWMANSHIP</b> (on stage presence, confidence)	20%	
<b>MESSAGE AND CONTENT</b> (uniqueness of lyrics, content & message, literary technique)	50%	
<b>TOTAL</b>	100%	

Committee Use Only

Overall Score:		Ranking:	
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# MOST VALUABLE PHOTO COMPETITION

With the accessibility of posting pictures online using social media, we cannot help but contribute to capturing and viewing our peers or our own photographs. Why not take a picture of an image that reminds us of how amazing and vast God's love is for us? Each captured image tells a story. Are you ready to share yours?

## Rules & Regulations

1. Capture a moment or image that is Christ-centered and depicts anything related to DAY BREAK and the SCON 2019 verse: *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* Ephesians 5:8-9;14.
2. The photographer must be an active SFC member.
3. No computer-generated enhancements will be allowed (ex. photoshop)
4. Only camera functions allowed (ex. Sepia, black and white, other camera filters)
5. Must provide a short photo essay that is no more than 5 sentences long. The essay must answer the following quPDTions:
  - a. What has inspired you to capture the image?
  - b. How does this picture relate to the theme of DAY BREAK and the SCON 2019 verse?
6. Each area/region may submit up to 2 entries. Only 1 entry per person is allowed.
7. Please label the email subject with "MOST VALUABLE PHOTO: [INSERT REGION & NAME]"
8. Each photo must be submitted as a .png or .jpg file with the photo essay to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 11:59PM PDT.
9. All entries will be showcased at SCON.
10. All artists are responsible for bringing their photos printed (8x10in) and brought in a presentable frame to conference in addition to 5 printed copies of the photo essay to showcase and for the judges.
11. All entries must be submitted by 4pm on Friday, August 2nd at the tech booth to the Competitions Committee.

# CRITERIA FOR JUDGING - MOST VALUABLE PHOTO

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>NAME/REGION:</b>	
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SCORING RUBRIC	JUDGES SCORE	
COMPOSITION (personal reflection on theme, relevant and significant links made)	25%	
QUALITY (essay is appropriate in length [1 page], adequate representation of team)	30%	
THEME CONCEPT (shows consciousness of audience, clear message discernable for performance)	25%	
PHOTO ESSAY (captivating, clear, and interPDTing description of photo, little or no grammar errors)	30%	
<b>TOTAL</b>	<b>110%</b>	

Committee Use Only

Overall Score:		Ranking:	
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# ORIGINAL VIDEO COMPETITION

Film has a unique and powerful way of capturing life and conveying a message. This year we are challenging you to use your God-given talents to express the New Evangelization! "Evangelization will always contain as the foundation, center and, at the same time, the summit of its dynamism-- a clear proclamation that, in Jesus Christ salvation is offered to all men, as a gift of God's grace and mercy...The new evangelization is not a matter of merely passing on doctrine but rather of a personal and profound meeting with the Savior." – Blessed John Paul II

Create an original video. The video can be your personal interpretation of making the New Evangelization come to life, whether it's evangelizing your family, your friends, strangers who know nothing about the faith, and even those who were baptized but have walked away from the Church. These original videos will be used as a way to evangelize – to show them on Facebook, Youtube, other social media platforms, and at varying SFC events. It's a way to showcase our faith!

## RULES & REGULATIONS

- The original video may be a narrative, an awareness video, or a commercial.
- The original video can be as short as 1 minute but it must be under 3 minutes.
- There is no age limit for the persons in the film.
- Reminder: Before filming inside a Church, ask permission from the parish or priPDT. Always be respectful and reverent inside a Church - He is truly present in the Blessed Sacrament.

## ENTRY & SUBMISSION DETAILS

- Each area/region may submit up to 2 entries. Only 1 entry per person is allowed.
- The original video can be as short as 1 minute but it must be under 3 minutes
- All entries will be showcased at SCON.
- To submit for conference: Please upload the video to YouTube or Vimeo first, then submit via private link (YouTube or Vimeo). Please label the email subject with "Original Video: [INSERT REGION & NAME]"
- Your final video link MUST be submitted to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT.

# CRITERIA FOR JUDGING - ORIGINAL VIDEO

Judging will be based on the product created based on the criteria listed below. Deductions may be made for incomplete or late submissions.

<b>NAME/REGION:</b>	
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## SCORING RUBRIC

## JUDGES SCORE

CREATIVITY (various, unique shots, storyline & flow, original idea)	25%	
PRESENTATION QUALITY (video/audio clarity & connectedness, character performances, editing presentation)	30%	
THEME CONCEPT (message is conveyed effectively, Christ-centered, impact of audience)	45%	
TOTAL	100%	

## Committee Use Only

Overall Score:		Ranking:	
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# T-SHIRT DESIGN COMPETITION

The shirt you wear makes a statement, whether you notice it or not. A shirt's design, colors, and theme can be what jump starts a conversation amongst your peers or strangers. In Singles for Christ, what you wear can be the icebreaker to start a conversation, and evangelize to others. Since this is an evangelistic tool, and NOT a conference t-shirt, the details of conference (i.e. date and location) are NOT to be added to the t-shirt. The bible verse is required to be on the shirt, but the goal of the design is to represent Christ.

## RULES & REGULATIONS

- T-shirt entries must represent SFC as a whole.
- It's design should be able to spark interPDT from peers and strangers in order to evangelize.
- T-shirt entries must have a Christian-based theme related to the conference theme, anything related to DAY BREAK and the SCON 2019 verse: DAY BREAK *"For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness, and truth. Awake, O Sleeper, and rise from the dead, and Christ will give you light."* Ephesians 5:8-9;14.
- Areas/regions are free to select the base color of the shirt. Designs may be printed on both sides, but is not required. Designs cannot have more than 3 colors per side.
- Be creative and make a bold statement but remember to keep the sacredness of the message you want to convey. For example: DO NOT put "I'm homies with Jesus" or have an image of Mama Mary wearing sunglasses, etc.

## ENTRY & SUBMISSION DETAILS

- There may be up to two entries per region/area.
- The winning t-shirt design will NOT be the designated SCON 2020 shirt, but may be used as a post-conference giveaway.
- To submit for conference: Please save as a vector (ai) images along with a brief explanation (5 sentences max) of the design via email to the Competition Committee. Please label the email subject with "T-SHIRT DESIGN: [INSERT REGION & NAME]"
- Your final design link MUST be submitted to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT.



# CRITERIA FOR JUDGING - T-SHIRT DESIGN

Judging will be based on preparation (essay based) and the product itself (performance, presentation, etc.). Judging the essay is to acknowledge the Christ-centered efforts in the stage of preparation via the essay. Consequently, scores here are to be combined with what scores are given in the second division of judging where it's marking rubric is outlined below.

<b>NAME/REGION:</b>	
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SCORING RUBRIC	JUDGES SCORE	
CONTENT (concept and interpretation, clarity of idea, representative of delegation)	35%	
THEME CONCEPT (shows consciousness of audience, clear message discernable for performance)	25%	
ALTRUISTIC APPROACH (clear message made discernable)	20%	
PRESENTATION (creativity and level of craftsmanship)	20%	
TOTAL	100%	

Committee Use Only

Overall Score:		Ranking:	
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# ULTIMATE IMPROV COMPETITION

This is a brand new but overdue addition to SFC competitions. We love good, clean, funny entertainment and what better way to showcase the comedic talent in our community than an improv competition. We hope that this event will be a light-hearted but memorable contribution to our 25th year celebration.

## RULES & REGULATIONS

- Each region can enter 1 team of 3 people.
- Teams will compete by participating in a number of improv games made popular by the show *Whose Line is it Anyway* (i.e. props, scenes from a hat, etc.)  
*\*The number of games played will be dependent on number of teams due to time rPDTrictions.*
- The use of blasphemous, offensive or vulgar humor is grounds for immediate removal and disqualification.
- Judging for this competition is based strictly on audience reaction. The judges will be utilized to gauge audience response and adherence to competition rules only.
- It is the performers' responsibility to signify their presence at the start of competitions and to be attentive to any announcements made during conference.

## ENTRY & SUBMISSION DETAILS

- There may only be 1 team per region.
- Please label the email subject with "ULTIMATE IMPROV ROSTER: [INSERT REGION]"
- Your team roster MUST be submitted to [scon2019comps@gmail.com](mailto:scon2019comps@gmail.com) by July 26, 2019 at 11:59PM PDT.