

Annual Temperance Rally 2016

The 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 through an increased faith in God.

PARTICIPANT ELIGIBILITY

Participants of all ages must present their own original work. If it is discovered that the participant uses someone else's (parent, youth leader, former participant, etc.) work, the participant will be automatically disqualified and his or her prize revoked. The eligibility of participants ranges from Grade 1 through 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 that local church is not required). Participants in a group category need not be from the same local church but must be affiliated with a church from within the same church federation. Group participants may include at least one individual from a lower grade level category if the group participates in a higher grade category. For example, an 8th grader may participate with a group for grades 9-12 but a 9th grader would not be permitted to participate with a group for grades 5-8. **Please note: No jewelry is to be worn by participants during any level of the Rally Competition.**

PARTICIPATION– RALLY COMPETITION

The Rally Competition is for participants to submit entries once per year that will be evaluated for competition in the annual conference run-off program. Only one entry per category may be submitted for the run-off program. Participant entries will be submitted at the local church level and then filter through an evaluative process so that first place finalists compete for special recognition at the conference level and/or BAYDA United Youth Congress. Impartial judges will be selected by designated temperance coordinators for each level of runoffs to evaluate entries. Finalists for all categories and grade levels must be present at each level of competition in order to win prizes.

February 6, 2016

Local Church Run-offs

March 12, 2016

Spring Federation Run-offs

March 26, 2016

Oration & Multi-Media Conference Run-offs

April 13-17, 2016

BAYDA United Youth Congress Oration & Multi-Media Finals

PREFERRED CONFERENCE TOPICS

Participants are encouraged to create an entry based on any one or combination of the following topics:

- Healthy Diet
- Negative effects of eating disorders
- Exercise
- Dangers of Drugs, Alcohol, Smoking and Prescription Drugs
- Negative effects of Social Media (Grades 5 and up)
- Benefits of using Social Media to spread the gospel (Grades 5 and up)

- Abstinence from pre-marital sex (no vulgar or disrespectful language) (Grades 5 and up)
- Bullying
- Health Benefits of forgiveness

CATEGORIES

Participants may submit entries in each of the following categories. Please review the detailed category guidelines and corresponding grade / age limits.

Poster	(Grades 1- 5)	Poem	(Grades 1- College)
Cartoon	(Grades 1- College)	Short Story	(Grade 5 – College)
Jingle	(Grades 1- 12)	Oration	(Ages 11-13, 14-18)
Group Jingle	(Grades 1- 12)	MultiMedia	(Ages 11-13, 14-18)

CATEGORY GUIDELINES

Poster – An enlarged poster sizes (14" x 22") created by one participant that conveys a visual message for people walking or driving near a street or highway. The uses of enlarged original photographs or computer graphics are encouraged. Grades 1-5.

Cartoon – A 2- to 4-panel 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, 5-8, & 9-12, College.

Jingle – A live presentation of a catchy phrase or tune by one participant. A jingle should be 4 lines with no more than 10 words per line. Props and costumes are allowed but must be appropriate for presentation to families with members of all ages. All entries should be submitted in Word format (.doc, .docx); Grades 1-4, 5-8, 9-12.

Group Jingle – A live presentation of a catchy phrase or tune by two to five participants; A group jingle should be 10 lines with no more than 10 words per line. Props and costumes are allowed but must be appropriate for presentation to families with members of all ages. All entries should be submitted in Word format (.doc, .docx); Grades 1-4, 5-8, 9-12.

Poem – A live presentation of poetry by one participant that conveys a message to listeners and readers. Grades 1-4 must have 5 to 10 lines, Grades 5-8 must have 10 to 15 lines, and Grades 9-12 & College must have 15 to 20 lines with no more than 10 words per line for each grade level. All entries should be submitted in Word format (.doc, .docx); Grades 1-4, 5-8, 9-12 & College.

Short story – is an original story written by one participant that conveys a message for readers within the same age group. Stories should be in Word format (.doc, .docx), 12 point font, double-spaced with one-inch margins, contain at least one health/temperance fact, one reference from the Bible or one reference from the writings of Ellen G. White. A works cited page must also be included after the end of the story. Entries for Grades 5-8 should be 250 to 500 words in length, Grades 9-12 should be 1,000 to 1,500 words in length, and College should be 2,000 to 3,000 words in length. All entries should be submitted in Word format (.doc, .docx); Grades 5-8, 9-12, College.

Oration – is an original speech by the participant that is written, memorized, and recited without notes. **See page 5: BAYDA United Youth Congress Health & Temperance Oration Guidelines for approved topics.** Sources recommended are the Bible, inspirational and other credible authors/sources. Properly credit your sources. Including a personal experience or current news story can enhance your presentation. Visual aids are encouraged. Live demonstrations may also be used to emphasize a point. A type-written; double spaced, hard copy of the oration in Word format must be submitted at check-in. Ages 11-13 and 14-18 only. **Conference finalists will be eligible to compete in the BAYDA United Youth Congress Temperance Rally.** Speech length:

- Junior (ages 11-13) five (5) minutes minimum, maximum eight (8) minutes
- Youth (ages 14-18) eight (8) minutes minimum, maximum 10 minutes

Multimedia – is a presentation on a topic that includes the use of technology. **See page 6: BAYDA United Youth Congress Health & Temperance Multi-Media Guidelines for approved topics.)** Production should display a variety of elements that would include, but not be limited to: graphics, music, and interaction. It should be engaging, well researched, and clear in its message. Multi -media include Power Point, video/audio, still images (photo), or animation. The format can be an interview, music video, documentary/drama, film short, talk show, etc. Videos can be uploaded to YouTube; however, there is no guarantee that the place of venue will have a reliable internet connection. Entrant must provide own laptop. A projector and microphone will be provided. **Conference finalists will be eligible to compete in the BAYDA United Youth Congress Temperance Rally.** Ages 11-13, 14-18 only.

- Power Point presentation time limit should be a minimum of 5 minutes, 8 minutes max
- Video presentation 10 minutes, 15 minutes max.

HELPFUL RESOURCES

The Bible (BibleGateway.com), the writings of Ellen G. White, NEWSTART principles – Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in God, AdventSource.org, sonscreen.com, public health information and vimeo.com/temperance.

ENTRIES

Entries may be showcased to the general public during a formal exhibit or submitted for publication on television, radio, the Internet and print media such as newspapers and magazines. The content for all entries must be original and appropriate for presentation to families with members of all ages.

All entries must be labeled with the following items on the back of each entry or as an attachment:

- Date
- Category
- Grade Level & Age
- Local CSC Adventist Church Name

- Participant Name
- Participant City & State
- Contact Information (phone number or e-mail address)

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

- ✓ Name, Grade and Category

Preliminary Evaluation by Temperance Coordinator(s)

All entries should be previewed by the local and federation temperance coordinators before they are submitted to the Conference. The Conference will conduct a final review. A Temperance Rally Competition Results Listing should be submitted when entries are forwarded for the next level of competition (see page 8). Questions should be directed to the Central States Conference Youth Department / Temperance Coordinator well in advance of each designated deadline at [Email: temperance@central-states.org](mailto:temperance@central-states.org).

Temperance Coordinator Checklist

- ✓ Participants are affiliated with a local church within the Central States Conference.
- ✓ Participants meet the grade/age requirements and are from the same federation.
- ✓ Entry complies with category requirements (format, timing, word count, lines, etc.) and is properly labeled.
- ✓ Participants submit their own original work.

EVALUATION

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 thought(s) 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, short skirts/dresses, jewelry, etc.).
- **Appropriateness** – The language and images used in the entry are appropriate to present to all age groups.

Entries submitted for the Rally Competition 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 a scale of 1 to 10 (with 1 being the lowest and 10 being the highest) for a maximum base score of 50 points for each entry. (See page 7: Rally Competition Evaluation Sheet for Judges.) First place winners will have the highest score overall for each category and are eligible to advance to the next stage of runoffs. Ties must be broken by the impartial judges for first place entries only.

BAYDA United Youth Congress
Health & Temperance Oration Guidelines 2016

1. Entrant must be the main source of the oration; however, outside sources may be used for specific information (e.g., websites, health professionals, etc.). If it is discovered that the oration is someone else's work, the entrant/winner will be automatically disqualified and their prize revoked.

The oration must be memorized. Points will be deducted if any prompting comes from the coordinator.

2. You may select from any of the following topics: health benefits of forgiveness, benefits of physical exercise, living stress -free, sexual purity (abstinence/virginity), NEWSTART, green living, addictive behaviors, or any other relevant health or wellness topic.
3. Sources recommended are the Bible, inspirational and other credible authors/sources. Properly credit your sources. Including a personal experience or current news story can enhance your presentation. Please note that overuse of a source(s), may result in point reduction. Visual aids are encouraged. Live demonstrations may also be used to emphasize a point.
4. Upon check -in, please present a type-written; double spaced, hard copy of the oration to the United Youth Congress H & T Coordinator. Include your name, Conference and age. Points may be deducted if the copy is submitted late, and five (5) will be deducted if it is not submitted. **It must be turned in before your speech is delivered.**
5. Speech length duration should be:
 - Junior (11-13 yrs.) five (5) minutes minimum, maximum eight (8) minutes
 - Youth (14-18 yrs.) eight (8) minutes minimum, maximum 10 minutes

Please Note: Only Conference first place winners will be allowed to compete at United Youth Congress.

In the event that there is only one contestant competing in a division, they will not be declared 1st place winner. They will be evaluated based on their overall presentation and judges' scores.

Prizes to be awarded

Monetary prizes:	Junior / Youth
First Place Prize:	\$ 800.00 / \$1200.00
Runner up Prize:	\$ 400.00 / \$600.00

BAYDA United Youth Congress
Health and Temperance Multi-Media Guidelines 2016

In this category, a presentation on a topic of health and wellness will include the use of technology. Production should display a variety of elements that would include, but not be limited to: graphics, music, and interaction. It should be engaging, well researched, and clear in its message. You want your audience to be positively impacted and score high with the judges. **Only juniors (11 - 13 yrs) and youth (14 - 18 yrs) may compete in this category.**

A project of this magnitude should also seek to foster peer -to- peer evangelism of young people's lives being drawn to Christ as a result of learning the benefits of a healthy lifestyle and how Christ desires that we prosper and be in good health!

Multi-media include Power Point, video/audio, still images (photo), or animation. The format can be an interview, music video, documentary/drama, film short, talk show, etc. Videos can be uploaded to YouTube; however, there is no guarantee that the place of venue will have a reliable internet connection.

- Topic Ideas:
 1. How safe is our food supply?
 2. Dieting extremes
 3. How much exercise do we need?
 4. Benefits of rest
 5. Handling stress in an over stressed society
 6. Organic vs. non -organic, which is better?
 7. Bullying
 8. Addictive behaviors
 9. Healthy Relationships
 10. The road to a healthy gut
 11. Knowing the three important numbers BMI, LDL, and HDL?
 12. Health benefits of forgiveness
- Entrant must provide own laptop. A projector and microphone will be provided.
- Power Point presentation time limit should be a minimum of 5 minutes, 8 minutes max; video presentation 10 minutes, 15 minutes max.

Please Note: Only Conference first place winners will be allowed to compete at United Youth Congress.

In the event that there is only one contestant competing in a division, they will not be declared 1st place winner. They will be evaluated based on their overall presentation and judges' scores.

Monetary prizes:	Junior / Youth
First Place Prize:	\$ 800.00 / \$1200.00
Runner up Prize:	\$ 400.00 / \$600.00

Temperance Rally Competition Evaluation Sheet

Please score each contestant on a scale of 1 to 10 (with 10 being the highest)
No more than 50 points may be awarded for each contestant.

Category _____ Grade Level _____

SCORING CRITERIA	Contestants							
	1	2	3	4	5	6	7	8
Originality/Creativity The entry presents a new approach, original thought(s) 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								
Appropriateness The language and images used are appropriate to present to all age groups.								

TOTAL SCORE								
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Temperance Rally Competition Results Listing

Please use this format when forwarding 1st place entries to the next level of competition.

Category	Grade	Participant	Church
Poster	1-5		
Cartoon	1-4		
Cartoon	5-8		
Cartoon	9-12		
Cartoon	College		
Jingle	1-4		
Jingle	5-8		
Jingle	9-12		
Group Jingle	1-4		
Group Jingle	5-8		
Group Jingle	9-12		
Poem	1-4		
Poem	5-8		
Poem	9-12		
Poem	College		
Short Story	5-8		
Short Story	9-12		
Short Story	College		
Oration	Ages 11-13		
Oration	Ages 14 - 18		
Multi-Media	Ages 11-13		
Multi-Media	Ages 14 - 18		

Submitted by:

Name _____

Email _____ Phone # () _____

Church / Federation : _____