

## Down with “Man Up”—Rules and Regulations

Thank you for considering entering Cornerstone Counselling’s (CC) *Down with “Man Up”* Media Contest (DWMU). Please read the following rules and regulations in order to ensure you have a full understanding of what an entry entails. If you have any questions regarding the competition or its theme, please contact us at 780-482-6215 or [events@cornerstonecounselling.com](mailto:events@cornerstonecounselling.com).

- 1. Agreement to Official Rules:** By participating in the DWMU Media Contest, you are providing full and unconditional agreement to and acceptance of these official rules and the decisions of CC, which are final and binding. Winning a prize is contingent upon being compliant with these official rules and fulfilling all other requirements set forth herein.
- 2. Competition Period:** The DWMU Media Contest ends on June 6, 2021, at 11:59 p.m. MST (competition period). Entries that are submitted after the DWMU Media Contest period will be disqualified. The competition period may be extended at the sole discretion of CC.
- 3. How to Enter:** Please submit entries via email to [events@cornerstonecounselling.com](mailto:events@cornerstonecounselling.com). Please ensure entries meet the appropriate guidelines. Upon registering and entering this competition, entrants agree that CC may reproduce their work (at no fee and not for resale) in association with the competition & exhibitions (including press/publicity/website and any other printed material, flyers, postcards, posters, and/or advertising for CC).
- 4. Winner Notification:** In June 2021, we will host an outdoor event, discuss men’s mental health, and honourable mentions will share their pieces. The audience will vote on the four winners:
  - a. Best Written Piece Adult**
  - b. Best Visual Piece Adult**
  - c. Best Written Piece Youth**
  - d. Best Visual Piece Youth**
- 5. Artist Biography:** Please provide a short biography of 50 words or less. Include your personal artist website if you choose. Biographies over 50 words will be edited for length.
- 6. Entries:** All entries must be original. No stock photography or copyrighted images may be used or duplicated without an unlimited use license purchased and provided by the designer. Any entry that has been copied from an existing photo or image that was created by someone other than the participant will be considered fraudulent and a violation of the competition rules and regulations and will not be accepted.
- 7. Medium-Specific Guidelines:** All entries must be emailed to [events@cornerstonecounselling.com](mailto:events@cornerstonecounselling.com) on or before midnight of June 6, 2021.

- **Video:** Please submit videos no longer than 3 minutes long via a link to YouTube.
  - **Audio:** Please submit songs or poems no longer than 3 minutes long via a link to YouTube, SoundCloud, or a similar platform.
  - **Written:** Please submit essays or stories no longer than 1,500 words in PDF format.
  - **Graphic design:** Please submit your work in PDF format.
  - **Paintings/drawings/sculpture:** Please submit photos of physical pieces in JPEG format.
8. **Loss or Damage:** While every precaution will be taken to prevent loss or damage, CC and their agents shall not be liable for any loss or damage of submission items, however caused.
  9. **Judging:** All entries will be reviewed by CC personnel and guest judges. Judging is based on a variety of factors including creativity, originality, and use of technique.
  10. **Eligibility:** All competition entries must have a valid name, address, and email address in order to be eligible.
  11. **Acknowledgment:** All submissions become the property of CC and may be reproduced by CC in any media now known or hereafter developed for commercial and non-commercial purposes alike. By submitting an entry, the entrant:
    - a. certifies that s/he created the submission and has the right to provide it to CC; and
    - b. agrees to indemnify CC from and against any claims, actions, suits, and all related liabilities, damages, and expenses incurred by CC arising out of or relating to any alleged infringement of any copyright, trademark, or other intellectual property rights of any third party; and
    - c. shall allow CC to
      - i. use all digital images and other materials provided to CC in connection with the DWMU competition;
      - ii. photograph their works while in its custody; and
      - iii. reproduce their work by print or electronic means for the purposes of documentation and archiving of the competition, their websites and other media, and for advertising the competition including subsequent catalogues, brochures, and posters
    - d. grants CC an exclusive, perpetual, irrevocable, royalty-free, fully paid-up, license to his/her entry submitted in connection with the competition.

If you have any questions or concerns regarding the rules and regulations of *Down with "Man Up"*, please contact Amanda at 780-482-6215 ext. 239 or [events@cornerstonecounseling.com](mailto:events@cornerstonecounseling.com).