



# EXPRESS TO DE-STRESS

- Step 1 Fill out the Survey form via [www.soundpostyouth.org](http://www.soundpostyouth.org)
- Step 2 Create your video – Anything about De-stress, 15-120 seconds in length
- Step 3 Upload your video to YouTube
- Step 4 Submit completed Video Entry Form via [www.soundpostyouth.org](http://www.soundpostyouth.org)  
(Must complete the survey prior to video submission)
- Step 5 Invite friends and family to vote between Aug 16<sup>th</sup>-31<sup>st</sup>, 2019

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Entry Deadline: 7/31/19  
Finalists Announcement: 8/15/19  
Voting Period: 8/16 - 8/31/19  
Winners Announcement: 9/8/19

1st place: \$300 scholarship, gift card  
2nd place: \$200 cash  
3rd place: \$100 cash  
(Three 3rd place winners)  
Viewer's choice Award  
All finalists will receive a gift packet!



By submitting the video, you will enter into the  
Grand Prize Raffle for a chance to win an AirPods

Contact us at [soundpostcontest@gmail.com](mailto:soundpostcontest@gmail.com) if you have any question or concern

# Express to De-Stress

NOW till 7/31/19

[www.soundpostyouth.org](http://www.soundpostyouth.org)



Promote

**Captains**

**SoundPost**

**Teens**

schools, youth organization, library, individual, community or social groups, etc.

# Contest Rules

## Summary in Bullet Points

### 1. Eligibility

- Age in the range of 12-18 years old or 7<sup>th</sup>-12<sup>th</sup> grade in 2018-19 school year
- Current resident of the Greater SF Bay Area in California (See map of 14 counties)
- Video entry can be an Individual or a Team of no more than 3 people

### 2. Timing

- Entry submission is accepted **Now till 7/31/19**
- Finalists announcement on 8/15/19
- Voting Period 8/16/19 - 8/31/19
- Winners announcement on 9/8/19

### 3. Theme: Express to De-Stress

### 4. Entry

**Level One - Fill out the survey (required if you decide to submit video)**

**Level Two - Video Submission** all materials (video, consent & entry form) within 24 hours

- **Be sure to enter the Level One survey prior to the video entry**
- **Upload Entry video to YouTube**
- **Submit completed Video Entry Form via [www.soundpostyouth.org](http://www.soundpostyouth.org)**

### 5. Entry Material Guidelines

- 15- 120 seconds in length
- Must be an original work and have not been previously displayed
- Limited one (1) entry per person, either individual or team entry
- Upon request, the video file and additional documents may need to be delivered timely

### 6. Video Submission

Must maintain YouTube account in good standing and continue to host the entry video for public viewing through September 30, 2019

### 7. Voting Period

- The voting committee to review and select 15 finalists by 8/15/19
- Public voting 8/16/19 – 8/31/19
- Limited one (1) vote per member/IP address
- Each vote contains three (3) entries of the top choices

### 8. Entry Submission and Online Practice

- Submit all Entry Materials (Survey, video, entry & consent form) per requirement
- No exception for late submission after 7/31/19
- Use of any automated or computer system to participate in is prohibited

### 9. Finalists and the Winners

- 20 Finalists will be selected and announced online on 8/15/19
- 5 Winners selected by Judges and 1 Viewer's Choice winner voted through public voting will be announced on 9/8/19
- Judging Criteria: Content (50%), Creativity (30%) & Presentation (20%)

### 10. Prizes

- 1<sup>st</sup> Place: \$300, plus additional awards listed on Site
- 2<sup>nd</sup> Place: \$200, plus additional awards listed on Site
- 3<sup>rd</sup> Place: \$100, plus additional awards listed on Site (for each of three winners)
- All Finalists and the Viewer's Choice winner will receive gift award

### 11. Notification

- Respond to any notification timely, best within 24 hours
- Must respond to the winning notification within 48 hours

### 12. General Rules

- All federal, state, and local regulations apply
- Sponsor reserves the full right to disqualify any entrant or discontinue this Contest any time
- This Contest and all issues are governed by the laws of the state of California

### 13. Release and Grant of Rights

- By entering the Contest, you/parents/legal guardian(s) agree with the Official Rules
- You grant the use of Entry material at Sponsor's sole discretion
- The consent form will be forwarded to your parents/legal guardians.

### 14. SoundPost Youth Volunteers

All youth volunteers are eligible to enter the contest but cannot be part of the Committee once entered.

### 15. Sponsor: SoundPost Youth Foundation, P.O. Box 1371, Pleasanton, CA 94566

# Official Rules

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. VOID WHERE PROHIBITED. BY ENTERING THE SOUNDPOST *EXPRESS TO DE-STRESS* VIDEO CONTEST, YOU AFFIRMATIVELY AGREE TO THE OFFICIAL RULES, GUIDELINES AND SUBMISSION REQUIREMENTS. OTHERWISE, YOU MAY NOT PARTICIPATE IN THIS CONTEST. BEFORE YOU MAY ENTER, YOUR PARENT/LEGAL GUARDIAN MUST CONSENT TO YOUR PARTICIPATION IN THE CONTEST.

## **1. Eligibility**

- Any teen at age range 12-18 years old or 7<sup>th</sup>-12<sup>th</sup> grade in 2018-19 school year ("Entrant")
- Current resident of the Greater SF Bay Area in California, which consists of Fourteen (14) Counties as shown on the map in website.
- Comply with the Official Rules, Guidelines and Submission Requirements including having parents/legal guardians sign and submit required documentation to SoundPost Youth Foundation ("Sponsor" or "SoundPost")

## **2. Contest Timing**

- **Entry Period** of the SoundPost *Express to De-stress* Video Contest ("Contest") starts immediately and stop accept entries at 11:59 PM PST on July 31, 2019. Late entry or unsuccessful attempts will be disqualified.
- **Voting Period:** Fifteen (15) finalists will be selected by Committee and announced online on August 15, 2019. Public Voting begins August 16 through 11:59PM PST on August 31, 2019.
- **Judging Period:** Finalist entries will be reviewed and selected by the panel of judges ("Judges") from September 1, 2019 through 11:59PM on September 7, 2019. Five (5) winners and One (1) Viewer's Choice winner will be selected and announced on September 8th, 2019.

## **3. Contest Theme: Express to De-Stress**

Any story, tips, activity, quote, sport, hobby, the process to develop the works of art (music, painting, poetry, dance, etc.) or any creative method to help alleviate stress and balance emotion.

## **4. How to Enter**

During the entry period, access the Contest at [www.soundpostyouth.org](http://www.soundpostyouth.org) ("Site" or "Website") and follow the steps to fill out the survey to participate in Level One Raffle.

Participate in Level Two Competition and Grand Prize raffle by submitting the video entry form, consent(s) and required entry materials.

Registration, forms and the video submitted shall collectively be referred to as the "Entry" or "Entry Material". Your Entry must adhere to the Entry Material Guidelines and the Official Rules. Entries must be complete and be legibly received by Sponsor within twenty-four (24) hours to be eligible. **By submitting a video, you attest that all participants featured in the video have agreed to complete the release form(s) in the Entry Material and if participant is a minor, their parent or legal guardian has agreed to complete the release form on their behalf. You will be required to submit the release form timely upon request in order to qualify to win.** Limit one Entry per Entrant. If more than one entries are submitted from Entrant, only the first complete Entry will be eligible. Entry in this contest certifies that Entrant meets the eligibility and winning the prize is contingent upon fulfilling all requirements set forth in the official rules. Any false information provided within the context of the Contest by Entrant concerning identity, mailing address, telephone number, email address, ownership of right or non-compliance with these Rules or the like may result in the immediate elimination of the entrant from the Contest.

## **5. Entry Material Guidelines**

- Must be **15 - 120 seconds in length**
- Must be the **Entrant's original idea** relating to the contest theme – De-Stress!
- Must be legible and received by Sponsor within 24 hours before July 31, 2019

- Must not have been submitted previously in a contest of any kind or exhibited publicly through any means. Modification from a previously published work shall not be considered an original idea.
- **Limited one (1) entry per person, either individual or team entry**
- **Can submit as a team with a maximum of three (3) entrants.** All are at eligible age.
- Must work independently on the development and record the Entry video with minimal help or direction from others.
- Must not include any representation of celebrities, athletes, musicians, or any other public or private figure, including anti-social, political or religious groups or promotional materials. Must not contain advertisements, personal or commercial solicitations.
- Must not contain material that promote racism, hatred or harm against any group or individual. No sexually explicit, obscene, pornographic, violent, self-mutilating, discriminatory based on race, sex, religion, ethnic or nationality, disability, sexual orientation or age.
- Any Entry or portion thereof that is, in Sponsor's sole discretion, inappropriate, hateful, tortuous, slanderous, libelous, offensive, threatening, profane, harassing, lewd, defamatory, objectionable or not in keeping with Sponsor's image as determined by Sponsor, will be disqualified.
- Include mention or performance, Entry must not contain material that violates or infringes another's rights, including but not limited to material that violates privacy, publicity or intellectual property rights, or that constitutes copyright infringement. Without limiting the foregoing, it must not include third party trademarks, logos, insignia, location signage, photographs, artwork, or mark that identified a brand or other proprietary right. Must not use music that isn't originally written, performed and produced by the Entrant. All music featured in video must be available to publicize and broadcast on a license-free, no compensation basis.
- Must not include third parties, including but not limited to minors, celebrities and friends who have not expressly authorized entrants to display their image, likeness or voice in any submitted video or otherwise use such image, likeness or voice in accordance with the official rules.
- All Entry Material submitted becomes property of Sponsor and will not be returned. **Finalists are required to forward (mail, upload or any feasible method) the Entry video and additional doc, if any, for Sponsor to receive before Sept 8<sup>th</sup>, 2019.** Sponsor reserves the right to request video file and forms from any Entrant. Entrant will not have any right to recourse through Sponsor to edit or delete any Entry Material that is submitted.
- Use of any automated or computer system to participate in is prohibited. Internet access and usage charges imposed by your online service may apply.

Entrant warrants the Entry video is his/her own original work and, as such, he/she is the sole and exclusive owner and rights holder of the submitted video and have the right to submit the Entry video to register the Contest and grant all required licenses. Entrant agrees not to submit any video that: (a) infringes any third party proprietary rights, intellectual property rights, industrial property rights, personal or moral rights or any other rights, including without limitation, copyright, trademark, trade names, industrial designs, patent, trade secret, privacy, publicity or confidentiality obligations; or (b) otherwise violates applicable state, federal, or local law.

To the maximum extent permitted by law, Entrant indemnifies and agrees to keep indemnified Sponsor at all times from and against any liability, claims, demands, losses, damages, costs and expenses resulting from any act, default or omission of the Entrant and/or a breach of any warranty set forth herein. To the maximum extent permitted by law, Entrant agrees to defend, indemnify and hold harmless Sponsor from and against any and all claims, actions, suits or proceedings, as well as any and all losses, liabilities, damages, costs and expenses (including reasonable attorney's fees) arising out of or accruing from: (i) any video or other material uploaded or otherwise provided by Entrant that infringes any copyright, trademark, trade secret, trade dress, patent or other intellectual property right of any person or defames any person or violates their rights of publicity or privacy; (ii) any misrepresentation made by Entrant in connection with the Contest; (iii) any non-compliance by Entrant with these Rules; (iv) claims brought by persons or entities other than the parties to the Rules arising from or related to Entrant's involvement with the Contest; (v) acceptance, possession, misuse or use of any prize or

participation in any Contest-related activity or participation in the Contest; (vi) any malfunction or other problem with the Site in relation to the entry and participation in the Contest by Entrant; (vii) any error in the collection, processing, or retention of entry or voting information in relation to the entry and participation in the Contest by Entrant and in the voting process by consumers; or (viii) any typographical or other error in the printing, offering or announcement of any prize or winners in relation to the entry and participation in the Contest by Entrant.

## **6. Video Submission Requirements**

- To upload your Entry video, you must first sign up to create a registered user account at [www.youtube.com](http://www.youtube.com) and agree to wholly comply and be consistent with the terms of service and community guidelines as indicated per [www.youtube.com/t/terms](http://www.youtube.com/t/terms)
- The privacy setting must be Public in order for Contest viewing and voting
- Must maintain YouTube account in good standing and continue to host the entry video for public viewing through September 30, 2019 at the same URL disclosed in the Contest entry
- **After your entry video is uploaded, note down the specific URL given to this video and fill out the online Contest Entry Form with the exact same URL**
- All disclosures are required by all applicable federal, state and local laws, rules and regulations, including U.S. sanctions. The submitted entry doesn't comply with YouTube policy will be disqualified
- There is no fee or charge to become a registered user of YouTube. YouTube is not a sponsor of this Contest.
- Video file size limitation and file format must adhere to YouTube specifications.

## **7. Voting**

All approved Entries will be subjected to voting by the Voting Committee till August 15<sup>th</sup>, 2019. Each of the Voting Committee members will be asked to select three (3) of their favorite Entries and submit their votes to the Sponsor via the private Voting Form provided by Sponsor on the Website. All finalist entries will be posted on the Website and subjected to voting by visitors who are thirteen (13) years of age or older ("Voters") during the Voting Period from Aug 16<sup>th</sup> to August 31<sup>st</sup>, 2019.

Limited one (1) vote per participating Voters and committee members; each vote contains three (3) entries. The use of robotic or automatic devices for voting is prohibited and Sponsor reserves the right to nullify all such votes and to disqualify the responsible individual from voting. Any attempt by any person to vote more than one time, using any third party proxy voting, incentives not sponsored by Sponsor, multiple names or email address and/or any other fraudulent mechanism that associates with participating Entrant shall give Sponsor, in its sole discretion, the right to disqualify Entrant from Contest immediately.

## **8. Entry Submission and Online Practice**

All Video Entry Material will need to be received by Sponsor within twenty-four (24) hours otherwise may not be considered eligible. Sponsor is not responsible for any malfunction of the entire Site or any late, lost, damaged, misdirected, incomplete, illegible, undeliverable, or destroyed Entry video or votes due to system errors, failed, incomplete or garbled computer or other telecommunication transmission malfunctions, hardware or software failures of any kind, lost or unavailable network connections, typographical or system/human errors and failures, technical malfunction(s) of any telephone network or lines, cable connections, satellite transmissions, servers or providers, or computer equipment, traffic congestion on the Internet or at the Site, or any combination thereof, including other telecommunication, cable, digital or satellite malfunctions which may limit Entrant's ability to participate, any Site visitor to vote or review the Contest respectively.

## **9. Determination of the Finalists and the Winners**

All entries will be screened to ensure the entry requirements are met. Fifteen (15) Finalists will be determined by Sponsor-appointed Voting Committee ("Committee") based on the Judging Criteria listed below. Finalists will be announced online on August 15<sup>th</sup>, 2019. A panel of Sponsor-selected Judges will review Finalist entry videos and choose three (3) winners according to the judging criteria. The Viewer's Choice winner will be selected based on public voting result. Entrants and their parent(s)/legal guardian(s) agree to the Official Rules and the decisions of the Committee and the

Judges, which shall be final and binding in all respects. Winners will be announced on September 11th, 2019.

#### Judging Criteria

Content (50%)

Creativity (30%)

Overall Presentation (20%)

#### **10. Prizes**

Prizes for three winners are as per listed in the Site. Cash prizes (\$300 for First Place, \$200 for Second Place & \$100 for Third Place) will be awarded as a check made payable to the winners after the announcement. If there is a Sponsor event to announce winners, winners or person(s) on behalf of the winners are expected to be present to receive the prizes. All other Finalists announced on August 15th, 2019 will also receive one gift reward to recognize the creative works. Finalists or person(s) on behalf of Finalists are expected to be present to receive the awarded gift packet. Prizes and gift packets are non-transferable and must be accepted as awarded, without substitution.

#### **11. Finalist and Winner Notification**

Each Finalist as the potential winner will be notified by email and/or Telephone, at Sponsor's sole discretion) after the announcement on August 15<sup>th</sup>, 2019. All Finalists, upon being selected, must submit the Entry video file and complete necessary documentation, if any, to Sponsor within 48 hours of notification. If the notification is returned as non-deliverable, or if the Finalist/Winner fails to return the required verification documents within the requested period, an alternate Finalist/Winner may be determined, time permitting.

#### **12. General Rules**

All federal, state, and local taxes and all expenses related to acceptance and use of the prizes not specified are the sole responsibility of applicable Winner and his/her parent(s)/legal guardian(s). Finalists/Winners and their parent(s)/legal guardian(s) grant the Sponsor all rights of ownership, reproduction and use Entry video for any purpose, which constitutes permission to use Finalist/Winner's name, likeness and Entry Material, in any and all media, without further compensation or notification. Sponsor reserves the right, at its sole discretion, to prohibit any entrant from participating in the contest or to disqualify any individual it finds, in its sole determination, to be tampering with the entry process or the operation of the contest; to be attempting to undermine the legitimate operation of the contest by cheating, hacking, deception, or any other unfair practices; to be acting in violation of the Official Rules; or to be acting in a disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. Sponsor reserves the right to suspend, modify, discontinue or terminate the Contest if, in its sole opinion, there is any actual or suspected tampering of the Contest, or any other malfunction, event or activity, including infection by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures, insufficient entries or any other causes that may corrupt or affect the administration, security, fairness, integrity, proper conduct of the Contest, or not capable of running as planned. Any third party trademarks mentioned herein or on Site are the property of their respective trademark owners. The use or mention of such third party in connection with this Contest is solely for permitted purpose. This Contest and all issues or concerns of the legality of the Contest shall be governed by the laws of the state of California.

#### **13. Release and Grant of Rights**

By entering the Contest, each Entrant agrees to release and hold harmless Sponsor and its respective subsidiaries, affiliates, suppliers, distributors, agencies, promotional entities and prize suppliers from and against any claim or cause of action, including but not limited to, personal injury, death, or damage to or loss of property, physical or mental illness relating to participating in the Contest. Without limitation of the forgoing, submission of any Entry Material constitutes Entrant's agreement that Sponsor is permitted (but are not obligated) to display Entry video online for public viewing and/or comment of any form. Entrant agrees to participate in any media or promotional activity resulting from the Contest as reasonably requested by Sponsor at Sponsor-approved expense and agrees and consents to use of name and/or likeness by Sponsor. Sponsor will contact Entrants in advance of any Sponsor-selected media request for interviews. The Entry video may also be used for press and media purposes and Entrant agrees to waive any rights and not assert any intellectual property rights that Entrant has or may have in the Entry Material. By submitting an Entry, Entrant

hereby releases and discharges the Sponsor and each or its respective officers, directors, volunteers, supporting individual or entities from any and all claims, suits, actions, demands, liabilities and damages of any kind whatsoever arising out of or in connection with the use of such Entry. Without limitation of the foregoing, in no event will Entrant be entitled to, and waives any right to, enjoin, restrain or interfere with (i) use of such Entry Material as permitted hereunder or (ii) the exploitation of any Sponsor's right hereunder. Entrant understands and extends foregoing representations and warranties, grants of rights and licenses, and releases to Sponsor in permitting it to submit Entry Material. Consent form will be forwarded to parents/legal guardians upon entry. The reply on the online Entry form represents the official signature and agreement from the parents/legal guardians. Parents/Legal guardians reserves the right to change the reply within 48 hours upon Entry submission and before July 31<sup>st</sup>, 2019.

#### **14. Youth Volunteer Participation**

All youth volunteers including members of SoundPost youth group or any teen to help organize and promote the Contest are eligible to participate in the Contest but cannot be part of the voting committee if they decide to enter the Contest.

#### **15. Sponsor**

The Sponsor of the Contest is SoundPost Youth Foundation, P.O. Box 1371, Pleasanton, CA 94566

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**Express to De-Stress Contest Consent Form**  
**SUBMISSION And PERFORMANCE AUTHORIZATION AND RELEASE**

\_\_\_\_\_  
ENTRANT FULL NAME (First, Middle, Last)

\_\_\_\_\_  
ENTRANT EMAIL

\_\_\_\_\_  
PARENT/LEGAL GURADIAN NAME ((First, Middle, Last)

\_\_\_\_\_  
RELATIONSHIP

I, as parent and/or legal guardian of the Entrant named above ("Entrant"), authorized Entrant's participation in *Express to De-Stress* video contest ("Contest"). For good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, on my child/Entrant's behalf, I grant to SoundPost Youth Foundation and its affiliated entities in connection with the Contest to use, reproduce, edit, prepare, promote, perform, publish, broadcast, distribute and/or display publicly in any manner and for any purpose the Entry video created and submitted by or on behalf of Entrant for the Contest ("Entry" or "Entry Material").

On my child/Entrant's behalf, I certified that the Entry Material is the original work and I have the authority to assign these rights to the Entry Material and content contained therein in accordance with the official rules. Upon Sponsor's request, Entry video file and/or supplementary material may need to be prepared and provided to Sponsor within the needed timeframe. I understand the Entry Material and supplemental requirements will not returned, and it's binding no obligation to SoundPost Youth Foundation ("Sponsor") for the use of Entry Material.

I understand and acknowledge that neither I nor Entrant/Performer expect compensation from Sponsor or any person or entities for the right and permission to use the Entry, as I grant such right and permission in support of Sponsor in its mission to achieve the goals of the Contest.

I releases and discharges the Sponsor and each or its respective officers, directors, volunteers, licensees, designees, referees, successors, assigns, supporting individual or entities from any and all claims, suits, actions, demands, liabilities and damages of any kind whatsoever arising out of or in connection with the use of the Entry.

I have obtained Performers' agreement to authorize and grant the same right as the Entrant in regards to Performer's act, appearance, name, voice, and the results and proceed thereof relating to the Entry video for the Contest, including but not limited to photographs, videotapes, audio, clips, slides, media material of any form and sound recording of myself or the Performer that has developed or will develop and the results and proceed thereof the Entry video may display publicly in any manner and for any purpose the Entry video created and submitted by or on behalf of Entrant for the Contest.

I represent my child/Entrant and have the full legal right of authority to enter into this Authorization and Release. The rights granted herein will not conflict with or violate any commitment, understanding, conduct and/or practice I Have with any other person or entity. I have read this document and fully understand its content. By signing my name on this form or checking "Agree" on the online Entry Form, I acknowledged and agreed this document and its content on the date sets forth below.

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Street Address, City, State, Zip

\_\_\_\_\_  
Email

\_\_\_\_\_  
Cell

\_\_\_\_\_  
Home Tel

**If you have performer(s) in your video, please provide name and contact**

\_\_\_\_\_  
PERFORMER FULL NAME/Age

\_\_\_\_\_  
Contact Email/Tel

\_\_\_\_\_  
PERFORMER FULL NAME/Age

\_\_\_\_\_  
Contact Email/Tel

\_\_\_\_\_  
PERFORMER FULL NAME/Age

\_\_\_\_\_  
Contact Email/Tel