



Training for Life

## **Checklist – Am I ready to submit my video?**

### **Submission**

- Are you in Grades 9, 10, 11 or 12?
- Did you fill out all fields of the electronic submission form?
- Did you test the YouTube link included in the submission form to ensure that it works properly?
- Did you include a signed Video/Audio Release form with your entry?

### **The Video**

- Does the video meet the criteria outlined in the contest description?
- Is the video within the accepted 2-5 minute time frame?
- Is the video your own original creation and does not violate any laws of third-party rights (e.g., copyright)?
- Have you made a copy of the video for yourself?

### **Questions?**

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