Easter College @ 115

Self-care Photography Contest
Theme: Recognizing the Importance of Self-care

MECHANICS

1. Participants must be officially enrolled this 2nd Semester SY 2020-2021
2. Collage or photomontage will not be accepted.
3. Basic editing, including colour enhancement, the use of filters, and cropping of the photo is acceptable, provided such editing does not affect the authenticity or genuineness of the photo.
4. Advance editing used to create illusions, deceptions or manipulations and the adding or removing of significant elements within the frame is prohibited.
5. Submitted photo(s) of the participants must be original.
6. No revealing clothes must be used by participants.
7. No foul or offensive language shall be used in the caption.
8. Mobile phone camera should only be used.
9. Photographs should be in portrait or landscape orientation, digital file, colored or black and white with 300 dpi/ppi in JPEG or JPG format.
10. There must be no border(s), logo(s), copyright marks, identifying marks, watermarks, or any other visible references and / or marks on the image.
11. Photo(s) submitted must not contain any materials owned or controlled by a third party, must not infringe the copyrights, trademark, moral rights, rights of privacy or intellectual property rights of any person or entity.
12. Photos that have been previously submitted in other competition/contest, published, displayed in public are not eligible for entry.
13. The Student Affairs Office reserves the right to disqualify any photo submission that does not conform to the rules and guidelines.
14. The SAO shall exclusively retain all rights, copyrights, and intellectual property rights to the photos and all its future use.
15. The decisions of the official Judging Panel and/or the Organizing Committee on the results of the contest or in any dispute related to this contest shall be deemed final.

❖ TIPS FOR IMPROVING PHOTOS TAKEN ON A SMARTPHONE:

a. The quickest tip to improving the digital zoom on your smartphone is to try and not go above 2x digital zoom. Anything at 4x or above will make your photo look like a painting and destroy the image quality.

b. Try to use a **tripod** to have a steady shot.

c. Try to get as much lighting, especially natural lighting (sunlight) as possible. The hour after sunrise and after sunset is considered the best light for photos.

d. Aperture is often the most important feature. The aperture is the opening in the lens and is measured in f-stops. A small f-stop like f/1.8 is a wide opening and the larger the aperture, the narrow the lens. The wider the aperture, the more light goes into the camera and you get a brighter photo.

16. SUBMISSION GUIDELINES

Caption must include the following:

- Title of Self-care photo
- Date photo was taken
- Location where it was taken
- Name, course and year of the student
- Four to five (4-5) sentences description on what you think self-care is (Self-care is...).
- Include this hashtag: #eastercollegeSelf-care@115

17. ELIMINATION ROUND

- All photos (soft copy) must be submitted to their department advisers on March 15, 2021 at 10:00am. The advisers will now select 10 photos to be in the semi-finals and will be submitted to the panel of judges on March 17, 2021 at 9:00am.
- The panel of judges will then select the 5 finalists from each department who will proceed to the final round and whose photos and caption will be posted on the Easter College Facebook page on March 19-25, 2021 for the popularity votes.
- The final Judging of the Top 20 photos will be done in a private, closed-door meeting.
- The Top 3 winners who will receive special prizes will be announced on March 26, 2021 at 2:00PM via Facebook live.

18. CRITERIA TOP 20

- Interpretation and message of the photo based on the theme   25%
- Composition and quality   15%
- Creativity   20%
- Adherence to the guidelines and contest mechanics   15%
- Caption (message, coherence and relevance based on the theme) 25%

TOTAL   100%

19. CRITERIA FINAL JUDGING/TOP 3 WINNERS

- Interpretation and message of the photo based on the theme   25%
- Composition and quality   15%
- Creativity   15%
- Adherence to the guidelines and contest mechanics   15%
- Caption (message, coherence and relevance based on the theme) 25%
- Popularity   5%

TOTAL   100%