



**Videos must be the individual's or team's own original work.
Assistance from video professionals is not permitted.**

All entries must include:

- One original, fully produced video that defines what pono means to you
- Completed and signed entry form(s), including the Entry Release Form for Image and Video for each team member.
- Copies of any necessary releases or licenses required to use third-party content.

It is the entrant's responsibility to ensure that all the necessary forms and releases are completed. Incomplete entries will be disqualified.

All entry materials must be submitted together, and each piece should be clearly labeled with the category selection, the school, sponsoring teacher, the team's name, and video title.

All entries become the joint property of Hawai'i Civil Rights Commission, Department of Education and Center on Disability Studies University of Hawai'i and will not be returned.

Entry Forms

- For team entries, students must submit a Team Entry Form, plus one Individual Entry Form for each team member.
- Teams may include students from different schools, but each team must select one sponsoring school, and one sponsoring teacher. Prizes awarded will be given to the sponsoring school.

Video Format, Specification, Requirements & Length

- 1 min. 55 seconds, maximum
- 5 second identifying slate with the category, title and school name
- NTSC 4:3 interlaced
- Timebase 29.97 fps
- Frame size 720 X 480 (preferred)
- Audio 32/48kHz (48kHz preferred) 12/16 bit (16 bit preferred) stereo/mono (stereo preferred)
- File format Mini DV tape (preferred) & Data DVD
- Only one entry submitted on a single tape or disc

Video entries follow this format:

- 1) 10 seconds of video black**
- 2) 5 second slate with the category, title and school**
- 3) 5 seconds of video black**
- 4) Start video entry**