**“What YEDA Means To Me” Video Contest Rules**

**Categories:**

1. From the perspective of an individual rider. Tell us about your personal experience with YEDA! This may include how catch riding has improved your skills as a rider, how the YEDA community has provided new opportunities for you, how your coaches have impacted you, etc.
2. From the perspective of a team. Tell us about your experience being on a YEDA team! This may include insight into the dynamic of your team, coaches roles, how both the coaches and riders play an important role on each team, etc.

**Length:**

Video entries may be 30 seconds, 60 seconds, or 2 minutes.

**Submitting your video:**

Links to videos must be submitted to [rettesolomon@gmail.com](mailto:rettesolomon@gmail.com), by **April 30th, 2024**. Please include the following information: your name, video length, and indicate individual rider or team perspective.

**Important things to note:**

* Cash prizes will be awarded to the top three videos of each length at 2024 YEDA Nationals. (e.g., first through third place for 30 second video entries, first through third place for 60 second video entries, etc.)
* Entries may be created by current or past YEDA members.
* All entries are subject to being used as promotional materials that will be shared.
* Videos must depict YEDA in a fun, educational and exciting way.
* Videos must be submitted via email, as a Youtube or Vimeo link.
* Video content must contain information regarding some or all:
* How to start a YEDA team.
* Explanation of team riding/catch riding.
* Leveling and/or divisions and classes in YEDA.
* College recruitment opportunities and scholarships provided by YEDA.