Oregon History Day
Virtual Submission Guidelines
Registration Instructions & Submission Updates

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Students from Helix, Oregon, compete at Oregon History Day.
Registration & Timeline

*Please Note: The timeline below is subject to change. Major changes will be communicated to you by email and posted on ohs.org/oregonhistoryday.*

**Registration is open from April 13 at 8am – April 20, 2021** *(Registration closes at 9pm PT for WEBSITES and 12am PT for ALL OTHER PROJECTS).*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>Tuesday, April 13 at 8am PT</td>
<td>State contest registration opens.</td>
</tr>
<tr>
<td>Tuesday, April 20 at 9pm PT</td>
<td>State contest websites will be locked (students must have uploaded and submitted their websites when they registered for the state contest).</td>
</tr>
<tr>
<td><strong>for websites</strong></td>
<td></td>
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<tr>
<td>Tuesday, April 20 at 12am PT</td>
<td>Registration closes and ALL projects must be uploaded and submitted (changes cannot be made to students’ projects once they are submitted). Fees: $25 per student and $5 per teacher</td>
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<tr>
<td><strong>for all other projects</strong></td>
<td></td>
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<tr>
<td>(documentary, performance,</td>
<td></td>
</tr>
<tr>
<td>paper, exhibit)</td>
<td></td>
</tr>
<tr>
<td>Friday, April 23 – Tuesday,</td>
<td>Judges evaluate and rank students’ projects. <em>Please Note:</em> There will be no student interviews with the judges.</td>
</tr>
<tr>
<td>April 27 (5 days)</td>
<td></td>
</tr>
<tr>
<td>Wednesday, April 28 at 8am PT</td>
<td>Websites unlock</td>
</tr>
<tr>
<td>Friday, April 30</td>
<td>Oregon Historical Society (OHS) emails results to students and teachers and posts them on the Oregon History Day web page: ohs.org/oregonhistoryday Eligible students are invited to the national contest.</td>
</tr>
<tr>
<td>Saturday, May 1 – Tuesday,</td>
<td>Students that have qualified to advance to the national contest are encouraged to revise their projects per their judges’ and teachers’ feedback.</td>
</tr>
<tr>
<td>May 18 at 9pm PT</td>
<td></td>
</tr>
<tr>
<td>Week of Monday, May 10 –</td>
<td>OHS sends state contest certificates of participation to all, and medals to first, second, and third place finishers.</td>
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<tr>
<td>Friday, May 14</td>
<td></td>
</tr>
<tr>
<td>Wednesday, April 14 at 9am PT</td>
<td>National History Day® contest registration is open; all projects must be uploaded and submitted per the national contest category instructions (these may differ from the state contest instructions). Fees: $150 per student and $0 per teacher</td>
</tr>
<tr>
<td><strong>PT – Tuesday, May 18 at 9pm</strong></td>
<td></td>
</tr>
<tr>
<td><strong>PT</strong></td>
<td></td>
</tr>
<tr>
<td>Sunday, June 13 – Saturday,</td>
<td>National History Day® virtual contest. <em>Please Note:</em> There will be no student interviews with the judges.</td>
</tr>
<tr>
<td>June 19, 2021</td>
<td></td>
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</table>
2021 Important Information for Getting Started

History Day Contest Rule Book

The official History Day Contest Rule Book was revised and has been in effect since July 2020. There are many changes; click here for a summary of the most significant changes and clarifications. Students should review these changes PRIOR to beginning any research and THROUGHOUT the creation of their entries. In addition to the new rules, the Contest Rule Book also updated how entries will be evaluated.

Judges Evaluations & Revisions

The evaluation is a rubric with two sections: Historical Quality (80%) and Clarity of Presentation (20%). Please note the new “student voice” criteria. The new evaluation forms are available at nhd.org/categories. There will be NO student interviews at the state contest. The judges, in teams of three, will evaluate and rank students’ work solely on its virtual format.

Students are encouraged to review judges’ suggestions from the state contest and consider them when revising their projects for the national contest. Feel free to look at the national website (nhd.org) webinars and Google chats for additional guidance.

All projects should be polished by the time they reach the national level, and ideally by the state contest. Students should make sure they follow the rules for each category exactly. These rules can be found on the Clarity of Presentation side of the evaluation form and in the Contest Rule Book. As a reminder, papers must be 1,500–2,500 words (including student-composed and quotations), exhibits are a maximum of 500 student-composed words, and websites are a maximum of 1,200 student-composed words.
2021 Annual Theme Information

Every year National History Day® frames students’ research around a chosen theme. The theme is selected for its broad application to world, national, or state history, and its relevance to ancient history or to the recent past. The 2021 theme is Communication in History: The Key to Understanding. The intentional selection of an annual theme for National History Day® provides an opportunity for students to think creatively about history.

The NHD theme provides a focused way to increase students’ historical understanding by developing a lens through which to read history, an organizational structure that helps students place information in the correct context, and finally, the ability to see connections over time and between disciplines. As you consider possible topics related to this theme, check out the theme video and other resources to explore ideas:

› 2021 Theme Video — Communication in History
› 2021 Theme Book
› 2021 Theme Organizer Worksheet
› 2021 Theme Webinar

Media Release

During the state and national contest registration process, students and teachers will sign media releases to the National History Day® program and the Oregon Historical Society giving permission to use video footage or photographs in all forms of media, including for promotional purposes such as advertising, display, audiovisual, exhibition, or editorial use. All participants have the option to opt-out. This year, students will have the option to upload an image of themselves into the Zfairs system.

All participants’ names, entry titles, categories, schools, teachers, and school districts will be published on the ohs.org/oregonhistoryday web page and in appropriate social media posts. There will be a press release issued following the state contest.
2021 At-A-Glance Category Requirements

Category Overview

See pages 8–25 for details, including the required paperwork: title page process paper, and annotated bibliography.

› All Categories: History Day projects, regardless of the category students choose, require the same three (3) sets of documents: a title page, process paper, and annotated bibliography. See pages 8–9.

› Paper: Students will create a digital paper. See pages 10–11.

› Website: Students will create a website using NHDWebCentral. See pages 12–13.

› Documentary: Students will create a documentary using the software of their choosing and will save their project in a format they can upload. See pages 14–16.

› Exhibit: Students will create a physical exhibit that they will photograph and share by making digital slides using the template(s) provided OR create a digital exhibit. See pages 17–21.

   Google Slides Template: https://docs.google.com/presentation/d/1d7i30ZxW3jxiLKSImDdm IzD5OFY_SqvQqNoWJnffnsw/template/preview

   PowerPoint Template: https://drive.google.com/file/d/14LkQ6mav8kMwgtXuH9wC3LUWjFA C0dS/view?usp=sharing

› Performance: Students will create a recording of their performance and complete the “Performance Companion Worksheet.” See pages 22–25.

   REQUIRED! Blank Performance Companion Worksheet — Google Doc

   REQUIRED! Blank Performance Companion Worksheet — Word Doc
2021 Virtual Contest Registration Instructions

First Step: Creating a Teacher Account

Teachers need to register themselves first before their students can begin to register. Record your system username and password. Follow the steps below to register.

› Go to the Oregon contest URL: https://or.nhd.org/?f=71380526-797e-4c77-8bc8-1ec140c94616
› Click Create Account in the toolbar, then select Teacher from the drop-down menu.
› Insert your first name, last name, and email address. Click the checkbox next to I am Not a Robot. Then, click the blue Next button.
› Complete the Teacher’s Personal Information section. Then, click the blue Next button.
› Teachers will then be prompted to choose their school from a list. To easily find a school, teachers can use the search command by selecting “Ctrl” and “F” on a PC or “Command” and “F” on a Mac. Then, click the blue Next button.
› Complete the Additional Information section. Then, click the blue Next button.
› Complete the Teacher’s Permissions and Waivers section. Then, click the blue Next button.
› Registration is complete. Your username will appear on this screen.
› You will receive a registration confirmation email from Zfairs. Check your spam folder if you did not receive the email.

Logging into Teacher Account (after Registering)

› Go to the Oregon contest URL: https://or.nhd.org/?f=71380526-797e-4c77-8bc8-1ec140c94616
› Click Login in the top right corner.
› Insert your username and password.
   
   If you forgot your username and/or password, click the white Forgot Password / Username button and follow the prompts to reset.

Logging Out of Teacher Account

› Click your name in the top right corner.
› Select Logout from the drop-down menu.
Editing Teacher Account Information

› After logging in to your teacher account, click your name in the top right corner.
› Select My Profile from the drop-down menu to edit your personal information before registration ends.
› Select Change Password to change the password for your account.

Checking Your Students’ Registration Progress

› After logging in to your teacher account, click My Students in the top toolbar.
› This page lists each of your students. Click on a name to bring up a pop-up menu. You can Edit/View Participant profile, Link/Unlink Projects, and Email Participants. This is optional, and it can only be done before contest registration closes.

Note About Zfair Emails
In the new registration system, users will need to accept emails from zfairs.com in order to receive the system’s automatic and/or admin-generated email messages. If students or teachers are using school email addresses, they may need to check with their IT departments to make sure they can receive external messages. They may also request that emails coming from the NHD registration system be approved to be received, or “white listed.” If you have questions on this, please contact us at History.Day@ohs.org.
Materials & Rules Required for All Category Entries

Required Documents

History Day projects, regardless of the category students choose, require the same three (3) sets of documents: a title page, process paper, and annotated bibliography. We have explained these below in greater detail and pointed to specific rules in the Contest Rule Book.

Title Page: This will be the first page of any written submission. It must include only the title of the project, student’s name(s), category, division, and total word count.

Rule 17: Title Page (p. 18–19)
  › Added: Because the paper category now requires a process paper, the title page for papers must list the number of words in the process paper, in addition to the number of words in the paper itself.

Process Paper: This is where students describe how they picked their topic, conducted research, and constructed their project. Students must also include their project’s historical argument (thesis statement), theme connection, and significance in history.

Rule 15: Written Materials (p. 18)
  › Modified: Process papers are now required in all categories, including papers.

Rule 18: Process Paper (p. 19)
  › Modified: The questions that students must address in the process paper have been updated, including a requirement to provide your historical argument.
  › Added: Your process paper must not include quotes, images, or captions.

Annotated Bibliography: Students must have a citation for every source they used or consulted when creating their project. For each citation, students must include an annotation no more than two or three sentences. Annotations describe how they used the source and how it helped them learn about the topic. For more guidelines and sample bibliographies, visit: https://www.nhd.org/annotated-bibliography.

Rule 19: Annotated Bibliography (p. 19–20)
  › Modified: You must list all sources that you consulted during the development of your entry.
  › Added: Each annotation must be no more than two or three sentences.
Language Requirements for Entry Submission

Students may research and find sources in any language as long as translations are provided. However, when it comes time to present their entry, projects must be submitted in English.

Rule 8: English and Translations (p. 16)

Added: “All entries for competition must be submitted in English unless otherwise approved by your Contest Coordinator. Other languages may be used, if translations in English are provided. When considering translated text for the purposes of word count, judges will count only the English translation.”

Individual Project Submission

Please name your files with your last name and the contest level. For example:
- State Contest: King_state.pdf
- National Contest: King_national.mp4

Group Project Submission

Students should identify one (1) group member to upload their materials per the instructions below. Name the file with each group member’s last name and the contest level. For example:
- State Contest: GonzalezGutierrezKing_national.mp4
- National Contest: GonzalezGutierrezKing_national.pdf

To double check that your materials were uploaded properly, make sure to hit the save button. Then, log out of the student account and log back in. Click on the file and make sure it is correct.

Free Resources to Combine PDF Documents

- Small PDF: https://smallpdf.com/
- I Love PDF: https://www.ilovepdf.com/
Paper Category Entries

Student Virtual Submissions

› Create one PDF that includes your title page, paper, and annotated bibliography, in that order. **You can only upload one PDF** so it must include all of these components.

  If you are using a Word Document, click **File** at the top left corner, click **Export**, and click **Create PDF/XPS**.

  If you are using Google Docs, click **File** at the top left corner, click **Download**, and choose the **PDF Document (.pdf)** option.

› Name the file your last name and contest level (ex: Ruelas_state.pdf).
› Go to [www.or.nhd.org](http://www.or.nhd.org) and create your student profile.
› Upload your PDF file into the **Paper** field.
› Click Save.

![Image of a project creation form](image-url)
Rules to Remember

**Word Limit**: 1,500 to 2,500 words. This does not include words in the title page, process paper, annotated bibliography, or primary source material in appendices. It also does not count citations.

› Captions, quotes, and words in endnotes, footnotes, and internal documents other than the citation are included in the word count.

**Citations**: Citations must be given for both direct quotes and specific ideas from other sources. Endnotes, footnotes, or internal documentation must be used within the paper for citations.

**Paper**: Papers must be printed double sided on plain white 8.5x11 inch paper. Text must be 12pt. font, double spaced, with 1 inch margins on each side.

**Other Required Materials**: Papers must have a title page, process paper, and bibliography.

Rule Changes as of July 2020

**Paper Word Count (A2, p. 23)**
Captions and words in footnotes/endnotes other than the citation now count toward the paper word limit, in addition to student-composed words and quoted material.

**Process Paper (A4, p. 23)**
A process paper is now required for papers. The Title Page must list both the process paper word count as well as the word count for the paper itself.
Website Category Entries

Student Virtual Submissions

› Your website must be built in NHDWebCentral. Complete your revisions and click save before the website deadline.
› Be sure that your process paper and annotated bibliography are embedded in your website.

**How do I embed my process paper/bibliography?**

Use the Embed Multimedia block available on NHDWebCentral™. This block adapts to what you add to it. It supports PDFs, audio files (.mp3, .wav, and .aac), and video files (.mp4, .mov, and .wmv).

› Go to www.or.nhd.org/ and create your student profile.
› Submit your site key in the NHDWebCentral Site Key area. The site key looks something like this: **5262633**.
› Click Save & Continue.

Reminder! Students are unable to edit their websites during the contest. They will “freeze” (be locked) at 11:59pm Eastern Time (8:59pm Pacific / Oregon Time) on the registration deadline and will not “unfreeze” (be unlocked) until after the contest judging.
Rules to Remember

**Website Editor:** All website entries must be created in NHDWebCentral: [nhd.org/nhdwebcentral](http://nhd.org/nhdwebcentral). See Rule E2, p. 33.

**Word Limit:** No more than 1,200 student-composed words on the site. This does not count words required on your homepage. It also does not count words used in citations, direct quotes, recurring menus, titles, or navigation instructions.

**Multimedia:** Use of multimedia clips **may not exceed 3 minutes.** It's up to the student(s) if they want to do many short clips or a few longer ones. Students may not narrate audio/video clips.

**Credits:** All visual and multimedia material must include a brief credit on the website and be included in the bibliography. These do not count towards the word limit.

**Required Written Materials:** The process paper and bibliography must be on the website as PDFs. They do not count towards the total website word limit.

Rule Changes as of July 2020

**Home Page Requirements (E4, p. 34)**

In addition to the previous requirements, the home page must now include the **total length of multimedia and the total number of all visible student composed words.**

**Avoid External Hyperlinks (E6, p. 35)**

To comply with the rule prohibiting links to external content (E5), you must **remove the hyperlink from all URLs** listed in on-screen source credits. The only external links allowed are those that direct the viewer to an internet site where they can download a free, secure, and legal download of software needed to view the site (e.g., Flash, QuickTime, or RealPlayer).
Documentary Category Entries

Student Virtual Submissions

Paper Materials
› Create one PDF that includes your title page, process paper, and annotated bibliography, in this order. You can only upload one PDF so it must include all of these components.

If you are using a Word Document, click File at the top left corner, click Export, and click Create PDF/XPS.

If you are using Google Docs, click File at the top left corner, click Download, and choose the PDF Document (.pdf) option.

› Name the file your last name(s) and contest level (ex: GutierrezRuelas_state.pdf).

Video Upload
› Save your documentary or performance video as an .MP4 video file.

Google Drive supports other file types including MPEG4, 3GPP, MOV files, AVI, WMV, and more if you aren’t able to download a .MP4 video file.

› Sign into or create a Google Account.
› Navigate to Google Drive once you are signed into your account.
› Click the New button.
› Choose the File upload option.
› Create one PDF that includes your title page, process paper, and annotated bibliography, in this order. You can only upload one PDF so it must include all of these components.

If you are using a Word Document, click File at the top left corner, click Export, and click Create PDF/XPS.

If you are using Google Docs, click File at the top left corner, click Download, and choose the PDF Document (.pdf) option.

› Name the file your last name(s) and contest level (ex: GutierrezRuelas_state.pdf).
› Upload the .MP4 file from your computer.
› After uploading the video, right click on it and choose Get shareable link.

IMPORTANT: MAKE SURE LINK SHARING IS ON. It should say “Anyone with the link can view.”
Submit Materials

› Go to www.or.nhd.org and create your student profile.

› Upload your PDF file into the Paper field and paste your link into the Documentary Link field.
Important Note: Alternative Upload Sites

Other sites that can be used to generate a link include Dropbox and OneDrive, **but make sure the permission settings are set so that anyone with the link can view it.**

**Dropbox Share Steps**

Upload file to Dropbox. Once uploaded, hover over the .MP4 file and click the Share button. A pop-up box will appear. Find “Share a link instead,” create a link, and set it to “Anyone with a link can view.” Copy the link.

**OneDrive Share Steps**

Upload file to OneDrive. Once uploaded, right-click on the file. Select the “Share” option from the menu. Change settings to “Anyone with the link can view.” Copy the link.

**Rules to Remember**

**Time Limit:** 10 minutes

**Credits:** Students must include a list of brief credits for each of their sources at the end of the documentary. This is included within the 10 minute time limit.

**Production:** Students must operate all equipment used in creating the documentary. Only students, or people they interview, can appear in the documentary. Only students are allowed to provide any narration.
Exhibit Category Entries

Student Virtual Submissions

Traditionally, an NHD exhibit sits on a table for in-person viewing and judging. However, this year, there are two options:

1. Physically construct an exhibit and then take photos of it and follow the guidelines for virtual contest submission.

2. Create a virtual exhibit and follow these guidelines for virtual submission.

Please remember that exhibit rules still apply for both physical and virtual exhibits. The NHD Contest Rule Book allows exhibit students to:

- Include a multimedia device in exhibit,
- Create an exhibit other than a tri-fold board that rests on a tabletop (this option is discouraged this year as it will be more difficult to video, but it is permitted), and
- Include supplemental materials on the tabletop.

Creating & Submitting: Physical Exhibit

1. Create a set of slides that include the following:

- Full photo of the exhibit, and
- Photographed sections of the exhibit with accompanying text.

You MUST use one of these two template options to submit your exhibit. Students may not add additional slides. More detailed instructions are on the first page of either slide template.

- Google Slides Template: https://docs.google.com/presentation/d/1d7I30ZxW3jxiLK-SlmDdm1zD5OFY_SgvQqNoWJnfnsw/template/preview
- PowerPoint Template: https://drive.google.com/file/d/14LkQ6mav8kMw8gtXuH9wC3LUWjFAC0dS/view?usp=sharing
- View a sample project submitted through one of these templates here: https://drive.google.com/file/d/1F3xQQ2H45lt5IQZpJWNuaTBCw4dL7WWg/view
2. Prepare to submit your slides and required paperwork:
   › Export/download your completed exhibit template as a PDF.
   › Combine your exhibit PDF and required paperwork (title page, process paper, and annotated bibliography) PDF into a **single PDF file**. **The final PDF document order must be: title page, process paper, annotated bibliography, exhibit template.**

   Please see [this example](#) for the correct order.

   Please see [this video](#) to learn how to combine your PDF documents into one PDF file.

3. Prepare to submit your slides and required paperwork:
   › Name the file your last name and contest level (ex: Ruelas_state.pdf).
   › Go to [www.or.nhd.org](http://www.or.nhd.org) and create your student profile.
   › Then click “My Profile” and upload your PDF file into the **Exhibit upload file field**.
   › Click Save & Continue.
Creating & Submitting: Virtual Exhibit

1. Create a Virtual Exhibit
   › To create a virtual exhibit, you are welcome to use any design software that you prefer. Here are two examples:

   **Google Drawings** is a free program that allows you to create a virtual exhibit within the maximum size of an NHD exhibit. Using this program does require creating a free Google account if you do not already have one through your school.

   **Microsoft Publisher** is another program that you may have access to through your school. This program also allows you to create a virtual exhibit that fits within the maximum size of an NHD exhibit.

   › A 74-inch wide x 72-inch high page size replicates the maximum dimensions of a tri-fold exhibit. If you laid a standard rules-compliant tri-fold board flat, the dimensions of the board would be 74-inches wide by 72-inches high. Size adjustments can be made, but you may **not create anything larger than these dimensions**.

   › The minimum font size on a virtual exhibit is **20 pt. font**.

   **Google Drawings NHD Template** (74-inch wide x 72-inch high)

   **Microsoft Publisher NHD Template** (74-inch wide x 72-inch high)

   Both of these templates are adjustable. You may make the virtual exhibit smaller, but you may not make the dimensions larger. You may adjust or eliminate the black lines on the templates, if desired.

   Click **here** to view a sample project in the template.

   › Regardless of which design software you use, NHD strongly recommends designing a tri-fold exhibit. Virtually created exhibits cannot adequately represent physical exhibits that are round, multi-sided, or those with moving parts.

2. Prepare to submit your virtual exhibit and required paperwork:
   › Export/download your virtual exhibit as a PDF.
   › Combine your exhibit PDF and required paperwork (title page, process paper, and annotated bibliography) PDF into a single PDF file. The final PDF document order must be: title page, process paper, annotated bibliography, virtual exhibit.

   Please see **this example** for the correct order.

   Please see **this video** to learn how to combine your PDF documents into one PDF file.
3. **Prepare to submit your slides and required paperwork:**

› Name the file your last name and contest level (ex: Ruelas_state.pdf).
› Go to [www.or.nhd.org](http://www.or.nhd.org) and create your student profile.
› Then click “My Profile” and upload your PDF file into the **Exhibit upload file field**.
› Click Save & Continue.
Rules to Remember

**Word Limit:** Only 500 student-composed words on the exhibit. Direct quotes or brief credits on photographs do not count against this limit.

- This limit includes the text you write for titles, subtitles, captions, graphs, timelines, media devices (e.g., video or computer files), or supplemental materials (e.g. photo albums, scrapbooks, etc.) where you use your own words.

**Size:** Exhibits can be no larger than 40 inches wide, 30 inches deep, and 6 feet high. Measuring the exhibit does not include the table it rests on; however, it does include any stand you create and any table drapes.

**Credits:** All visual sources (photos, paintings, charts, graphs, etc.) need to be given a brief credit on the exhibit itself and a full citation in your annotated bibliography.

Rule Changes as of June 2020

**Exhibit Media Time Limit (D4, p. 31)**

If used, media devices or electronics in an exhibit must not run for more than a total of 2 minutes and must not loop.

**No Links to External Content (D4, p. 31)**

Links to external content, such as QR codes, are prohibited.
Performance Category Entries

Student Guidelines for Performance Companion Worksheet

The new Performance Companion Worksheet assists judges in seeing and understanding important performance details that might be missed or hard to see in a recording. This companion worksheet is required:

› **REQUIRED!** Blank Performance Companion Worksheet — Google Docs
› **REQUIRED!** Blank Performance Companion Worksheet — Word
› Example of completed worksheet

Guidelines for Performance Recording

Students have two options for recording their performance:

› The traditional method using a camera or phone, or

› An online conferencing platform such as Google Meet, Zoom, or Microsoft Teams.

These platforms are only recommendations. Students are free to use any platform their educator/coach deems appropriate. Here are the requirements and notes for both options:

**Social Distancing:** Students should follow all social distancing guidelines and preventative actions that apply in their state, county, and school.

› NHD encourages group performances to consider using an online conferencing platform to record their performance to help everyone stay safe and healthy.

**Background, Props, & Costumes:** Students can utilize their backgrounds and props, wear any relevant costumes, and get creative.

› If using one of the online platforms, students can consider virtual backgrounds and other digital effects. Students can elaborate on these elements in the Performance Companion Worksheet.

**Audio or Other Media:** Any audio recordings, music, or media should be present in the recording as a part of the performance. There is no space to include these elements in the Performance Companion Worksheet.
No Editing Allowed: Students must record performances in one continuous take regardless of the filming platform — camera vs. online platform. Participants are not allowed to edit multiple clips together.

› If recording the traditional way, the camera should be stationary and from the point of view of where the audience would be sitting. Make sure the camera does not pan or zoom.

› For recording using online conferencing platforms, if the app switches views, it might appear as an edit even if it is a continuous take. A way to prevent this is for individual performers to make sure they stay in camera view (even partially) for the entire performance.

For groups, be sure that all performers’ screens are visible throughout the performance, even if minimized at the bottom. That way, the platform cutting between screens does not appear to be an editing cut.

Reasonable Help: A teacher or family member may assist with recording a performance.

Make sure the performance volume is clear! If the performance is hard to hear, the judges might miss important points. If there are parts that are not clear, consider re-doing the recording.

Student Virtual Submission

Paper Materials
Create one PDF that includes your title page, process paper, Performance Companion Worksheet, and annotated bibliography, in this order. You can only upload one PDF so it must include all of these components.

If you are using Word Document, click File at the top left corner, click Export, and click Create PDF/XPS.

If you are using Google Docs, click File at the top left corner, click Download, and choose the PDF Document (.pdf) option.

Name the file your last name(s) and contest level (ex: GutierrezRuelas_state.pdf).
Video Upload

› Save your documentary or performance video as an .MP4 video file.

Google Drive supports other file types including MPEG4, 3GPP, MOV files, AVI, WMV, and more if you are unable to download a .MP4 video file.

› Sign into or create a Google Account.
› Navigate to Google Drive once you are signed into your account.
› Click the New button
› Choose the File upload option.
› Upload the .MP4 file from your computer.
› After uploading the video, right click on it and choose Get shareable link.

IMPORTANT: MAKE SURE LINK SHARING IS ON. It should say “Anyone with the link can view.”

Submit Materials

› Go to www.or.nhd.org and create your student profile.
› Upload your PDF file into the Performance Worksheet field and paste your link into the Performance Link field.
Important Note: Alternative Upload Sites

Dropbox Share Steps
Upload file to Dropbox. Once uploaded, hover over the .MP4 file and click the Share button. A pop-up box will appear. Find “Share a link instead,” create a link, and set it to “Anyone with a link can view.” Copy the link.

OneDrive Share Steps
Upload file to OneDrive. Once uploaded, right-click on the file. Select the “Share” option from the menu. Change settings to “Anyone with the link can view.” Copy the link.

Rules to Remember

Time Limit: 10 minutes

Originality: Your performance must be an original production.

Props: You must set up any props yourself.

Rule Changes as of July 2020

Interaction (B5, p. 26)
During your performance you may not interact with or require participation from the audience.
2021 Oregon History Day Contest Updates

Oregon History Day Contest Fees

In order to prevent the spread of COVID-19, registration fees will be collected online through the Greater Giving platform.

$5 per teacher: Due Tuesday, April 20 at 9pm PT
Greater Giving Weblink: https://orhs.ejoinme.org/OHD-educator

$25 per student: Due Tuesday, April 20 at 9pm PT
Greater Giving Weblink: https://orhs.ejoinme.org/OHD

ALL students must pay the $25 registration fee and teachers have the option to pay for their students' fees. In acknowledgment of the financial impact that COVID-19 has had upon many Oregonians and to create as equitable of a state contest as possible, we have set funds aside to help cover registration fees. Please contact Kristen Pilgrim at Kristen.Pilgrim@ohs.org to request possible fee waivers.

Student Recognition & Safety

There will be NO awards ceremony; however, all students will receive a certificate in the mail and those students whose entries scored in the top three places will receive a corresponding medal in recognition of their accomplishment, also by mail. All participants’ names, entry titles, categories, schools, teachers/coaches, and school districts will be published on the ohs.org/oregonhistoryday website and appropriate social media posts. There will be a press release for the state contest.

Students who are part of a group project are highly recommended to continue working on their group projects virtually only and are discouraged from working together in person.
2021 National Contest

The top two projects from each category (individual and group) at the state contest qualify to attend the national contest. The national contest will be held virtually in 2021. Click here for detailed information about the contest. There will be no virtual student interviews with the judges at the state and national contest.

Registration Deadline: Tuesday, May 18, 2021, 9pm PT
› Registration Opening Date: Wednesday, April 14, 2021, 9am PT
› Registration Closing Date: Tuesday, May 18, 2021, 8:59pm PT
› Website Lock-Out Date: Tuesday, May 18, 2021, 8:59pm PT
› Project Upload Date: Tuesday, May 18, 2021, 8:59pm PT
› Virtual National Contest: Sunday, June 13 – Saturday, June 19, 2021

Contact Information

We’re so happy that you’re participating in History Day this year! We can’t wait to see your final project! Remember, if you need help, you can always ask your teacher or coach. Oregon History Day staff are also available to answer questions and give feedback. Feel free to contact us at any time with questions or clarifications.

Kristen Pilgrim: Kristen.Pilgrim@ohs.org
Oregon History Day Support Staff: History.Day@ohs.org