Please refer to the full Reflections Rules at Utahpta.org/ref

Dance Choreography	Film Production
- The dance may only be created by one person. - Multiple people may perform the dance. Consent forms will be needed for any dancers other than the choreographer. - Upload a video of your dance. The video is limed to 1 GB size and 5 minutes. Format MP4, MOV or WMV. - You may choose any music for your choreography. - Must be original work. Do not perform a dance learned in a dance class.	- Student must be camera person or use a tripod for the entire film. - Multiple people may appear in the film. Consent forms will be required for each person. - The movie should not be longer than 5 minutes and less than 1 GB. Acceptable formats are MP4, MOV, WMV. - You don't have to appear in the movie, but you do need to WRITE and FILM the movie.
Literature	**Music Composition**
- You can enter a piece of fiction or nonfiction, poetry or prose, even a drama (like a play). - Keep your entry to under 2,000 words. - Handwritten and typed entries are accepted. Upload a single PDF file to Utah Reflections online. Multiple files not allowed. - You can include a picture or drawing with your writing, but only your words will be judged.	- May be for voice, instruments or both. - Can be no longer than 5 minutes. - The music can be handwritten or written through computer software. - It must be submitted online as a single PDF file. - Create an audio file (no videos). The audio recording must not exceed 5 minutes in length and 1 GB in file size. Accepted files formats are MP3, M4A. - You do not need to be the person performing your song.

Reflections 2020 Category Overview

Photography	Visual Art 3D
- Upload a .jpg file of the photography entry to Utah Reflections Online. - You can use the computer to change and edit your photograph. - Do not add graphics or words onto your photo. If you add elements to your photo it will be entered into the visual arts category. - Submit a consent form (found at utahpta.org/ref) from any people featured in the photo.	3 D art includes; Jewelry, quilts, sculpture, ceramics, mobiles, chimes, kites, etc. - Artwork containing loose materials is not accepted. - Take 3-5 color photos of the artwork from various angles. It is recommended that the use of a ruler or coin is shown in one of the pictures to help the judges understand size and scale. - Save the files as .jpg files and upload them to Utah Reflections Online
Visual Art 2 D	
2 D art includes: Drawings, paintings, collages, photo collages, computer drawings, metal etchings, etc. - Dimensions must not exceed 24x30 inches, including matting. Framed entries not accepted. - Upload a .jpg file of the art to Utah Reflections online.	

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