

### General Rules

1. The competition opens on 1st February 2024 to anyone aged 50 or over, living in the UK.
2. The closing date is midnight on 30th April 2024. Entries received after this time will not be considered.
3. Up to 3 entries can be made per person in total.
4. Under no circumstances can alterations be made to entries once entered.
5. Only entries that stick to the guidelines below will be permitted.
6. All entries must be on the theme of Joy in Ageing and be the entrant's original work.
7. Entries must not have been published, self-published, published on a website or made public on social media, broadcast or featured among the winners in another competition before 30th April 2024.

### Poem Guidelines

All poems must have a title and be in English, and must not exceed 40 lines in length (excluding title).

### Art Guidelines

Submissions must be in the form of graphic 2D static artwork, including painting, drawing, pen & ink, etc. Please submit a clear image of your artwork which includes an object to give a sense of scale.

### Multimedia Guidelines

Multi media includes photos and videos. The maximum length of a video must be 1 minute.

All photos and videos submitted must not infringe the rights of any other person. Embracing Age cannot be liable if another person's rights are breached. It is the responsibility of the entrant to obtain consent before taking and submitting photos and videos showing other people.

### How to Enter

Entries should either be emailed to [joy@embracingage.org.uk](mailto:joy@embracingage.org.uk) or posted to Joy in Ageing Competition, Embracing Age, ETNA Community Centre, 13 Rosslyn Road, Twickenham, TW1 2AR.

Entries will not be returned, so please keep a copy.

For art submissions, it is acceptable to send a high quality image of the art work rather than the original. Please include your name, age and contact details.

Telephone or email confirmation of receipt is not available.

The judges decision is final. Neither the judges nor staff will enter into any correspondence.

No current employee or Trustee of Embracing Age is eligible to enter the Competition.

### Winners

1. Winners and shortlisted entries will be notified by the end of July 2024 and the winners will be announced on the Embracing Age website. All winners will be asked to provide a biography and photograph which will be used in publicity.
2. The copyright of each entry remains with the author. However, authors of the winning entries, by entering the competition, grant Embracing Age the right in perpetuity to publish and/or broadcast their work. Use of the winning entries elsewhere for one year from 2024 is subject to permission from Embracing Age
3. Shortlisted entries will be published in an anthology which will be available to purchase.

### The Small Print

Entrants agree to indemnify the judges, organisers, and any other related parties against any litigation that may arise should the entries not have the necessary permission to be published. We reserve the right to update & amend these rules at any time, but only if necessary; any changes will be posted on this website.