

# The History Day Project

## Rules: By Entry Type

Students and educators should read category-specific rules before students start planning and developing their entries.

### Paper Rules

- **LENGTH REQUIREMENTS**
  - Must be between 1,500 and 2,500 words
    - Includes quoted words!
  - Does not include notes (e.g. footnotes), captions, bibliography, or appendices
    - Appendix material should be minimal and must be referenced in the paper
- **CITATIONS**
  - Footnotes, endnotes, or internal documentation is required
    - Extensively annotated footnotes should not be used to get around the word limit
  - Citations are used to credit the sources of specific ideas as well as direct quotes
- **FORMAT**
  - Typed in 12-point font and double-spaced
  - Printed single-sided on plain white 8.5x11 paper with one-inch margins on all sides
  - Pages should be numbered
  - Pages should be stapled in top left corner
    - Do not enclose in a cover or binder
- **REQUIRED PAPERWORK**
  - Three copies of the title page, research paper, and annotated bibliography (in proper formats) are required
  - Bring an extra copy of this paperwork to the contest for your reference.
  - Process paper is not required
- **SUBMISSION:** Four copies of the title page, research paper, and annotated bibliography must be submitted to the contest office by the given deadline (it's prior to the contest!)



*Papers are submitted before the contest so they can be distributed to judges and the judges have time to read them. Four copies of the paper must be mailed to the contest office by the deadline.*

### Appendices

Use of appendices should be very limited and may include photographs, maps, charts, and/or graphs only. Oral history transcripts, interview correspondence, and other source material for the paper should be cited in the bibliography, but not included as an attachment.



*Peter Berge,  
Canyon Park Junior  
High School*

*Peter competed at  
the 2010 National  
contest in the Junior  
Historical Paper  
category. The title of  
his paper was  
"Poisons that Heal."*

### Counting Words

*Each word or number counts as one word. This is the only category in which quoted material is included in the word count.*

See the **NHD Rule Book** for a complete list of rules and appendix **Worksheet 5** for a checklist including rules compliance. Paperwork rules are discussed in the Paperwork section (p.21-22).