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!)

**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).