



## **This file contains information on the following:**

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**Who wins?** The Winner will have the highest successful count in the fastest time, in a properly made and submitted video.

## **How to submit an entry:**

1. Download any necessary scripts or logs for the contest.
2. Practice the challenge that you wish to compete in.
3. Record a video of the entrant reading the required script and performing the challenge.
4. Upload video onto your preferred platform (YouTube, Vimeo, etc.)
5. Post a link in the comment section of the Contest page you are trying to win.

## **Here are some General Guidelines for your video submission:**

1. Total Video length must be no longer than 2 minutes. That includes the script and challenge.
2. No editing of the video is allowed other than shortening the length of the video to two minutes.
3. The required script must be read during the video and any required logo must be displayed.
4. The description of your video must contain the link to the business' website for the contest.
5. The title of the video must contain an accurate statement of your results.
6. All submissions must be a continuous video from one camera.
7. The challenge must be completed in the allotted time.
8. It is recommended to submit your best attempt at completing the challenge.
9. Any profane, offensive, or rude language, clothing, gestures, or actions may result in rejection of your submission at the sole discretion of the Challenge sponsor or other designated individual.
10. Any cheating will disqualify you from future challenges.

## **Specific Rules for this Challenge:**

1. This challenge is open to people of all ages.
2. The Basket height must be 10ft.
3. The free throw line must be visible and the standard 15 feet from the backboard.
4. You must use the same ball for the entire challenge.
5. The ball can be either a 28.5 or 29.5 inch basketball.
6. You are allowed one Rebounder, if any one else touches the ball during the challenge the entry will not be considered.
7. Both the Shooter and the Rebounder must be on the ground level.
8. The Shooter, Rebounder, Free Throw Line and entire Basket must be visible throughout the video.

## **Required Script:**

Hi, I'm (Say Your First Name). I'm trying to win the **Lucid Force Health Center *This Is Beatable* 30-Second Basketball Challenge**.

Here is a list of things you can do to help keep from getting sick:

1. Wash your hands with soap and water when you get home.
2. Don't smoke or vape anything.
3. Adults should sleep at least 7 hours each night and kids should sleep 8-10 hours.
4. Eat more fruits and vegetables. Limit high glycemic foods, foods cooked at high temperatures and processed food.

Dr. Robles is a chiropractor that helps people with sports injuries get better faster and is the doctor who runs Lucid Force Health Center. Thanks for sponsoring this contest!

## **Required Logo:**

None for this contest.