

2025 NE-B CFCY PreCon Competition Guidelines



2025 Anchor Verse

Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples. And behold, Jesus met them on their way and greeted them. They approached, embraced his feet, and did him homage. Then Jesus said to them, "Do not be afraid. Go tell my brothers to go to Galilee, and there they will see me." Matthew 28:8,10 (NAB)

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General Information

Eligibility

1. The competition is open to active CFC Youth members and Non-CFCY guests.
2. An active member is someone who has participated in at least one official CFC Youth activity within the past six months, including events like CFC General Assembly or Evangelization Rally, but excluding fellowships. The only exceptions are for new CFC Youth members who join after the past half- year and non-members as a means of “gateway evangelization” (the latter upon the discretion of the Area/Cluster/Chapter).
3. Non-CFCY participants can join the competitions under these conditions:
 - a. They are between 12 to 18 years old.
 - b. They can participate in team competitions as long as there are more CFCY members than guests.
 - c. If a non-CFCY participant wins, they are eligible to attend the National Conference as a delegate of the area.
4. Singles For Christ (SFC) members are not permitted to participate in the competitions.

Competitions

The competitions are intended to be fun with the goal of building teamwork and showcasing talent given by God. We value good sportsmanship, friendly competition, and excellence. Areas and individuals are welcome to participate in any competition.

Note that some competitions may take place simultaneously so think about participating in multiple events happening at the same time. Refer to the PreCon schedule and consult with your Chapter Coordinator before signing up. All competitions are optional.

The PreCon organizers reserve the right to change or cancel competitions based on the circumstances that may arise during the PreCon (e.g. weather, venue availability).

1. Banner
2. Dance
3. Band
4. Original Song
5. Poetry
6. Photography
7. Video
8. Merch
9. Men's Basketball
10. Women's Basketball
11. Co-ed Volleyball
12. Amazing Race: Return to Galilee

What Happens When You Win a PreCon Competition?

The winners of each competition in PreCon will represent their region at National YCON, which will be considered as the “championships”. At least 50% of each winning team of each PreCon must perform/compete at YCON. If the team/individual who won at PreCon cannot attend, then the opportunity to compete should be given to the 2nd place winner.

How to Join a Competition

1. Read the guidelines provided for each event in this manual. Note the file submissions required for that competition.
2. Talk to your Chapter Coordinator and youth Chapter Head that you wish to join an event
3. You must register for the PreCon. <https://www.cfcmaryland.org/cfcy2025precon>.
4. Fill out the **Competition Entry Form**:
<https://form.jotform.com/rsucgang/2025-ne-b-cfcy-precon-competitions>

Submission Requirements

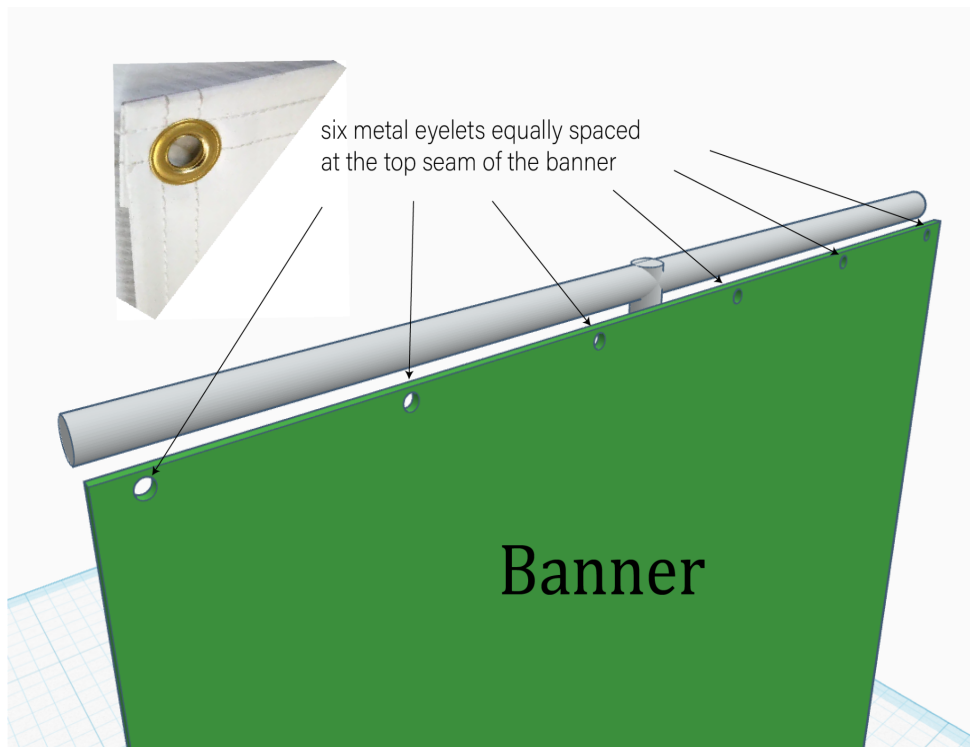
Note the requirements that are needed for submission for your entry to be valid. You must prepare these files ahead of time before you register. Files must be named properly according to the guidelines.

Competition	Team Members and Age	PDF File Description	MP3 Song Demo	Image File	MP3 Backing Track	MP3 Dance Track	YouTube link
Banner		X					
Dance	X	X				X	
Band	X	X					
Original Song	X	X	X		X		
Poetry		X					
Photography		X		X			
Video		X					X
Merch		X					
Basketball (Men's Team)	X						
Basketball (Women's Team)	X						
Co-ed Volleyball	X						
Amazing Race: Return to Galilee	X						

Banner

Guidelines

1. Requirements
 - a. One banner entry per chapter.
 - b. **Banner** (see below for specifications)
 - c. **PDF File** containing area/chapter and one-paragraph explanation of your banner's design and how it reflects the year's theme. File name requirements: Banner_WriteUp_[area/chapter name]_[your name].pdf
2. Banner Specifications
 - a. Material: Cloth or canvas
 - b. Size (portrait): 6 feet tall x 3 feet wide
 - c. Must include the region name: Northeast-B
 - d. Must feature the CFC 2025 theme verse (Matthew 28:8,10 NAB)
 - e. Banners must be hand-made (painted, sewn, etc.) and not pre-fabricated from a printer.
3. Mounting Details
 - a. The organizers will provide a PVC mounting bracket for your banner.
 - b. Your banner must have six metal eyelets attached along the top seam. These will be used to mount your banner.
 - c. Make sure the eyelets are installed at both ends and evenly spaced in between.



Judging Criteria

• Technique/Style	15%
• Usage of the Principles of Design	15%
• Level of Difficulty	10%
• Materiality	5%
• Wholesomeness	5%
• Concept and interpretation	25%
• Clarity of Idea	5%
• Representative of Delegation	5%
• Creativity and craftsmanship	15%
• Total	100%

Deductions

1. Late Entry Form Submission, including 1-paragraph write-up (5 points)
2. Theme Not Represented or Displayed on Banner (5 points)
3. Incorrect Measurements (2 points)
4. Delegation Name Not Displayed (2 points)
5. Late during Set-up (2 points)

Dance

Guidelines

1. Requirements
 - a. One dance team per chapter.
 - b. **PDF File** containing area/chapter, dance captain name, dance member names and ages, song name, and one-paragraph explaining why they chose their music and how their performance reflects the theme. File name requirements: Dance_WriteUp_[area/chapter name]_[your name].pdf
 - c. **MP3 File of dance track.** Track must be mixed and not to exceed 100 MB. File name requirements: Dance_Track_[area/chapter name]_[your name].mp3
2. Group Composition
 - a. Each group must have 5–15 coed members ages 12 to 21 years old.
3. Performance Length
 - a. Must not exceed 5 minutes.
4. Required Elements. Each routine must include:
 - a. At least 1 Worship track (e.g., Liveloud, Matt Maher, Forrest Frank). This song must play for at least 45 seconds.
 - b. The CFC 2025 theme verse from Matthew 28:8,10.
5. Content and Costume Guidelines
 - a. Dance moves and costumes must be wholesome, decent, and proper.
 - b. No vulgar, suggestive, or inappropriate content or lyrics.
 - c. Inappropriate content or costumes can lead to disqualification.
6. Attendance and Performance Day
 - a. Teams must check in at least 1 hour before the showcase. Late check-ins risk disqualification.
 - b. Stay alert for announcements; your performance order will be given on the day.
7. Mandatory Captains' Meeting
 - a. All dance captains must attend a briefing before the event for guidelines and performance order.

Performance-based Criteria

- | | |
|-------------------------------------|-----|
| • Theme and creative interpretation | 15% |
| • Delivery of Techniques | 15% |
| • Seamless Transitions | 10% |
| • Level of Difficulty | 10% |
| • Audience Impact | 10% |
| • Energy, Vibrancy and Execution | 10% |
| • Timing, Rhythm, Coordination | 10% |

- Stage Presence 10%
- Wholesome Appeal 10%
- Total 100%

Deductions

1. Late submission for music (5 points)
2. Late entry form submission, including 1-paragraph write-up (5 points)
3. Over or Under Person Limit (1 point)
4. Exceeds Age Limit (1 point)
5. Song Lyric Violation (disqualification)
6. Over or Under Time Limit (2 points)
7. Improper Costume Selection (2 points)
8. Suggestive Movements (5 points)

Band

Guidelines

1. Requirements
 - a. One band per chapter.
 - b. **PDF File** containing area/chapter, song title, lyrics, band member names and role, and one-paragraph write-up explaining how your songs reflect the anchor verse. File name requirements: Band_WriteUp_[area/chapter name]_[your name].pdf
2. Band Composition
 - a. Bands must have both instrumentalists and vocalists.
 - b. Each band must have 3 to 8 members ages 12 to 21 years old.
 - c. All band members should wear decent and proper attire.
3. Equipment Provided
 - a. The PreCon organizers will provide: 1 bass, 2 acoustic guitars, 1 electric guitar, 1 keyboard, drums and microphones. If you need additional instruments (e.g., violin, flute, ukulele), you must bring your own portable amps and inform the committee in advance.
4. Song Requirements
 - a. Each band must play a medley of 3 songs in any order: 1 Remixed Worship song (not in its original style) and 2 Secular songs:
 - b. One song must reflect the CFC 2025 theme verse (Matthew 28:8,10 NAB)
 - c. One song must be re-arranged (e.g., change of tempo or arrangement)
 - d. Lyrics must not contain vulgarity or ungodly content.
5. Performance Details
 - a. Your presentation must not exceed 5 minutes.
6. On the Day of the Showcase
 - a. Bands must check in at least 1 hour before performing.

Criteria for Judging

- | | |
|---------------------------|------|
| • Dynamic Arrangement | 15% |
| • Crowd Rapport | 10% |
| • Stage Presence | 10% |
| • Arrangement and Harmony | 15% |
| • Rhythm, Coordination | 10% |
| • Vocal Arrangement | 10% |
| • Lyrics of Songs | 10% |
| • Clarity of Lyrics | 5% |
| • Band Character | 10% |
| • Unison of Band | 5% |
| • Total | 100% |

Original Song

Guidelines

1. Requirements
 - a. One original song entry per chapter.
 - b. **PDF File** containing area/chapter, composer name, song title, lyrics, band member names (if any) and one-paragraph write-up explaining your song inspiration and how it reflects this year's anchor verse. File name requirements: OriginalSong_WriteUp_[area/chapter name]_[your name].pdf
 - c. **MP3 File Song Demo** File must not exceed 50 MB. File name requirements: OriginalSong_Demo_[area/chapter name]_[your name].mp3
 - d. **MP3 File Backing Track** if the singer will not be accompanied by live music. File name requirements: OriginalSong_BackingTrack_[area/chapter name]_[your name].mp3
2. Group Composition
 - a. Lead singer(s) and band members (if any). Maximum of 5 band members. Band members must bring their own guitars.
 - b. No dancers allowed during the performance.
3. Song Requirements
 - a. Your song must be Catholic and/or positive in message.
 - b. It should fall into one of two categories: Praise (fast) or Worship (slow)
 - c. Lyrics should be written as if they could be used by CFC Youth.
 - d. Must incorporate the CFC 2025 theme anchor verse (Matthew 28:8,10 NAB).
4. Performance details
 - a. Performance must not exceed 4 minutes.
5. Day of the Showcase
 - a. Bring a printed copy of the lyrics (with song title, writer/s, and verse order).
 - b. Lyrics must match the version being performed.
6. Attendance & Announcements
 - a. Be present and checked in at least 1 hour before the showcase.
 - b. Listen for announcements—your performance order will be shared before the show.

Criteria for Judging

- | | |
|-----------------------------|-----|
| • Instruments/backing track | 10% |
| • Transitions | 10% |
| • Stage Presence | 10% |
| • On-stage presence | 10% |
| • Confidence | 10% |

- Uniqueness of Lyrics 20%
- Content 20%
- Total 100%

Deductions

1. Late entry form submission, including 1-paragraph write-up (5 points)
2. Over the time limit (2 points)
3. Failure to provide lyrics (presentation), mp3 sample recording (and backing track if applicable) (5 points)
4. Performance does not reflect lyrics given (5 points)
5. Not of Christian nature (5 points)

Poetry Slam

Guidelines

1. Requirements
 - a. One entry per chapter.
 - b. **PDF File** containing area/chapter, composer name, poem title, poem lyrics and one-paragraph write-up explaining your poem inspiration and how it reflects this year's anchor verse.. File name requirements:
PoetrySlam_WriteUp_[area/chapter name]_[your name].pdf
2. Poem Content & Theme
 - a. Your poem must reflect the CFC 2025 theme anchor verse.
 - b. It should be positive and/or Catholic in nature.
 - c. No vulgar or suggestive content—this leads to disqualification.
 - d. Performance must not exceed 3 minutes.
3. Performance Rules
 - a. Poems must be performed live with no music or background sounds.
 - b. Solo performance only—no extra members allowed.
4. Day of the Showcase
 - a. Bring a printed copy of your poem (with title and writer's name).
5. Attendance & Announcements
 - a. Check in at least 1 hour before the showcase.

Criteria for Judging

• Memorization	10%
• Volume & Intonation	10%
• Conviction	10%
• On-stage presence	10%
• Confidence	10%
• Uniqueness of Lyrics	20%
• Content & Message	20%
• Literary Technique	10%
• Total	100%

Deductions

1. Late entry form submission, including 1-paragraph write-up (5 points)
2. Over the time limit (2 points)
3. Failure to provide lyrics and mp3 (5)
4. Performance not reflecting lyrics given (5 points)
5. Not of Catholic Nature (5 points)

Photography

Let's face it, with the accessibility of posting pictures online using social networks, we cannot help but contribute to capturing and viewing our peers on our own photographs. Why not take a picture of an image that reminds us of how amazing and vast God's love is for us? Each captured image tells a story. Are you ready to share yours?

Guidelines

1. Requirement
 - a. Multiple individual entries per chapter allowed but only one entry per person.
 - b. **PDF File** containing area/chapter, photographer name, photo title and one-paragraph write-up explaining your photo inspiration and how it reflects this year's anchor verse. File name requirements: Photo_WriteUp_[area/chapter name]_[your name].pdf
 - c. **Image File (PNG, JPG)** that does not exceed 50 MB. File name requirements: Photo_Entry_[area/chapter name]_[your name].png or .jpg
2. Editing
 - a. Minor touch up editing is allowed, but no full photoshopping.
 - b. Photos can be colored or use built-in sepia or black-and-white filters.
3. On the day of PreCon:
 - a. Provide a printed photograph (8 ½ x 11 inches) in a nice frame.
 - b. Printed copy of your 1-paragraph write-up.

Criteria for Judging

- | | |
|--|------|
| ● Relevance to CFC 2025 Theme Verse | 30% |
| ● Creativity & Originality | 25% |
| ● Technical Quality | 20% |
| ● Alignment with Christ-Centered Theme | 15% |
| ● Audience Impact | 10% |
| ● Total | 100% |

Original Video

Create an original video that can be used as a way to evangelize – by showing them on social media platforms and at varying CFCY events.

Guidelines

1. Requirements
 - a. Multiple individual entries per chapter allowed but only one entry per person.
 - b. **PDF File** containing area/chapter, video author name, video title, video URL and one-paragraph write-up explaining your photo inspiration and how it reflects this year's anchor verse. File name requirements: Video_WriteUp_[area/chapter name]_[your name].pdf
 - c. **YouTube video URL.** Video entries must be uploaded to YouTube and marked as Unlisted
2. Accepted Video Types
 - a. Narrative: A fictional or fictionalized story.
 - b. Awareness Video: Raises awareness about an issue, shares a story, educates, or inspires action.
 - c. Commercial: Promotes a product, service, or brand.
 - d. Must not contain vulgarity or explicit scenarios.
3. Video Length
 - a. Videos must have a minimum of 1 minute to a maximum of 3 minutes.
4. Production Rules
 - a. No one over 21 can assist with filming, editing, or production.
 - b. There is no age limit for those in the video itself (e.g., grandparents, parents, etc.).
5. If filming inside a Catholic Church
 - a. Always ask for permission from the parish or priest before filming inside a church. Be respectful and reverent.

Criteria for Judging

● Relevance to CFC 2025 Theme Verse	30%
● Creativity & Originality	25%
● Technical Quality	20%
● Storytelling & Message	15%
● Adherence to Guidelines	10%
● Total	100%

Merch

Got a knack for design? Imagine seeing your own creation worn proudly by fellow brothers and sisters in Christ! We're inviting all creative youth to design merch that reflects our theme—whether it's for a T-shirt, pin, sticker, or bag. Great designs spark conversations—and with that, opportunities to share our faith. So get creative and use your talent to evangelize through art!

Merch Design Contest

1. Requirements
 - a. Multiple individual entries per chapter allowed but one entry per person.
 - b. Merch type can be a shirt, sticker, pin, or a bookmark.
 - c. **PDF File** containing area/chapter, designer's name, merch design mock ups and a one-paragraph write-up explaining your merch inspiration and how it reflects this year's anchor verse. File name requirements: Merch_WriteUp_[area/chapter name]_[your name].pdf
 - d. **Merch samples** (if able to provide)
2. Design Guidelines:
 - a. Must be Christian-centered and respectful of sacred themes.
 - b. Avoid casual or inappropriate representations (e.g., "I'm homies with Jesus," or icons like Mama Mary in sunglasses).
 - c. Choose a base color but no more than 3 colors for the design.
3. Showcase:
 - a. All accepted designs will be displayed during thePreCon.

Criteria for Judging

• Uniqueness	15%
• Creativity	15%
• Connection to Theme	15%
• Theme Interpretation	15%
• Color and Typography	15%
• Composition and Layout	15%
• Target Audience Appeal	5%
• Commercial Potential	5%
• Total	100%

Deductions

1. Late Entry Form Submission (5 points)
2. Theme Not Represented or Displayed on Shirt (5 points)
3. Failure to submit Concept Statement (5 points)
4. Late submission (2 points)

Basketball (Men's and Women's)

Note: The following sports competition may run simultaneously. Be sure team members are registered only for one sports event or the Amazing Race..

Dynamics

1. Requirements
 - a. One men's team and one women's team per chapter.
 - b. Smaller chapters may opt to combine to form one team.
 - c. Each chapter may have 1 men's team and 1 women's team.
 - d. Must have a maximum of 15 players per team
 - e. Ages of players must be from 12 to 18 years of age
 - f. Non-CFCY members can play as long as there are more CFCY members than non-members per team..
 - g. All players must play in the game. If all players do not play, the other team will receive 15 points at the end of the game.
2. Coach requirement
 - a. Each team must assign one Couple Coordinator and one CFC Youth leader from your Area/Cluster/Chapter to be the coach and captain of the team.
3. Team attire
 - a. Each team is required to wear shirts or jerseys of the same color corresponding to the assigned color of its delegation.
 - b. Each team player is also required to have his or her jersey number visible on them at all times.
4. Game duration and time
 - a. Each game will have two 10-minute halves (running time). There will be NO CLOCK STOPPAGE, except during timeouts (30 seconds each).
 - b. There will be a 3-minute break after the first half.
 - c. Each team is only allotted 1 time-out.

Violations

1. Improper conduct and foul language will not be tolerated.
2. All referees' decisions are final and are not disputable.
3. Hard fouls are prohibited, any player causing danger to other players may be removed at the referee's discretion.

Co-ed Volleyball

Note: The following sports competition may run simultaneously. Be sure team members are registered only for one sports event or the Amazing Race..

Dynamics

1. Requirements
 - a. One team per chapter.
 - b. Smaller chapters may opt to combine to form one team.
 - c. Ages of players must be from 12 to 18 years of age
 - d. Team members count minimum 6 maximum of 15.
 - e. Team must have 6 players on the floor at all times. Team composition on the floor is at most three (3) boys and girls can have at least three (3).
 - f. Non-CFCY members can play as long as there are more CFCY members than non-members per team..
 - g. All players must play in the game. If all players do not play, the other team will receive 15 points at the end of the game.
2. Coach requirement
 - a. Each team must assign one Couple Coordinator and one CFC Youth leader from your delegation to be the coach and captain of the team.
3. Team attire
 - a. Each team is required to wear shirts or jerseys of the same color corresponding to the assigned color of its delegation.
4. Gameplay
 - a. Each game will consist of one set played up to 25 points.
 - b. Teams win by at least 2 points.

Finals

1. Best of 3 sets.
2. Sets go up to a 25-rally point system.
3. If there is a tie (i.e., the teams win one set each), a deciding set will be played up to 9 points.
4. Any form of protest should be coursed through the designated TEAM CAPTAIN. The Team Captain must then relay the concern to the Competitions' Administration Booth, where the situation will be dealt with in the fairest way possible.

Rules

1. Can volley off the serve
2. Foot under the net is considered a lost possession.
3. If the serve touches the net, the ball is still in play.

Amazing Race: Return to Galilee

Are you ready for some fun? Get your team together for an amazing time!

Note: *The following sports competition may run simultaneously. Be sure team members are registered only for one sports event or the Amazing Race..*

Team Composition

1. Each team will have 10 members
 - a. 8 youth
 - b. 2 adult coordinators
2. Teams can mix and match members from any area/chapter.
3. You must indicate a team captain and come up with a team name.
4. There will be a max of 5 teams for this contest. Registration will be on a first come-first served basis.
5. If you are participating in basketball or volleyball, you may want to skip this contest. This will run in parallel with those events.

Dynamics

1. This game will involve physical movements and wits. Be prepared to move a lot!
2. There will be several rounds of challenges that each team will complete. The first to complete the challenge wins the most points.
3. Points for each challenge will be added up to determine the final score.
4. Teams with the most score wins the competition.

Preparation

1. Some challenges will involve water. Please bring extra clothes!
2. There will be some trivia or bible challenges so brush up on your knowledge!