

I BUILT THIS! Construction Video Contest – OFFICIAL RULES

The tenth-annual I BUILT THIS! Construction Video Contest is a nation-wide competition inviting construction craft students and trainees to showcase their building projects.

Who Can Enter?

Submissions are open to anyone currently enrolled in or teaching a secondary or postsecondary construction training program, including:

- High school CTE students
- Construction apprentices and trainees
- Craft instructors (who may submit projects on behalf of their class or program)

Note: Accreditation with NCCER is NOT required to enter!

Categories (One Winner from Each):

- Secondary
- Postsecondary
- People's Choice

Minimum Video Requirements

Unless otherwise noted, failure to meet minimum requirements may result in disqualification.

- Entries must showcase projects that are **relevant to the construction or maintenance industries**.
 - Entries should feature specific projects, not just general highlighting of a training program.
- **Proper safety practices** must be used in the video.
 - Correct use of personal protective equipment (PPE), including hard hats, eye and ear protection, safety harnesses, etc.
 - Safe use and storage of tools, equipment and materials
 - Additional craft-specific safety protocol
 - *Minor violations will result in a score reduction. Repeated or major violations may result in disqualification.*
- Videos must **feature at least one student** in a speaking or voiceover role.
 - Instructors may appear in the video and do voiceover as well, but at least one student must also be featured.
- Projects must be **completed in the 2024/2025 school year**.
- Videos must be uploaded to YouTube, and **links must be submitted with entry**.

- Winning entrants will be required to send direct video file to NCCER at the conclusion of the contest to claim prizes.
- Videos are encouraged to be submitted on Instagram **in addition to YouTube** for an extra prize.
 - One winner from each of the three categories will be given an additional prize if they have also posted their YouTube video (or a shorter version of it) on Instagram.

Keys to Success

While not required, meeting these recommendations will result in higher scores and better video quality.

- Video answers or addresses the following:
 - Names of participants and school/training program, grade/year in program, and state/location
 - What is your project and why did you build it?
 - What do you enjoy most about construction?
 - What is the value of the craft skills you have learned, and how do you plan to use them in the future?
- Video showcases all stages of project development where applicable: design/planning, building and completion/use.
- Good audio and film quality
 - Dialogue is clearly understandable over any machinery or background noise.
 - Good music choice and volume.
 - Video is clear and steady.
 - Photographs and stills may be incorporated, but majority should be filmed.
 - Consistent video orientation throughout duration of video.
 - Horizontal/landscape is recommended for YouTube, but vertical/portrait style videos will also be accepted.

Timeline:

Contest will open for entries Thursday, February 1, 2025. Submit entries at byf.org/i-built-this/.

Contest will close Friday, March 14, 2025 at 11:59 PM ET.

Shortly following the contest close, the voting for People's Choice portion of the contest will begin Monday, March 17, 2025.

Winners will be announced in mid-April.

Dates subject to change.

Additional Notes:

- Collaboration is encouraged to create a quality video submission.
 - Ex: A friend that has experience with video can help editing; parent can help with camerawork, etc.
 - Utilize other programs and departments at the school or company, such as audio/visual classes and marketing departments.

- Entrances may be individuals or groups.
 - Prizes will be shipped as one package; distribution among multiple team members will be left to the team.
- Instructors are encouraged to incorporate the I BUILT THIS! contest into their curriculum.
 - Pro tip: Offer extra credit to students who enter!

The I BUILT THIS! contest is presented by NCCER and Build Your Future. ©2025

