



2026 Calgary Regional Skills Canada Competition

Contest Description

SAIT Main Campus (1301 – 16 Ave NW, Calgary)

March 14, 2026

EVENT: Video Production	LEVEL: Secondary										
DURATION OF CONTEST: 7 HOURS	LOCATION: L05, Senator Burns Building										
COMPETITION SCHEDULE: <table border="1"> <tr> <td>ORIENTATION</td><td>7:15AM – 7:30AM</td></tr> <tr> <td>COMPETITION</td><td>7:30AM – 2:30PM</td></tr> <tr> <td>WORKING LUNCH</td><td>12:00PM-12:30PM</td></tr> <tr> <td>JUDGING</td><td>2:30PM – 3:30PM</td></tr> <tr> <td>VIDEO VIEWING</td><td>3:30PM – 4:30PM</td></tr> </table>	ORIENTATION	7:15AM – 7:30AM	COMPETITION	7:30AM – 2:30PM	WORKING LUNCH	12:00PM-12:30PM	JUDGING	2:30PM – 3:30PM	VIDEO VIEWING	3:30PM – 4:30PM	REGIONALIZED: YES If YES, To compete at the Provincial Skills Canada Competition students must qualify at their Regional Skills Canada Competition.
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AWARDS CEREMONY INFORMATION: MacDonald Hall 5pm.											

CONTEST INTRODUCTION

The purpose of this contest is to evaluate proficiency in the video communications fields. This event gives students an opportunity to explore the field of Digital Video Production, while completing the challenge of creating a short video based on the provided topic, matter, and theme.

SKILLS AND KNOWLEDGE TO BE TESTED

The project should:

- Be a minimum of 1 minute to a maximum of 1:15 minutes in length
- Be interesting and informative while maintaining a focus
- Have a beginning, middle and end
- Exhibit an appropriate pace that keeps viewers interested
- Incorporate location sound and/or voice over narration
- Demonstrate effective time management

Create a one-page Microsoft Word document or pdf, single-spaced. Competitors must bring their own USB stick (minimum 8GB) and submit, along with their video, stating the following:

- Target audience
- Goals and objectives
- Approach/treatment
- Equipment used
- Innovative solutions to problems



PROJECT DESCRIPTION

Competitors (teams of 2 are encouraged) will create a 1-minute video using a provided theme, a provided target audience, and provided goals and objectives. This theme will be provided by the Committee Lead the morning of the competition. The production will incorporate camera work, storytelling, audio, video editing, and style. The **SAIT** campus will serve as the setting for the production and all work must occur in the confines of this campus.

PROJECT RECOMMENDATIONS

- Obtain as much information about the subject as you can. As a team, discuss different options for a possible approach and then go with the one that seems the most appealing and original.
- Begin the project with as much of a detailed plan as possible but don't be afraid to deviate from it if better ideas come up during shooting or editing.
- Consult with experts either on-camera or off.
- The focus should stay true to the topic.
- Backup and save work regularly.

PROJECT SPECIFIC RULES

- The use of Copyrighted music is NOT permitted. Copyright free and Royalty free Music is allowed. Participants are encouraged to create their own music at the event. However, they may bring licensed music pre-downloaded to their device, as long as they are able to provide proof of licensing for any music or sound effects utilized in their productions. They may either preload these assets onto their devices or download them on the day of the event; both options are acceptable.
- Only 1 online interview is permitted per team if it is deemed essential for the story. You may record interviews using ZOOM, Skype, Microsoft Teams, and use capture recording software like OBS (Open Broadcaster Software) to record the interview <https://obsproject.com/>
- At the beginning of the playback there needs to be a slate for: 04 indicating team number and school name. The slate does not count for the total time of the video. File name format for submission is as follows:
Team XX – School Name – City (For example: Team 02-Riverdale High School-Riverdale City)
- Only props found on site are to be used during the competition.
- Visuals or footage captured prior to the competition are NOT allowed to be used. All footage must be captured using one camera during the competition hours and on the school property. The use of visuals or footage downloaded from the Web (YouTube, Google Images, etc.) will result in disqualification.
- Completed videos must be within +/- 4 seconds of the specified length. If the length is more than +/- 4 seconds, demerits may be given.
- No importing of JPEG/RAW still images from DSLRs.
- If your project includes people other than the registered competitors, please ask for consent



prior to filming. It is the responsibility of the competitors to obtain permission to record in other contest areas and they must take proper safety precautions.

- Video and audio acquired **MUST** originate from the **2026 Regional Skills Canada Competition** on the above listed competition date. Use of previously acquired audio or video content will result in the entry being disqualified.
- **PLEASE ENSURE YOU ALLOW TIME FOR VIDEO RENDERING. ALL VIDEOS MUST BE RENDERED AND SUBMITTED BY THE COMPETITION END TIME SPECIFIED ABOVE.**

EQUIPMENT & MATERIALS

Equipment and Materials Competitors Must Supply:

Competitors are required to bring their own computer(s)

***Note: Clearly mark all your equipment. Competitors will assume full responsibility for all equipment**

- ONE computer (laptop or desktop) with video editing software - must be able to export a 1920x1080p, H.264 file format (.mov/.m4v/.mp4). Tape based outputs CANNOT be utilized.
- Competitors are responsible for any software they wish to use, as well as any required accessories (power adapter, keyboard, mouse, monitors, headphones, etc.)
- Any type or style of video camera is allowed (video/DSLR/mirrorless/mobile device).
- Any number or style of camera lenses are allowed.
- Memory cards with a means of transferring footage to a computer (card reader, USB cable etc.), or the use of a cloud-based storage server to store and retrieve acquired footage (Dropbox, Google Drive, OneDrive).
- Batteries and chargers (for camera, audio devices, etc.).
- Microphones and audio recording devices (shotgun, boom, lav, handheld, wireless, external audio recorder, desktop USB mic, etc.). Please note that a dedicated room for sound recording may not be available.
- Headphones: 8mm to ¼" adapters should be considered for certain I/O devices, cameras, and audio equipment.
- Tripods, monopods, handheld stabilizers, gimbals (no rails, jibs or sliders)
- Camera mounted or handheld, battery-powered mounted lights.
- Battery operated lights are permitted to use. Any lights brought into the competition will require a proper floor stand as needed and/or the ability to be handheld or mountable on a camera, lighting stand, or C-stand. Teams will need to allocate space in their editing areas for charging battery-operated lights.

Equipment and Materials Supplied by the Committee:

- Workspace and power supply
- Playback system for group viewing

COMPETITION SPECIFIC RULES

The following Competition Specific rules along with SCA's overall Policies and Procedures provide specific details in competition areas that may vary from one another. Any additional contest rules will be reviewed during the Competitor Orientation.

Topic/Task	Contest Specific Rule
Use of Technology	<ol style="list-style-type: none"> 1. Cell Phone Registration: participants wishing to use their cell phones for voice recording or drafting the production brief must register their devices prior to usage with a RTC member. 2. Teams can bring backup equipment in case of malfunctions but can only use one editing system at a time (including music and graphics). All backup equipment must only be used in emergency situations and stored away within the boundaries of the competition site.
Use of Artificial Intelligence (AI)	Using AI to create content from scratch is not permitted in this contest. Students are expected to film and edit their own content, create their own graphics (when needed), and source their own copyright-free music. However, using AI as an enhancement to the project (i.e. Generative Extend in Premiere Pro) is allowed. If you do use these tools, please include a list of the AI tools and prompts used. While AI tools can make workflows more efficient, do keep in mind that they also have their limitations.
Project Details	<ol style="list-style-type: none"> 1. Only copyright free music is to be used. The use of copyrighted music will result in disqualification of the video in which it was used. 2. Visuals created or footage captured must be completed during the competition. 3. Coaches are not to help, supply props or appear in their team's video. 4. All editing must be completed in the skill area. There are no restrictions on the use of the editing software including effects, generators, titles, colour correction, plugins, templates, etc. These must be loaded onto the editing system prior to arriving on site. 5. Once the Production Brief and Final Project on the supplied USB stick has been submitted there will be no opportunities to make any changes to the submission.

JUDGING CRITERIA

Technical		
/5	Camera Work	Composition and motivated aesthetic, creative camera shots and technical operation
/5	Audio	Sound clarity, consistency, appropriate use, overall mix

/5	Editing	Effective combining of imagery, flow, pacing, use of natural and location sound
Content		
/5	Storytelling	Evidence of planning, introduction and closing, fulfils goals and objectives, coherency, effective writing and/or information appropriate to subject matter, target audience and style of video, effective video referencing, logical progression of ideas
/5	Interviews and/or use of on-camera talent	Interesting location, interactive with environment, interesting characters, short concise clips, conversational, motivated movement, natural flow in story.
/5	Approach/Style	Style and tone, effective combining of imagery and sound, level of difficulty.
/5	Content Criteria	Project is on topic. Fits well with the provided theme. Project fits with the time constraints required.
/5	Production Brief	Create a one-page production brief stating the following (target audience, goals and objectives, approach/treatment, equipment used, innovative solutions to problems).
/5	Project Specifications	<ul style="list-style-type: none"> • Correct length • Correct format • Correct filename • Meets genre specifications
/5	Overall Impact	Impact, Creativity and Overall Production Quality
/50	Total Points	Teams may be penalized for teacher/coaches conferring with competitors during the competition. Technical assistance may be permitted.

TIE BREAKING PROCESS

In the event of a tie between two or more competitors, the overall winner will be determined based on the best score in the storytelling category. In the event of a second tie, the overall winner will be determined based on the best score in the Approach category.

RELATED CAREER AND TECHNOLOGY STUDIES COURSES

Descriptions of all modules are located at the following website:

https://education.alberta.ca/media/160263/com_sum.pdf

COM1005 Visual Composition

COM1105 Audio/Video

COM2015 AV Preproduction 1

COM2115 AV Production 1

COM2125 AV Postproduction 1

COM3105 AV Preproduction 2

COM3115 AV Production 2

COM3125 AV Postproduction 2

COM3135 Audio Techniques

COM3005 Creative Writing



CLOTHING REQUIREMENT

Appropriate work clothing must be worn to compete. On-camera talent should wear appropriate clothing with no visible brand logos and/or slogans and no school/team identification. Casual wear such as shorts will not be permitted. No loose-fitting clothes or jewelry.

SAFETY

The health, safety and welfare of all individuals involved with Skills Canada Alberta are of vital importance. Safety is a condition of participation with Skills Canada Alberta and shall not be sacrificed for the sake of expediency. At the discretion of the judges and technical committees, any competitor can be denied the right to participate should they not have the required proper safety equipment and/or act in an unsafe manner that can cause harm to themselves or others.

ADDITIONAL INFORMATION

Lunch: Provided for all competitors. Unfortunately, all allergies may not be able to be accommodated for. Please connect with the local Regional Coordinator for more information.

Parking & Maps: <https://www.sait.ca/about-sait/campus/campus-map>

Regulations & Policies: View the Skills Canada Alberta Regional Regulations & Policies here <https://skillsalberta.com/competition/regulations-and-policies/>

Skillz & Thrillz - Alberta's Trade & Tech Youth Podcast: Our talented alumni share tips and tricks on how to succeed in competitions and your career! Their insights can help you prepare for your Skills journey, and who knows, you might just be a future guest! <https://skillsalberta.com/student-resources/skillz-thrillz-albertas-trade-tech-youth-podcast/>

REGIONAL COMMITTEE MEMBERS

Matt Watterworth	SAIT FVP
Sally Haggis	SAIT RTBN
Damien Mustaphi	SAIT FVP



2026 SAMPLE PRODUCTION BRIEF FORMAT

***This document is for sample purposes only and will be distributed with complete information on competition day.**

TEAM NUMBER: _____

THEME: (To be provided on competition day)

TARGET AUDIENCE: (To be provided on competition day)

GOALS AND OBJECTIVES: (To be provided on competition day)

APPROACH/TREATMENT (Style, effective combining of imagery, sound and graphics)

EQUIPMENT USED (List your production/sound gear, editing system, etc)

ARTIFICIAL INTELLIGENCE USED (Include a list of the AI tools and prompts used. Example: Generative Extend in Premiere Pro)

INNOVATIVE SOLUTION TO MEET THE GOALS AND OBJECTIVES (how your video targets the demographic in a unique way, that will appeal to this audience)

If applicable: Filename Format for submission:

Team XX – School Name - City

EG ; Team 02-Riverdale High School-Riverdale City