



## August 2020 Open Contest Guidelines Exercise Your Formal Poetic Muscles

**Deadline:** August 15, 2020  
**Sponsor:** Norman and Holly Chichester  
**Theme:** Optional  
**Form:** Sonnet  
**Line Limit:** 14 (note line limit)

This contest asks you to choose one of your own previously written poems and rework the material into a formal sonnet, thereby exercising your poetic muscles.

### MUSTS:

1. Your chosen poem (the Source Poem), must be neither rhymed nor metered (have a regular rhythm).
2. The poet must create a sonnet from the Source Poem, using the Source Poem's thought and content.
3. Two copies of the Source Poem, one with the author's name and contact information, one without, must be sent with the final copies of the sonnet.
4. The judge must not mark on nor critique the Source Poem--- it is for reference only.
5. The sonnet must follow the rhyme scheme of either a Shakespearean or of a Petrarchan sonnet (See examples below).
6. The sonnet must be exactly 14 lines in iambic pentameter (See examples below).

### SHOULD:

The poet should probably choose a previously written poem (Source Poem) that is one she/he likes, maybe even a favorite.

### NOTE:

There is an abundance of instructive information on the Internet for this fourteen-line, classic form. Simply ask your cell phone, "How to write a sonnet?" and follow the directions. If you have a book of poetic forms, it will give you all you need for this contest.

**EXAMPLES:** If you're not familiar with the technical terms here, don't worry. Find a sonnet that you like and create your own with the same beat and number of syllables per line. Then, follow that poem's rhyme scheme. You'll see that the rhyme scheme divides a sonnet into units of thought. Here are examples by authors *other than* Shakespeare and Petrarch.

Elizabeth Barrett Browning, "How Do I Love Thee?" (Petrarchan)

Billy Collins, "Sonnet" (neither)

Patrick Gillespie, "As on Sunny Afternoon" and "a la Maison" (Shakespearean)

Emma Lazarus, "The New Colossus" (Petrarchan)

Edna St. Vincent Millay, "Love is Not All" (Shakespearean)

Pablo Neruda, "Morning, Sonnet 27" (Petrarchan)

William Wordsworth, "The World is Too Much with Us" (Petrarchan)

William Butler Yeats, "When You Are Old" (Shakespearean)