

VERIFICATION FORMS INSTRUCTIONS

- ⇒ For all Verification Forms, fill in your name, contestant number, and phone number at the top. If you need additional space, use a second form.
- ⇒ Take each form to the appropriate supervisor and ask them to complete the form, letting them know by which date you will need to pick it up. If you have more than one supervisor to give the form to, make sure to start early—qualified hours go through **October 31**, and **forms are due November 5**—so start with those supervisors for hours that ended first, then move on to supervisors for hours you're currently working on (e.g., If you worked for one employer in July and another one in October, have the first employer sign the form first).
- ⇒ **In order for hours to count, they must be indicated on the official Verification Form, the form must be complete, and it must be signed and dated by the appropriate supervisor** (not a co-worker, teammate, or classmate). You cannot get credit for hours in more than one category. Follow the directions to determine which form to use; if you have questions, ask!
- ⇒ **Forms will not be accepted after November 5.**

SERVICE VERIFICATION FORM:

- ◇ Qualified dates: **March 1, 2025** – October 31, 2025
- ◇ Qualified service: volunteer work through a **nonprofit organization, church, or school**
 - Hours must be completed OUTSIDE of normal school hours
 - Include service clubs when the hours you volunteered were either before or after school; do not include any hours during the regular school day, even if you had to get out of one class to do work for another class
- ◇ Receive 1 point per hour of qualified volunteer work

SPORTS VERIFICATION FORM:

- ◇ Qualified dates: June 1, 2025 – October 31, 2025
- ◇ Qualified sports: high school sports (fall season this year only), club sports, athletic classes (e.g., dance, tae kwon do, skating, etc.)
- ◇ POINTS (count toward Physical Fitness):
 - Receive 10 points per high school sport this year
 - Receive up to 5 points per month per athletic class (including PE) or club sport this school year (1 per month for 1 day/week, 2 per month for 2 days/week, etc.)

WORKOUT VERIFICATION FORM:

- ◇ Qualified dates: **September 29, 2025** – October 31, 2025
- ◇ To receive credit for hours spent working out, you must get a teacher's, parent's, or gym staff's signature indicating when you started and when you completed your workout; hours will not count if a signature is not obtained
- ◇ Hours will be calculated to nearest 0.25 hour
- ◇ POINTS (count toward Physical Fitness): receive 0.25 points for every 60-minute workout

EXTRACURRICULAR VERIFICATION FORM:

- ◇ Qualified dates: June 1, 2025 – October 31, 2025
- ◇ Qualified activities: high school club and NJROTC activities OUTSIDE of school hours, independent clubs like 4-H, and rehearsals & performances
- ◇ Receive 1 point per hour of qualified extracurricular activity

EMPLOYMENT VERIFICATION FORM:

- ◇ Qualified hours: June 1, 2025 – October 31, 2025
- ◇ Qualified employment: hours for which you were paid
- ◇ Receive 1 point per hour of qualified work

Whidbey Royalty

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