

Attachment A
ENTRY REQUIREMENTS and RULES
(Revised 8/2/22 Revision 2022.3.1)

CONTENT:

- All entries must be the ORIGINAL WORK of the student entrant or entrants.
- All entries should be informative and include factual information about peer reviewed research and/or clinical practice
- YouTube videos may be referred, listing URL, videographer/creator and upload date.
- An appendix should be attached to the white paper with short thumbnail sketches of the clinical or doctor source with credentials or rationale for inclusion if not provided in the body of the referenced material.
- Some advanced self-practitioners or frequent YouTube posters who are not otherwise medical, nutritional or chiropractic in origin may be appropriate, if you evaluate their material to be well-informed, corroborated, and use language that is not offensive. Personal data of the referenced source is acceptable if it meets the criteria above. Appropriateness will be the sole decision of the judges when evaluating the submitted paper.
- PubMed, FASEB, and NCBI are examples of good, top level sources that are of professional quality.
- Selection of references is subject to the judging guidelines.

FORMATTING/Submission:

- Main body of the paper should be no less than 5 pages and no more than 20 pages.
- Formatting guidelines: Times New Roman 12 pt. font, double-spaced, one-inch margins.
- Paper allows for graphics, artwork, engineering sketches, etc. These should be included in the appendix, separate from the main body.
- Graphic image pages are not included in the text page count.
- Appendix is limited to 7 pages, including references. References should include a minimum of five peer-reviewed or clinical practice references not from YouTube.
- Short quotes are acceptable, limited to one sentence at a time.
- All submissions must be made in a digital format and will be accepted via the online Contest Submission form and/or by emailing directly to the Contest manager, bill.gardiner@nss.org at the time of this revision, .

NUTRITION:

- Describe the food, nutrition and nutrient timing/time restricted eating plan you are advocating, for a duration of 90 days, no meals or up to 5 meals a day, and may allow intermittent fasting and/or longer fasting periods. You need only supply a one or two week plan that may be repeated for up to the 90-day study period.
- Justify your plan using the referenced materials plus your evaluation of the variants and why you are advocating the plan you are describing.
- State what may be varied if some of your food and nutrition components are variable.
- Address macronutrients, micronutrients, electrolytes, minerals, volume and source water.
- State briefly how you plan to account for and exclude toxins and harmful components (e.g., seed oils, pesticides, heavy metals) in the food you will be using. Estimate by published data the type and quantities of toxins and harmful substances. This data

may be published as typical content of the food. State whether each food item is produced organically, by standard agriculture, or is processed.

- In space flight, you may expect that much of the water will be recycled. Estimate the type and quantity of contaminants present in the recycled water for any item/s that are rehydratable. If none, so state.
- State whether you support supplements supporting the major components, why you consider them necessary, and which ones you will include in your plan.
- Consider and access the resources provided on the website.

The organizing committee recognizes that diet is only one component of a healthy lifestyle that includes adequate sleep, exercise, and stress management/spiritual maintenance and growth. Don't refer to these factors in your entry.

SUBMISSION DEADLINE:

- Announcement date: Saturday, January 30, 2022.
- Submission deadline: August 28, 2022, at 23:59 PST
- Winners announced: Monday, September 30, 2022.

Note: A screening process will be in place. The judging panel reserves the capacity to reject any submission without showing cause. The Contest managers reserve the capacity to reschedule Contest key dates.

ELGIBILITY:

- Any self-described "citizen scientist" and/or student/s at a college or university anywhere in the world recognized in the country of enrollment.
- If you are forming a team, declare your team in the application provided. Teams must be two or more.
- If a team, participants can join only one team.
- Teams must be formed at the time of entry.
- Each team participant must submit his or her team name, entrant name, age and signature (if a parent and/or mentor/teacher is providing guidance, their signatures should be added) on a downloaded then uploaded Guidelines and Rules form indicating the agreement of the team members to the guidelines and rules.
- Attach a scanned copy of names and signatures of any additional team members.

Prizes and Teams:

Prizes are awarded to the winning team or individual as scholarships applied to the MMAARS team participation fee to join a mission. Each winning team member or individual must pay a \$800 administrative fee prior to mission participation.

I agree to the above Entry Requirements and Rules

Team name

First Name

Last Name

Age

Signature

Date

Mentors and/or teachers who advise the entrants