

# IBEW FIRST DISTRICT

## 2026 “Women in IBEW” Photo Contest

### CONTEST RULES

- 1 The contest is open to active or retired IBEW Canada members only. IBEW International Officers and Staff are not eligible.
- 2 The IBEW member entering the contest must be the person who took the photograph OR have permission from the photographer.
  - 2.1 Ensure the subject(s) in the photograph have given their permission for this photo to be entered in this contest.
  - 2.2 It is always advisable to ensure you have permission to take photos at the workplace.
- 3 Photo entries must have a “Women in IBEW Canada” theme, with IBEW members at work, engaged in a union-related activity or featuring subjects conveying images of the electrical industry or the union.
- 4 Members may enter up to two (2) photos each.
- 5 Photos must be submitted as digital files of at least 300 dpi, measuring 1,200 by 1,800 pixels at minimum, in color or black and white.
- 6 All submissions will become property of the International Brotherhood of Electrical Workers and may be used in future marketing material.
- 7 Any members featured in the photo should be identified. If your image includes a larger group, the name of the group (e.g. IBEW Local 105 Women’s Committee members) or the purpose of the gathering (e.g., a safety committee, a linemen’s rodeo, a union meeting) can be submitted in place of individual names.
- 8 Photos previously published in IBEW publications or on the website are not eligible for submission.
- 9 Entries must be submitted electronically via the Photo Contest link. The deadline is **Tuesday, March 31 11:59 pm Pacific Time**. Please contact [shaina\\_hardie@ibew.org](mailto:shaina_hardie@ibew.org) if you have additional questions.
- 10 Up to 10 finalists will be selected for final judging by a diverse panel of judges. The winners will be featured on [ibewcanada.ca](http://ibewcanada.ca) and IBEW Canada social media platforms following the selection.



**IBEW CANADA**

### TIPS & SUBMISSION GUIDELINES

#### SUBMISSION GUIDELINES

##### Pixel Width and Resolution

- Ensure your photo is high-resolution. A camera setting of at least 8 megapixels is required.
- For online submissions, images should generally be around 1000px to 2000px wide for clear viewing, while keeping file sizes manageable (under 10 MB unless otherwise specified).

##### File Size

- Typically, the file size should be listed in megabytes (MB). For this contest, the maximum file size for upload is 10MB per photo.
- A file size listed in kilobytes (kb) is too small.

##### Camera Quality

- Have a professional camera? Great!
- Have a newer cellphone model? That works too!

#### PHOTOGRAPHY TIPS

##### Apply the Rule of Thirds

- Imagine dividing your frame into nine equal parts (use the grid feature on your camera or phone).
- Position your subject along these lines or at their intersections to create a balanced composition.



##### Utilize ‘Leading Lines’

- Use natural/man-made lines within a scene to lead the viewer’s eye toward the main subject.
- Incorporate elements like roads, rivers, or fences that draw attention to your focal point.



##### Consider The Background or Fill the Frame

- Make your subject fill the frame: Ensure they occupy a significant portion of the frame and are the clear focal point.
- The area behind your main subject can influence overall impact. Your background should complement or contrast your subject without distracting from it.



**Consider The Background**



**Fill The Frame**