

IADMS Infographic Award Competition

INTRODUCTION

To encourage the use of infographics as effective visual tools for communicating dance science concepts, IADMS hosts the annual Infographic Award competition. Managed by IADMS staff and supported by the IADMS Research and Publications Committee, this competition recognizes outstanding infographics that present dance science in an engaging and accessible format for dancers and dance teachers/educators.

The submission deadline is June 1. For inquiries and submissions, please contact socialmedia@iadms.org.

SUBMISSION GUIDELINES

Anyone may enter by following these steps:

- 1. Select a Topic:** Ensure your infographic aligns with the **IADMS Mission** and promotes dance science knowledge.
 - **IADMS Mission:** IADMS is an inclusive organization for professionals who care for those who dance by evolving best practices in dance science, education, research, and medical care to support optimal health, well-being, training, and performance.
- 2. Formatting:**
 - **Size:** coincides with Instagram formatting (i.e. 4:5 ratio / 1080px width x 1350px height)
 - **Font:** minimum 20pt font for all text. References may be as small as 15pt. Ensure font type is legible for the smaller font ranges. IADMS uses the Roboto font for most text for reference.
 - **References:** MINIMUM three references to support the information in your infographic. To align with the Journal of Dance Medicine and Science, references must follow the AMA Manual of Style. [View the AMA Manual of Style](#) to ensure your references align.
- 3. Create an Infographic:** Your submission should be **aesthetically appealing, innovative, and informative**, conveying a clear and concise message.
- 4. Design Considerations:**
 - Any original visuals must have written permission for use and credit the artist, photographer, and/or model.
 - Public domain or Creative Commons stock photos are recommended for free licensing use in nonprofit contexts.
- 5. Submit Your Entry:**
 - Save your infographic as a **PNG file**.
 - Email your submission to **socialmedia@iadms.org** by **June 1**.

JUDGING & SELECTION PROCESS

- A panel of judges, including representatives from IADMS committees and award sponsors, will review submissions.
- Judges who submit an infographic will appoint an alternative representative for the panel.
- Finalists will be shared on IADMS social media platforms, where the community will vote to select the winner.
- IADMS reserves the right to publish submitted infographics on its website and use them for promotional or educational purposes.

JUDGING CRITERIA

Submissions will be evaluated based on:

- ✓ **Relevance & Impact** – How well the infographic aligns with IADMS' mission.
- ✓ **Evidence-Based Content** – Accuracy and reliability of the information presented.
- ✓ **Clarity & Communication** – Effectiveness in conveying the key message.
- ✓ **Visual Appeal** – Overall design quality, layout, and engagement.
- ✓ **Creativity** – Originality and innovation in presentation.

AWARD & RECOGNITION

Prize: The winner will receive a **complimentary 1-year IADMS membership**.

The winner will be announced **via IADMS social media and during the Awards Ceremony at the Annual Conference**. Attendance at the conference is not required to win.

TIPS FOR CREATING AN EFFECTIVE INFOGRAPHIC

Stay focused – Keep your message clear and concise.

Use a consistent color palette – Avoid overwhelming designs.

Prioritize visuals – Limit text and use strong imagery.

Avoid overcrowding – Too much information can reduce clarity.

Keep it brief – Short, impactful messages work best.

ADDITIONAL RESOURCES

Social Media Infographics that have been created by IADMS as an example*:

- [Pointe Readiness](#)
- [Flexibility](#)
- [Creative Dance Classes for Children with Developmental Disabilities](#)
- [Dance Fitness](#)

*Keep in mind that you will have a one image limit

Note: Infographics created with free online template services **must not** include logos from those platforms in the final submission.

For further details, contact socialmedia@iadms.org.