

NSRT
ESSAY COMPETITION
RULES

1. CLASSIFICATIONS

There will be three (3) classifications of essay competition. They shall be:

- 1) **Registered Technologist** - This includes any technologist who is registered and/or certified by a nationally recognized professional certification agency for radiologic sciences.
 - 2) **Registered Technologist enrolled as Full Time Student** – This includes technologists registered and/or certified by a nationally recognized professional radiation science certification agency and currently enrolled full time in an advanced certification program accredited by an appropriate national accreditation agency.
 - 3) **Student** – This includes students currently enrolled full time in professional radiation science professional programs recognized by an appropriate national accreditation agency. These participants shall not be registered and/or certified by a nationally recognized radiation science professional certification agency.
- A. Students enrolled in programs described in either Classification 2 or 3 SHALL NOT compete in Classification 1.
- B. Technologists not enrolled as full-time students in programs, as described in Classification 2, SHALL NOT compete in either Classification 2 or 3.

2. PRIZES

- A. First, second and third place awards shall be awarded, only if a minimum of 80% is received from each judge.
- B. Awards will be determined by the Board of Directors on a yearly basis.
- C. In the event of a TIE, the two or more entries will receive the same award for their
- D. Only 3 awards will be presented. If a 1st place 2-way tie occurs, there will be no 3rd place award; however, if there is a 3-way tie or more, there will be no 2nd or 3rd place award given. In an event of a 2-way tie or more for 2nd place, there will be no 3rd place award. If there is a 2-way tie for 1st place and a 2-way or more tie for 2nd place, no 3rd place award will be given; however, all 1st and 2nd place essays will receive awards. If there is a 2-way tie or more for 3rd place, awards will be given to all essay winners.

3. ELIGIBILITY

Any member of the NSRT in good standing, at the time of application, is eligible to compete for awards. The President is ineligible.

4. DEADLINE

All essays to be judged must be received by the Executive Secretary or other designated individual no less than seventy (70) days prior to the Annual Conference. Applications and requested deadline dates will be available on the NSRT website. (www.nsrtnet.net)

NSRT ESSAY CONTEST RULES (cont)

5. SELECTION OF JUDGES

- A. Three (3) judges shall be appointed by the President and their names will be withheld from publication. Identities of the judges shall be known only to the Executive Board and, at the President's discretion, may be acknowledged at the Awards Luncheon.
- B. The judges must not be teaching or working in an institution from which the essays are entered.
- C. **The judges' decisions will be final.**

6. MANUSCRIPTS

- A. All manuscripts must be original compositions not previously published prior to the Annual Conference. Plagiarism will be grounds for disqualification.
- B. All essays shall clearly demonstrate a relationship of the topic to the field of radiation sciences or the role of radiation science professionals.
- C. To be current with publication guidelines, all essays shall be prepared in AMA manuscript style on a good grade of bond paper, 8 1/2 X 11 inches, typewritten, double-spaced, font style of Times New Roman with a font size of 12, 1½" left margin, 1" top, right & bottom margins, using one side of the paper only.
(AMA reference styles can be found beginning on page 4.)
- D. **The body of the essay shall be a minimum of 8 COMPLETE pages.** Illustrations may be included in the body; however, there must be a minimum of 7 complete pages of text. There shall be no limit to the length of the essays.
- E. Pages are to be numbered.
- F. Each essay shall contain an abstract or thesis paragraph. This paragraph shall give a brief summary, approximately 150 words, to inform the judge of the paper's content. This is not to be considered part of the body of the essay and shall be a separate page placed prior to the body of the essay. The abstract or thesis paragraph is to be double-spaced.
(See Section 7 for manuscript order)
- G. Each contestant shall prepare his manuscript in five (5) copies & 1 CD. The original, CD and three copies will be sent to the individual designated on the application, the fifth copy retained by the contestant. The original & CD will become property of the NSRT. **ONLY the original manuscript shall have a cover sheet giving the title and name of the author. All other manuscripts shall have a cover sheet that contains the TITLE ONLY. The CD will be labeled with the Title and Author Name.** Copies of the manuscripts shall contain no identifying marks.
- H. Each copy of the manuscript shall be securely fastened together in the left hand margin with a cover sheet and fastened in a suitable binder.
- I. **Essays not following the guidelines of these rules will be disqualified.** All essays will be evaluated for adherence to the rules, by the NSRT, prior to judging.
- J. If awarded first place, the author may be requested to condense it to a ten (10) minute summary to be read at the time designated by the President, at Annual Conference. If a presentation is requested by the President, the applicant will be contacted prior to Annual Conference.

NSRT ESSAY CONTEST RULES (cont)

7. FORMAT

Required format and order for manuscripts:

- Cover page or Title page (separate page)
- Abstract / Thesis (separate page)
- Body to include introduction and conclusions (minimum of 8 complete pages)
- References (separate pages)

Each manuscript is to be securely fastened at the left margin and placed in a suitable binder.

8. ILLUSTRATIONS

- A. Illustrations may accompany the manuscripts, if deemed necessary.
- B. If used, all illustrations must be marked with figure indications that correspond to the information contained in the body of the manuscript and they must be accompanied with a suitable explanation. They should be incorporated into the manuscript in proper sequence or on a sheet following the manuscript proper, but within the same folder.
- C. Preferably, all copies should have accompanying illustrations. If impossible, the original must include the illustration.

(NOTE: For manuscripts which require videos as illustrations, only one copy of the video need be submitted. If manuscripts require CD or DVD formats, four (4) copies are to be submitted.)

American Medical Association Style Guide

The ASRT journals follow American Medical Association (AMA) style for reference citations; as to most professional publications. References must be cited in two places: within the text and at the end of the article. The following guidelines briefly review reference citation. Consult the *AMA Manual of Style* for complete information.

Choosing Appropriate References

In your manuscript, you must cite research that supports your points or findings; you also must correctly acknowledge the ideas and work of other authors. When choosing appropriate references and support materials, keep in mind the following general guidelines:

- References should be timely or historically significant, and sufficiently support the manuscript.
- Documentation of a personal communication, such as a telephone conversation or e-mail, should appear parenthetically within the text, not on the reference page.
- Internet references should be chosen carefully and used sparingly; they should represent reliable research sources, such as government Web sites (e.g., National Institutes of Health), universities or online scientific and medical journals (e.g., *Radiology*). Avoid using marketing or trade publications.

Citing References Within the Text

Citations are provided in research papers to document or acknowledge the quotations or ideas of other individuals that is not a creation of the author of the research paper. Use of another individuals work without acknowledgement is plagiarism and compromises the author's grade.

To signify that the author is using a citation, a superscript number (called an endnote number) is place at the end of a sentence or the end of a paragraph. The author numbers the first reference one, the second reference two and so forth. See below for examples.

References within the text should be listed in the order of citation, using superscript numerals. Separate numbers with a comma, but no space; a sequence of three or more consecutive references can be shortened to the range of numbers.

Example:

Development of a comprehensive marketing plan has been recommended as one solution.^{1,2} (See Fig. 1.) Others, however, recommend conducting a needs assessment first.³⁻⁸ Dr. Meyers has performed significant research in the area.^{4,6,9-12} He found that an adequate needs assessment can prevent improper allocation of resources (HR Meyers, Ph.D., personal communication, April 5, 2001).

Usually citations within the body of the paper are of two types:

1. **Direct Quotation** - In this situation, the author is repeating the exact words found in a reference source.

To signify that this is a direct quote, the author must use quotation marks around the direct quote, followed by the appropriate endnote number.

Example: "Authors bear the primary responsibility for all reference citations."¹

The author should use direct quotes very sparingly in the paper usually only to identify a significant point.

Occasionally the author may need to modify a direct quote to assure that the sentence remains grammatically correct, recognizes a need to provide an explanation or decides not use not the entire quoted sentence from a reference.

It is necessary for the author to convey to the reader that a modification in the original quote has been made. The author indicates the addition of a letter or words with brackets [].

Example: "The EDEL [effective dose equivalent limits] for a radiation worker is 5 rems per year."⁶is 5 rems per year"

If the author omits a portion a direct quote, the author then uses ellipses, three spaced dots(. . .), to designate the deletion. The ellipses can be used within a sentence or at the beginning or end of the sentence.

Example: "The authors evaluated histopathologic specimens... and found fibrolysis in 53% of cases..."⁴³

If the author uses a direct quote that is longer that four lines in the text, then the author uses a block quotation format. The author indents the entire quote with a ½ inch margin, no quotation marks are used and the endnote number is place at the end of the quotation.

Example:
... has been described as a cause of metabolic encephalopathy after bone marrow transplant.

Infection is the most common complication of bone marrow transplantation, although the frequency of its occurrence may be decreasing. Like that seen in other organ systems after transplantation, the immune impairment seen at various stages after bone marrow transplant dictates the types of infections that may occur.²⁹

In the pre-engraftment period, neutropenia in combination with damaged mucosal...

Use the same citation number for the reference throughout the document. However, in succeeding uses of the reference include the specific page number (for printed documents) or paragraph number (for electronic documents) in parenthesis and superscripted with the endnote number.

Examples:

"References are a critical element of a manuscript and, as such, the reference ^{1(p29)}

"The sentence that contains the quote must be grammatically correct."^{4(¶10)}

2. **Paraphrasing** – The author is using a concept presented by another individual, but is expressing this information in his or her own words. The author should place the endnote number in the appropriate location of at the end of the sentence or paragraph, depending about the amount of material referencing.

Example: References are a critical element of a manuscript.²

On occasion, more than one reference may express the same idea that is being paraphrased by the author. In that circumstance, author should credit each source.

Example: Authors should always consult the primary source and should never cite a reference that they themselves have not read.^{3,4,5}

Citing Figures and Tables in the Text

Figures and tables should be cited where they are discussed in the text. Number figures and tables sequentially.

Reference List

The reference list provides a means for the reader to obtain information about the sources that the author used in collecting research about the topic for the paper. The author must accurately follow the specified standard to assure the reader can gain access to the source.

The reference list is a separate page located after the conclusion of the paper. References should be listed in the order of citation in a separate section at the end of the paper.

National Library of Medicine journal abbreviations can be found at www.ncbi.nlm.nih.gov/entrez/query.fcgi.

The following is a reference for using expected AMA standard. It is modified from the original format found at the web site <http://healthlinks.washington.edu/hsl/styleguides/ama.html>

This reference does not give examples for every referencing every type of source. The use of the *American Medical Association Manual of Style*, 9th ed., 1998 will provide further information about referencing other sources. An online AMA source is <http://www.docstyles.com/amaguide.htm> where you can download and install *Writer's Guide to AMA style*.

Follow these general guidelines:

- Do not use commas to separate the author's name and initials.
- Do not put a period after the author's first and middle initials.
- Capitalize the first letter of the first word and all proper nouns in an article title; use lowercase for all other words in article titles.
- For articles or books with more than six authors, list the first three names, followed by "et al."

- Italicize the names of journals and books.
- For Internet sources, include the URL and the date the page was accessed.
- See the Reference Style section below for helpful examples.

Citing Print Resources

Type of Entry	Reference List
Book—single author	Shepard TH. <i>Catalog of Teratogenic Agents</i> . 7th ed. Baltimore, Md: Johns Hopkins Press; 1992.
Book—more than one author <i>(list all authors if six or less, otherwise list first three followed by "et al.")</i>	Baselt RC, Cravey RH. <i>Disposition of Toxic Drugs and Chemicals in Man</i> . 4th ed. Foster City, Calif: Chemical Toxicology Institute; 1995.
Book—with editors	Armitage JO, Antman KH, eds. <i>High-dose Cancer Therapy: Pharmacology, Hematopoietins, Stem Cells</i> . Baltimore, Md: Williams & Wilkins; 1995.
Chapter from a book	Degner LF, McWilliams ME. Challenges in conducting cross-national nursing research. In: Fitzpatrick JJ, Stevenson JS, Polis NS, eds. <i>Nursing Research and its Utilization: International State of the Science</i> . New York, NY: Springer; 1994:211-215.

Book Reference	<p>The appropriate format to follow for a book reference is, in order:</p> <ol style="list-style-type: none"> 1. The author or authors - last name first, follow by the initials of first and middle name. Indicate the end of the author list with a period. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. No comma between the last name and initials. Use comma only between authors' names. 2. The title of the book using italics. Capitalize words as exhibited on the book. Use a period to indicate the end of the title. 3. Provide the edition of the book. Use a number and the appropriate ending. Abbreviate edition as ed. Do not indicate first editions. 4. Identify place of publication by indicating name of city and state abbreviation. Use a comma between the city and state. If more than one city is listed, use only the first city identified. Use a colon as the punctuation after the state abbreviation. 5. Identify the publisher followed by a semicolon. AMA acceptable abbreviations may be used. 6. Year of copyright followed by a colon. 7. If specific pages are cited, indicate those pages. Use a dash between the beginning and ending pages. If the pages cited use roman pagination, then use roman numerals. Use a period to indicate the end of the reference. No space between the year and page numbers.
-----------------------	---

Article from journal—single author

Moldofsky H. Sleep, neuroimmune and neuroendocrine functions in fibromyalgia and chronic fatigue syndrome. *Adv Neuroimmunol*. 1995;5:39-56.

Article from journal—more than one author

(list all authors if six or less, otherwise list first three followed by "et al.")

Raux H, Coulon P, Lafay F, Flamand A. Monoclonal antibodies which recognize the acidic configuration of the rabies glycoprotein at the surface of the virion can be neutralizing. *Virology*. 1995;210:400-408.

Article from journal with issue number

Taulbee P. Maryland Quality Project puts new focus on processes of care. *Rep Med Guideline Outcomes Res*. June 1994;5:10-11.

Journal Article

The appropriate format to follow for a article from a journal is, **in order:**

1. **The author or authors** - last name first, follow by the initials of first and middle name. No comma between the last name and initials. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. Use comma only between authors' names. Indicate the end of the author list with a period.
2. **The title of the article.** Capitalize the first word for the title, proper names and abbreviations normally capitalized. Use lower case for all succeeding words. When a subtitle is present, use a colon to separate title and capitalize the first word in the subtitle and use lower cases for succeeding words in the title. Use a period to indicate the end of the title.
3. **Identify the journal.** Italicize and use AMA approved abbreviation for the journal. Indicate the end of the journal abbreviation with a period.
4. **Year of copyright followed by a semicolon.**
5. **If the journal has a volume number, indicate the number followed by a colon.** Do not use issue numbers or months unless:
 - Special issue
 - Each issue begin with page 1When this occurs place the month of the issue before the year.
6. **Identify page number** for the beginning of the article, a dash, and the page number for the end of the article. No spacing between the year, volume and page numbers.

Monographic series

Davidoff RA. *Migraine: Manifestations, Pathogenesis, and Management*. Philadelphia, Pa: FA Davis; 1995. Contemporary Neurology Series, No. 42.

The appropriate format to follow for a monographic series is, **in order**:

1. **The author or authors** - last name first, follow by the initials of first and middle name. Indicate the end of the author list with a period. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. No comma between the last name and initials. Use comma only between authors' names.
2. **The title of the monograph using italics**. Capitalize words as exhibited on the monograph. Use a period to indicate the end of the title.
3. **Identify place of publication** by indicating name of city and state abbreviation. Use a comma between the city and state. If more than one city is listed, use only the first city identified. Use a colon as the punctuation after the state abbreviation.
4. **Identify the publisher followed by a semicolon**. AMA acceptable abbreviations may be used.
5. **Year of copyright followed by a period**.
6. **Identify the title of the series followed by a comma**.
7. **Identify the number of the monograph** abbreviating the word number, give the number, followed by a period.

Online journals with volume and page information

Simon JA, Hudes ES. Relationship of ascorbic acid to blood lead levels. *JAMA* [serial online]. 1999;281:2289-2293. Available from: American Medical Association, Chicago, Ill. Accessed August 24, 1999.

The appropriate format to follow for online journals is, **in order**:

1. **The author or authors** - last name first, follow by the initials of first and middle name. No comma between the last name and initials. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. Use comma only between authors' names. Indicate the end of the author list with a period.
2. **The title of the article**. Capitalize the first word for the title, proper names and abbreviations normally capitalized. Use lower case for all succeeding words. When a subtitle is present, use a colon to separate title and capitalize the first word in the subtitle and use lower cases for succeeding words in the title. Use a period to indicate the end of the title.
3. **Identify the journal**. Italicize and use AMA approved abbreviation for the journal. In brackets indicate "serial online". Indicate the end of the journal abbreviation with a period.
4. **Year of copyright followed by a semicolon**.
5. **Volume number**, indicate the number followed by a colon.
6. **Identify page number** for the beginning of the article, a dash, and the page number for the end of the article. No spacing between the year, volume and page numbers.
7. **Type "Available from:"** Indicate the online source, city and state abbreviation with commas between items. End reference with a period.

**Online journals
without volume
and page
information**

Gordon GF. Bypassing heart surgery. *Alternative Medicine* [serial online]. July 1999;issue 30.

The appropriate format to follow for online journals without volume or page information is, **in order**:

1. **The author or authors** - last name first, follow by the initials of first and middle name. No comma between the last name and initials. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. Use comma only between authors' names. Indicate the end of the author list with a period.
2. **The title of the article.** Capitalize the first word for the title, proper names and abbreviations normally capitalized. Use lower case for all succeeding words. When a subtitle is present, use a colon to separate title and capitalize the first word in the subtitle and use lower cases for succeeding words in the title. Use a period to indicate the end of the title.
3. **Identify the journal.** Italicize and use AMA approved abbreviation for the journal. In brackets indicate "serial online". Indicate the end of the journal abbreviation with a period.
4. **Indicate the month and year of copyright followed by a semicolon.**
5. **Indicate the issue number followed by a period.**

Online web site

Terre Haute Center for Medical Education. The THCME Medical Biochemistry page. Available at:
<http://web.indstate.edu/thcme/mwking/home.html>. Accessed August 24, 1999

The appropriate format to follow for an online web site is, **in order**:

1. **The author or authors** - last name first, follow by the initials of first and middle name. No comma between the last name and initials. If there is more than one author, list all author if there are six or less. If there are more than six use et al. after the first three authors using a comma to separate the author from et al. Use comma only between authors' names. Indicate the end of the author list with a period.
Some web sites do not give an author's name. When this occurs give the registered name of the site.
2. **The title of the article.** Capitalize the first word for the title, proper names and abbreviations normally capitalized. Use lower case for all succeeding words. When a subtitle is present, use a colon to separate title and capitalize the first word in the subtitle and use lower cases for succeeding words in the title. Use a period to indicate the end of the title.
3. **Indicate the year of copyright** if available followed by a semicolon.
4. **Give the URL address** after prefacing the address with "Available at:" using a colon after the word "at." End the address with a period.
5. **Indicate the date the site was visited.** Using the word "Accessed" followed by the date. Indicate the end of the reference with a period.

More Examples:

<p><i>Journal Citation</i></p>	<p>authors title of article</p> <p>1. Lynch HT, de la Chapelle A. Genomic medicine: hereditary colorectal cancer. <i>N Engl J Med.</i> 2003;348:919-932.</p> <p>year published volume no. page numbers</p> <p>name of journal (use National Library of Medicine abbreviation)</p>
<p><i>Book Citation</i></p>	<p>author title of book edition (if other than 1st) city, state where publisher is based</p> <p>2. Netter FH. <i>Atlas of Human Anatomy.</i> 2nd ed. Teterboro, NJ: Icon Learning Systems;1981:559-596.</p> <p>year of publication page numbers name of publishing company</p>
<p><i>Web Site Citation</i></p>	<p>3. National Center for Infectious Diseases. Viral hepatitis C. Available at: www.cdc.gov/ncidod/diseases/hepatitis/c . Accessed June 13, 2003.</p> <p>address of Internet page date page was accessed</p>



NSRT Essay Competition Judging Sheet



Classification _____

Essay # _____

Title: _____

Does this essay adhere to the following rules and guidelines as set forth by the current NSRT Essay Competition Rules?

	Yes	No
Proper Length (minimum of eight (8) full pages in the body)		
Securely fastened at left margin & placed in a suitable binder		
Appropriate Title / Cover page		
Abstract/Thesis paragraph		
Correct margins (1.5")		
Double spaced		
Typewritten using appropriate size font (Times Roman 12)		
Pages numbered		
No designation of author or school attending in document		
References listed using of AMA Cite reference style		

If any of the rules & guidelines for Essay Competition are not adhered to, the essay is disqualified

CONTENT & ORGANIZATION	
Clearly demonstrates relationship of topic to principles of Radiologic discipline or to the role of the radiation science professional	[1 2 3 4 5 6 7 8 9 10]
The abstract / thesis accurately defines the content of the paper	[1 2 3 4 5 6 7 8 9 10]
Paper is presented in a logical sequence	[1 2 3 4 5 6 7 8 9 10]
Depth of Content / Coverage of topic	[1 2 3 4 5 6 7 8 9 10]
Information supported by evidence of quality research	[1 2 3 4 5 6 7 8 9 10]
MECHANICS	
Readability (sentence, paragraph, logical sequence)	[1 2 3 4 5 6 7 8 9 10]
Grammar, spelling, punctuation, neatness, etc.	[1 2 3 4 5 6 7 8 9 10]
GENERAL EFFECTIVENESS	
Educational / Technical / Practical Value	[1 2 3 4 5 6 7 8 9 10]
Information is conveyed in a clear interesting manner	[1 2 3 4 5 6 7 8 9 10]
Overall quality of essay	[1 2 3 4 5 6 7 8 9 10]

Total Score _____
Maximum score possible = 100

Judge's comments: