



AJAs Entry Guidelines

Revised: January 21, 2026

www.ajawards.org

ENTRY DEADLINE FOR AWARDS: TBA

WHO IS ELIGIBLE

Entry is only open to staff, freelance or contract journalists based in Atlantic Canada or publications or broadcast outlets based in Atlantic Canada. This can be print media, online media, radio and TV. The content must be about an Atlantic Canadian event or issue and must have been published in Atlantic Canada.

Content created by journalists based outside of Atlantic Canada is not eligible.

Individuals may enter their own work or a media organisation may enter on behalf of their journalists. Entries may be in French or English.

COVER LETTER

Entrants must provide a cover letter with each entry with the following.

- Date of publication
- Description of story and how it was created.
- PDF or JPEG of publication or screen shots as proof of publication displaying date and byline.
- URL link to online use.
- Provide a user name and password for pay walled content.
- Indicate whether the submission made use of Artificial Intelligence or not.
- If a Group Entry please provide names of all involved and email addresses.

SPECIFICATIONS BY MEDIUM

Text – If submitting a text only story please use PDF or .txt file format only.

Audio - Audio files must be MP3 (.mp3) file format.

Video Files – Video files must be MPEG (.mpg) file format. Maximum resolution of 1080p

Photos - Images must be JPEG (.jpg) file format. Maximum size no greater than 2040 pixel on the long side of the image.

PDF Files – PDF files must be Web Optimized to 150 dpi and NOT for PRINT reproduction.

Photographs must not have been digitally altered beyond normal cropping, toning and balancing. AI generated or altered images are not eligible.

All entries must have been published or broadcast in the previous calendar year.

FILE NAMING:

File names should have entry name, category and unique file number at a minimum.

Example: House fire-NewsPhoto1.jpg

PAYMENT OPTIONS:

- Credit card through PayPal on our UPLOADS page.
- Requesting an invoice. An invoice can be issued to a company entering multiple journalists.

PERMISSION TO USE:

By entering the Atlantic Journalism Awards you give permission to the organisation to use the content for public display and broadcast in any medium and promotion of the awards. Journalists or their employers retain all copyright. Please see our Privacy Policy for all other information about how we use your information on our website and awards program.

HOW TO ENTER:

1/ Gather everything you need for your entry

- media files
- cover letter
- Proof of publication or broadcast.

2/ Visit our LOGIN PAGE

- Log in or create your user account as a single user or a group user. Group user is for an organization or person entering on behalf of more than one person.

3/ Upon login or registration you will be taken to our uploads page where you can upload your files and make payment. If your company wishes to be invoiced, please indicate.

Visit ajawards.org for latest information.