



2025 SPORTS AWARDS RULES & GUIDELINES

Purpose:

The HER SPORTS Awards aim to recognize and celebrate outstanding people in our community. To ensure no special talent is overlooked, the nomination process is open to the public with clear guidelines.

General Rules

Eligibility

- Nominees must be located in Central Virginia and have demonstrated excellence in sports, leadership, or academics within the local area.
- Only fully completed nomination forms will be considered.

Nominations

- Nominations must be submitted using the official HER SPORTS Awards Nomination Form.
- Each nomination form must include:
 - The nominee's full name and contact information.
 - Detailed information about the nominee's sports statistics, achievements, and educational background.
 - A brief description explaining why the nominee deserves the award.
- Multiple nominations are allowed; however, each nominator may only submit one nomination per award category.
- All nominations for the 2025 awards must be submitted by **April 13, 2025**.

Award Categories

- Each nomination must specify the award category being applied for.
- Categories will be evaluated based on specific criteria, and detailed submissions are encouraged to increase the chances of selection.

Timeline

- **April 13, 2025:** Nominations close.
- **April 20, 2025:** The Top 4 Finalists in each category will be announced.
- **April 21 - May 18, 2025:** Public voting period.
- **June 28 2025:** Winners announced at the HER SPORTS Awards Ceremony.

Evaluation

The Awards Committee will carefully review each nominee based on:

- Their achievements and how well they align with the award criteria.
- Supporting details provided in the nomination form.

Disqualifications

- Incomplete forms or nominations missing essential information will not be considered.
- Submissions received after April 13, 2025 will not be accepted.

Changes to Award Categories

- The Team Mom Award and Spotlight Award have been retired due to low nomination rates in prior years.
- A new category, The Breaking Barriers Award, has been introduced to recognize female athletes with disabilities.
- Parents and organizations will still be honored in other formats to celebrate their contributions to the community.

Important Notes for Nominators

- Accuracy is Key: Ensure all information about the nominee is accurate and complete.
- Community Engagement: Encourage community participation during the public voting period.
- No Bias Policy: The Awards Committee guarantees fair and unbiased evaluations of all nominations.

We look forward to celebrating the outstanding athletes and contributors in our community at the 2025 HER SPORTS Awards!