

Connecticut History Day

Contest Guide

2025-26 School Year

Connecticut History Day Regional Contests will be in-person for the 2025-26 school year. Registration will open mid-November, 2025. Listed below are the Regional Contest Dates with Registration Deadlines. Requests for IEP and 504 accommodations must be submitted at the time of contest registration.

Date	Region	Location	Registration Deadline	Web/Paper Deadline
Saturday, February 28, 2026	Fairfield	Sacred Heart University	Wednesday, January 14, 2026	Thursday, February 19, 2026
Saturday, March 7, 2026	Mansfield	UConn	Wednesday, January 21, 2026	Thursday, February 26, 2026
Saturday, March 7, 2026	Norwich	Norwich Free Academy	Wednesday, January 21, 2026	Thursday, February 26, 2026
Saturday, March 14, 2026	Torrington	Torrington Intermediate School	Wednesday, January 28, 2026	Thursday, March 5, 2026
Saturday, March 28, 2026	New Haven	Southern CT State University	Wednesday, February 11, 2026	Thursday, March 19, 2026

Students in the Paper and Website Categories must submit their projects and paperwork by the deadline listed above. They **cannot** make any changes to their project or paperwork once their project is submitted. ***Website and Paper students are required to attend the contest.*** Website and paper students should bring one printed copy of their paperwork to the contest.

Documentary, Exhibit, and Performance students WILL NOT submit their paperwork (title page, process paper, annotated bibliography) prior to the regional contests. These students **must** bring THREE copies of their paperwork on contest day for the judges to review.

There will be no pre-contest interviews for any category for contests. If you have a scheduling conflict, please contact the State Office to ask to attend a different contest.

Judging takes place between **9 a.m. and noon**. Selecting "early" as your judging preference, means CHD staff will try to give you one of the first few judging slots; a late judging time, means late morning. (not the afternoon).

If there are questions about any of this guide, or problems accessing the information through the links, please contact the State Office at info@historydayct.org or call 860.240.5342.

Don't Forget! Review the Rule Book and Evaluation Forms!

No matter which category a student chooses, they should read the Rule Book to follow the category rules. The Rule Books are available for download here.

[NHD Rule Book \(English\)](#)

[NHD Rule Book \(Spanish\)](#)

Summary Sheets for General and Category Rules

[Summary Sheets for General and Category Rules](#)

Resources for starting a NHD project

[NHD Resources for Project Creation](#)

The current version of the evaluation forms are available for download.

[Evaluation Forms](#)

Choosing Between Group and Individual Projects

Students can choose to work as individuals or in groups of 2-5 students in the website, documentary, exhibit, and performance categories. The historical paper category is only for individuals. If students choose to work in a group and meet in-person, they should be sure to follow health and safety guidelines from their school, county, and state.

2026 NHD Annual Theme



[Theme Book](#)

[Theme Video](#)

[List of CT Topics](#)

Historical Papers

Paper category students should review the NHD Rule Book to ensure they do not miss any important rules and requirements for their category

Once the student has finalized their paper, they should combine all required parts into one document in the following order: **Title Page, Process Paper, Historical Paper, and the Annotated Bibliography** at the end. They should then **save the final version as one PDF file** with their first and last names, followed by the contest level. For example, John Smith should save his regional contest paper as **johnsmithregional.pdf**. If the student qualifies for the state contest, he should save his state contest paper as **johnsmithstate.pdf**.

The file must be uploaded in the ZFairs Contest system by the submission deadline.

Important contest planning note! Students will be required to upload their final PDF file to the Entry tab within their profile to the contest registration system by the submission deadline. Do not wait until the last minute to start uploading the project.

Entry's Paper: Title Page, Process Paper, Paper, Annotated Bibliography

↑ Add File

Paper students need to bring one printed copy to the Contest.

Websites

Website category students should review the NHD Rule Book to ensure they do not miss any important rules and requirements for their category. **Think carefully before signing up for this category as it takes time and expertise to build a website.** NHDWebCentral (<https://website.nhd.org/>) **must be used to build and create ALL websites.**

NHDWebCentral

Complete instructions on creating an account, getting started, and other tips are available in the new **NHDWebCentral Guide here: [Here](#)**

As detailed in the rules, students must include their process paper and annotated bibliographies as PDF files on their website. During registration, students will provide their website's 8-digit code found in its URL. **Important contest planning note!** Websites cannot be edited during the contest. They will "freeze" at 11:59 p.m. on the submission deadline and not unfreeze until after the contest. **Students must bring one printed copy of their paperwork to the Contest.**

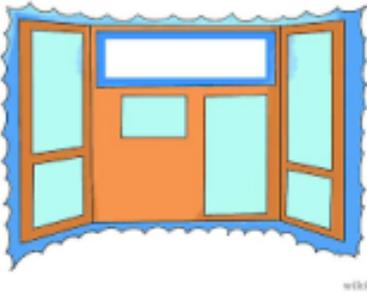
Documentaries

Documentary category students should review the NHD Rule Book to ensure they do not miss any important rules and requirements for their category .

Documentary students should bring their documentary to the Regional Contest in several ways: USB drive, shareable link on a cloud-based drive, and if possible on a laptop. PLEASE make sure that the cloud-based link works before contest day and bring your login credentials with you. It's best to have the documentary accessible in several ways to avoid technical issues.



Documentary students must bring THREE printed copies of their paperwork (Title Page, Process Paper, Annotated Bibliography) to the Contest.



Exhibits

Exhibit category students should review the NHD Rule Book to ensure they do not miss any important rules and requirements for their category. Since all contests will be in-person, students must physically construct an exhibit to bring to the contest. **Exhibit students must bring THREE printed copies of their paperwork (Title Page, Process Paper, Annotated Bibliography) to the Contest.**

The NHD Contest Rule Book allows exhibit students to:

- include a multimedia device in exhibit
- create an exhibit other than a tri-fold board that rests on a tabletop
- include supplemental materials on the tabletop

Performances

Performance category students should review the NHD Rule Book to ensure they do not miss any important rules and requirements for their category. Since all contests will be in-person, students must perform their project live for the judges at the contest. Be sure to plan accordingly for any props or costumes you wish to use. **Performance students must bring THREE printed copies of their paperwork (Title Page, Process Paper, Annotated Bibliography) to the Contest.**



Remember...

If you need assistance, contact the State Office EARLY!

Email: info@historydayct.org Phone: (860) 240-5342