



# METRO COUNCIL T-SHIRT DESIGN CONTEST

Calling all Creatives! Join  
Our T-Shirt Design Contest!

## HOW TO ENTER:

1 THERE IS NO ENTRY FEE TO SUBMIT A DESIGN. IF YOU ARE UNDER THE AGE OF 18, YOUR DESIGN MUST BE SUBMITTED BY A PARENT OR GUARDIAN ON YOUR BEHALF.

2 ALL DESIGNS MUST BE ORIGINAL CREATIONS OF THE CONTESTANT (**NOT CREATED BY AI**), AND INCORPORATE ALL OF THE REQUIRED DESIGN COMPONENTS OUTLINED ON THE NEXT PAGE. SUBMISSIONS MUST NOT HAVE BEEN PREVIOUSLY PUBLISHED AND MUST NOT CONTAIN PROFANITY, TRADEMARKS, OTHER ORGANIZATION'S LOGOS, OR ANY COPYRIGHTED WORKS OF ANY OTHER PERSON OR BUSINESS.

3 DESIGN(S) MUST BE SUBMITTED IN .PDF FORMAT, [@ https://forms.office.com/r/3fGUTneU9F](https://forms.office.com/r/3fGUTneU9F) by 11:59pm (CT) on February 21st, 2026.

4 PLEASE EMAIL [INFO@MENTALHEALTHKC.ORG](mailto:INFO@MENTALHEALTHKC.ORG) IF YOU HAVE ANY QUESTIONS.

Winner will receive a free T-shirt (with their design) and a \$100 gift card!!





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## Required Design Components

The winning design will be placed on the front of the official Metro Council t-shirt.

- 1. Theme:** *You Matter*
- 2. Colors:** The winning design will be printed on a white t-shirt. Design can use only a maximum of up to three (3) colors. Preference will be given to a design that includes Metro Council logo colors.
- 3. Typefaces:** Only the below font families are to be used in t-shirt design.
  - Heavitas for any bolded font
  - Calibri
- 4. Design Software:** Designs must be created in either Adobe (InDesign, Illustrator, Photoshop) or Canva.
5. Although the front of the design is primary, you may also use the back of the T-Shirt in your overall design plan. The T-Shirt is intended for adults.

## How Winner is Selected

- Entries evaluated by the Metro Council will be reviewed for:
  - Concept and originality of design
  - Visibility from a reasonable distance
  - Adherence to design and submission rules and guidelines

## Publicity and Agreement:

Contest entry constitutes an agreement by the submitting designers to grant a free license of all copyrights of the submitted works to The Metro Council in perpetuity, for all publicity and promotional purposes

## Media Release

By submitting artwork, you agree that if your design wins, The Metro Council retains first printing rights and a free license, in perpetuity, to utilize the design on t-shirts and other promotional items, and marketing, fundraising, and public relations materials. You are guaranteeing that your design does not contain any copyrighted material, including images/copy found on the internet, unless clearly marked as published under a Creative Commons (cc) license. Contest entrants who are not selected as the winning designer(s) retain all rights to their artwork.

\*The Metro Council will accept design submissions but reserves the right to make adjustments to fit the parameters of the event.