PHOTOGRAPHIC CHALLENGE CUP FOR 2025

Themes for
Artistic Creative and Technical Skills
Monthly Challenges

These challenges are an exercise in taking you "*outside the box*" of your normal routine in photography.

They are designed to help you learn to do something you may not have tried or thought of before; it may even take you in a different direction artistically.

The Photographic Challenge Cup is split into Artistic and Technical challenges for both sides of your brain to get some exercise.

The examples shown in this document are designed to demonstrate what can be produced for each theme and start you thinking, they should not be replicated as your image.

All the images must be taken after **December 13th 2024**.
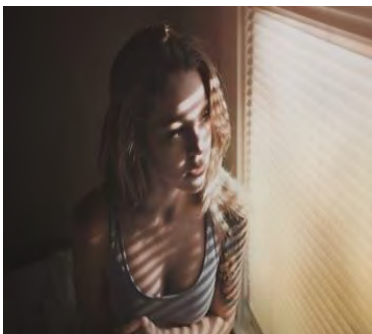
FEBRUARY 2025

ARTISTIC CREATIVE CHALLENGE

Title
- "Natural Light through the window"

Goal:
- Using the sun/day light through a window onto an object or person.
- No artificial lighting e.g. Lamp, torch or candle.

Examples:

Guidelines:

It is important to have shadow, so your subject has depth and dimension. Better results will be achieved when the sun is lower in the sky.

If you are looking for a more even light throughout the image, consider placing your subject farther away from the window. Don't forget to create the catchlight in the eyes if you're doing a portrait.

Judging criteria:

To include normal photographic criteria but also include these elements:

- Tell a story through your photograph; creative thinking will reward you here
- Originality in your subject matter

All images must have been captured AFTER 13/12/2024

MPS 2025 Photographic Challenge Cup

MARCH 2025

TECHNICAL SKILL CHALLENGE

Title:
- "Rim Lighting"

Goal:
- Use rim lighting to illuminate the subject outline and produce a pleasing and interesting image

Examples:

Guidelines:

Rim lighting is a technique used in photography that involves illuminating the edge of a subject to create a halo effect. Shapes, textures and contours can be brought out by rim lighting, giving an image a more vibrant appearance with depth, dimension, and drama to your photo, making your subject stand out from the background.
Place the light source behind the subject, slightly to the side, or angle it toward the subject. You can also produce effective rim lighting in natural light – for e.g. a person or object in front of the light source (i.e. the sun) creating a silhouette with rim light. Research rim lighting to gain a more thorough understanding.

Judging criteria:

To include normal photographic criteria but also include these elements:
- Originality of subject matter
- Best use of light source to produce rim lighting

All images must have been captured AFTER 13/12/2024

APRIL 2025

ARTISTIC CREATIVE CHALLENGE

Title:
- "Sweet Food in Colour"

Goal:
- Photographing any kind of sweet food. Could be a lolly, cake, dessert. We want the image to make us hungry.

Examples:

Guidelines:

Choose the best angle for your image, try different angles to highlight the best aspects for your image, for example, an overhead shot to showcase the shape of the dessert, or a side on shot to show texture. Consider the lighting you use (can be natural light or artificial).

Judging criteria:

To include normal photographic criteria but also include these elements:

- Originality of ideas
- Good use of lighting
- Selection of food type

All images must have been captured AFTER 13/12/2024

MPS 2025 Photographic Challenge Cup

MAY 2025

TECHNICAL SKILL CHALLENGE

Title:

- "Multiple Three or More Exposure Effect in post-edit"

Goal:

- To create a multiple three or more exposure effect in post-edit, by blending images together. A multiple exposure is when you combine three or more exposures into a single image. It is NOT a double exposure. It is NOT in camera exposure.

Examples:

Guidelines:

1. Take three or more images and blend them together. You will need to use a photo editing program that supports layers such as Photoshop or similar. Have distinct dark and light areas. You will use opacity and layer masks and blending modes to merge your images into a single image. Whilst it is possible to create a similar look in- camera using multiple exposures, this challenge is meant to increase and enhance your skills in post processing.

Judging Criteria:

To include normal photographic criteria but also include these elements:

- Selection of subject matter
- Balance of tones
- Editing techniques; enhancing the subject matter into a pleasing image

All images must have been captured AFTER 13/12/2024

JUNE 2025

ARTISTIC CREATIVE CHALLENGE

Title:

- "Abandoned No Longer in Use – black & white photography"

Goal:

- Produce an image of any item that has no more use and is abandoned. It can be a building or a food wrapper or everything in between.

Examples:

Guidelines:

Black & white images can sometimes bring out a sense of melancholy, depending on the subject. The abandoned item is to be the key point of the image and should draw the viewer in.

Judging Criteria:

To include normal photographic criteria but also include these elements:

- Unique choice of subject
- Enhancement of the subject through light and shade
- Use of good tonal range from black, midtones to white
- Can evoke a feeling of loss or abandonment

All images must have been captured AFTER 13/12/2024

JULY 2025

TECHNICAL SKILLS CHALLENGE

Title:

- "Panning – replicating the Josh Adamski effect"

Goal:

- Using blurring techniques to create the illusion of movement, your image will take on an abstract, almost painterly tone. The main idea is to transform an image from a standard photo to an impressionist style image. Research Josh Adamski photography.

Guidelines:

To create this effect, one of the most important parts is to use an image that has very definite and repetitive lines. They can be horizontal such as tall trees or vertical such as waves in the ocean. There must be a human or a specific focus of the image that will remain sharp. The effect can be created in Photoshop or similar, or you could also think about how to create an image with one stationary subject and a blurred background.

Judging Criteria:

To include normal photographic criteria but also include these elements:

- Effective use of panning or creating the same effect in Photoshop or similar
- Good choice of subject matter

All images must have been captured AFTER 13/12/2024

AUGUST 2025

ARTISTIC CREATIVE CHALLENGE

Title:

- "Movie Title"

Goal:

- We want the viewer to be able to recognise the movie title without having to ask the author. It can be in colour or black and white. The viewing/judging on the night will be paused to allow the audience to guess it.

Examples:

Guidelines:

It can be of any movie title. Your image doesn't need to be about the movie, but what you present should tell the story of the **movie title**.

Judging Criteria:

- Originality of idea
- An image that needs the viewer to concentrate on the whole picture presented to understand its meaning
- An image that the audience can identify as a movie title

All images must have been captured AFTER 13/12/2024

SEPTEMBER 2025

TECHNICAL SKILLS CHALLENGE

Title:

- "Light painting"

Goal:

- Utilise light painting to create a pleasing image displaying creative use of light

Examples:

Guidelines:

Light painting is the art of creating photos by setting long exposure times on a camera and using a moving light source to "paint". You need to understand how your camera works and how to control different parts of the exposure triangle: shutter speed, aperture and ISO. A sturdy tripod is an important part of the process.

The light source can come from a glow stick, a small torch on a string or anything that emits light. Research ways to create the pattern and what different types of light source you can use.

Judging criteria:

To include normal photographic criteria but also include these elements:

- An image that displays creative use of light painting technique
- Good use of imagination to choose a subject that will lend itself well to this type of photography

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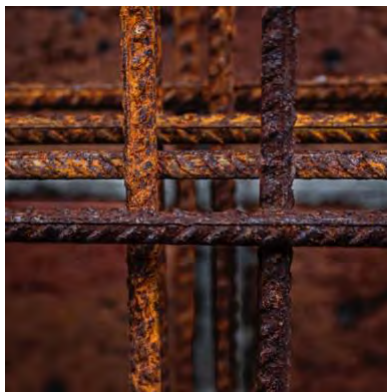
OCTOBER 2025

ARTISTIC CREATIVE CHALLENGE

Title:

- "Metal"

Goal:

- Produce an image with metal as the subject. The metal can be of any kind - shining, rusty, wet etc

Examples:

Guidelines:

Metal can take on all type of looks. Depending on the type or state of the metal, think in terms of shapes, texture and patterns; look closely for strong, abstract, reflective and/or colourful images. Making sure there is enough contrast, to avoid having a flat image.

Judging criteria:

To include normal photographic criteria but also include these elements:

- Interesting choice of subject
- Effective lighting
- Use of shapes, texture and/or patterns to produce an interesting image

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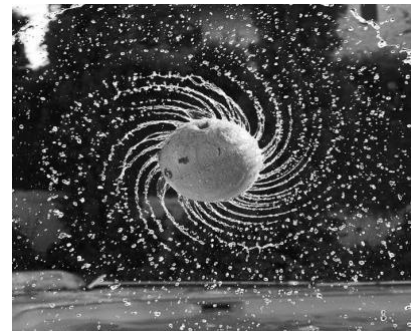
NOVEMBER 2025

TECHNICAL SKILLS CHALLENGE

Title:

- "High-Speed Photography"

Goal:

- Demonstrate the art of capturing images of fast-moving subjects that are not visible to the naked eye

Examples:

Guidelines:

High-speed photography is the art of capturing images of fast-moving subjects that are not visible to the naked eye. Some examples of this include: a balloon popping, a droplet breaking the surface tension of water, and wildlife action. For camera settings, use a wide aperture and very fast shutter speed (eg: at least 1/2000th of a sec). Experiment using reflective surfaces like glass, mirrors or metal for interesting effects.

Judging Criteria:

- Originality of idea
- Correctly exposed image
- A good understanding of high-speed photography

All images must have been captured AFTER 13/12/2024