

UQ Sunflower Competition Rules

The University of Queensland's Sunflower Competition promotes the science behind agronomy and horticulture to students, teachers and parents.

The purpose of the competition is to inspire current science students to become the next generation of plant and agricultural scientists, and to support teachers to deliver their science curriculum in a plant-based context.

The competition provides an interactive learning opportunity with school-based experiments that classes can work through at their own pace and level of difficulty. Teachers and students can participate in a number of ways:

1. Grow sunflowers at your school as part of the curriculum or as an extra curricular activity
2. Enter the 'Heaviest Yield' category competition by submitting a video showing the sunflower head being removed and weighed on a set of calibrated digital scales.
3. Enter the 'Communicating Science' or 'Scientific Investigations' categories in the Queensland Science Contest by submitting your entry to the UQ Sunflower Completion before 30 June.

Sunflower Resources

In 2026 we will be introducing some **new** resources for schools to access, to enrich the learning experience for students.

Teachers can access resources delivered by our UQ researchers. These short videos or feature articles will cover science topics related to sunflowers including water management, soil quality, plant physiology, biosecurity, agronomy and agribusiness. These resources will provide students with a greater understanding of the science behind growing plants.

There will also be some Q&A virtual sessions available to have all of your sunflower questions answered and some career sessions to inspire your students about the pathways and opportunities available in the agriculture sector.

Teachers will also receive a weekly newsletter update from UQ with useful planting tips and information as well as progress updates from other schools competing.

Important Dates

All video submissions due by:
Friday 15 May 2026

Categories and Prizes

Heaviest Yield (for each state)

Years 7-8

1st - \$200 Runner up - \$100

Years 9-10

1st - \$200 Runner up - \$100

Years 11-12

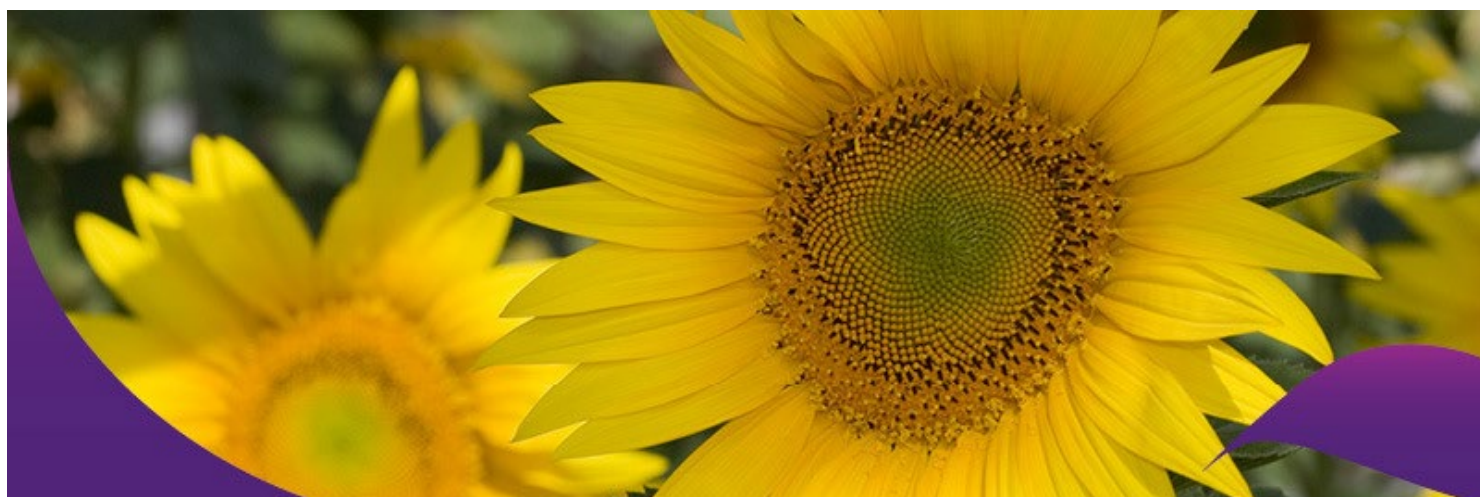
1st - \$200 Runner up - \$100

Overall Grand Champion - Heaviest Recorded Yield

\$300

Please note: Each state will have their categories and prizes.

Overall Grand Champion is the heaviest yield of all entrants.



UQ Sunflower Competition Rules:

Area	Rules
Eligible Entrants	The Sunflower competition is open to all year 7-12 high school students within Australia. Teams entering the 2026 Queensland Science Contents 'Communicating Science' or 'Scientific Investigations' categories may only contain a maximum of 3 students per group.
Seeds Kits	UQ will supply you with sunflower seeds generously donated by the Australian Sunflower Association. Planting can occur anytime after you receive your seeds, remembering that to grow the biggest sunflowers they need plenty of light, heat and water. If a crop fails during the time frame, you can request new seeds. To plant, you will need to supply the following: 14 litre pot, potting mix, fertiliser, protective mask and watering can. These seeds have been treated and are not fit for human consumption. Please ensure students wash hands after contact.
Pots	Pots of up to 14 litres in volume are permitted. This rule is extremely important and any larger pot sizes will be disqualified. Please note: A suitable 300mm standard, 14 litre pot. Check with your local garden supplier or bunnings (around \$4.26) Pots must not be placed directly on soil and should be placed on an impervious surface such as concrete. The sunflower plant roots must not escape the pot. A plastic saucer may be used to avoid this. The videos submitted must show the plant in its original growing pot and soil medium.
Growing Conditions	Each team or entrant is free to choose where and how the plant is grown within the limits of: • pot size • solid potting media • competition rules. Each team or entrant may choose a watering, light and fertilising regime that they believe maximises growth. The experiments recommended are simply a guide. Feel free to deviate from the suggested trials and experiment with light, water, fertiliser and potting mix conditions. Hint: Plants will perform best in full sun but you may wish to grow comparison plants in shade for class interest.
Video Submission	Video must be: • one of the following file types: MPG, MPEG, AVI, WMV, WAV, MOV (a smartphone quality video will suffice) • the file needs to be less than 15MB format • a maximum of 60 seconds • submitted by 5pm Friday 15 May 2026. The video must be uncut and show the pot with a 30 cm ruler placed in front of it, then the sunflower head being removed and weighed on a set of calibrated digital scales. We will provide you with a helpful demonstration video on how to cut and weigh your sunflower prior to the due date While recording, please clearly state the following, "This is the entry for <Group Name> from <School Name> from <State/Territory> in the year <Primary/7-10/11-12> category." Save the file name as the school, state, group and category (e.g. UQGatton_QLD_Class_8H_Year_7_10.mov) If you have any film and media students, this would be a great opportunity for them to assist in the video production.

Handy tips and FAQs to assist you through your sunflower growing journey are available on our website:

<https://agriculture-food-sustainability.uq.edu.au/sunflower-competition>

For further details, please contact:

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