

# The Sampler Mixtape: Host Guidelines

Last updated: May 2026

## Introduction

The Sampler Mixtape is an hourly programme which goes live on Resonance FM on Fridays at noon and replays on Wednesdays at 3am. It is a programme showcasing new music, with a little bit of introduction and outro text. The aim is to introduce listeners to exciting new music and to curate an interesting and diverse range of artists for that hour. Each Mixtape when aired on FM and DAB has approximately 2,000 listeners, and a few hundred more who tune in online.

The Sampler Mixtapes typically feature mostly:

- UK-based artists
- Music released in the last 2-3 years
- Music that is new, experimental, or pushes some boundary
- A diverse range of voices and artists

You could, for example put together a mixtape with music...

- ...that you've been listening to recently or are inspired by
- ...from artists within a specific region to shine a light on a local scene
- ...around a theme (e.g. film scores, LGBTQI+ artists, environment etc)

You could go Bandcamp Hunting – simply hunt for new music by visiting profiles of labels or people who have purchased a newly-released track and seeing what else they have listened to or purchased, or finding out what other music a label has released or curated, discover new tracks that you didn't know and so on.

We keep commentary to a minimum and only at the beginning and ending (see below for guidance on recording an intro and outro for your mixtape).

Please listen to a couple of past mixtapes to get an idea of the tone, length of intro/outro and general format of The Sampler Mixtape.

You can find previous examples on Mixcloud: [mixcloud.com/samplernews/](https://mixcloud.com/samplernews/)

## Host Fees and expenses

We pay guest hosts £50 to curate a mixtape. We expect you to legally acquire any tracks required for the mixtape, and thus by agreeing to produce a mixtape you confirm that you own any tracks you have used in it.

If your mixtape is a co-promotional mixtape (you include some of your own music in the tracklist), the guest host fee is waived as part of the promotion.

In addition to your curating fee, we offer a small budget to purchase new music for the purposes of the mixtape, up to £20. You will need to itemise these separately in your invoice and provide receipts when invoicing us.

All invoices must be dated and must include your VAT Number (if applicable), NI Number and UTR Number (if applicable). If you are not registered as self-employed with HMRC, you must clearly state this and confirm that you are responsible for making your own tax contributions. All invoices should be addressed to: Sound and Music, 3M Buckley Innovation Centre, Firth Street, Huddersfield, HD1 3BD

## What you need to send us

You need to send all of the below at least a week before the scheduled broadcast [via this Airtable form](#). We won't be able to schedule your mixtape until we've received all the below:

- An mp3 file of the mixtape, exactly 59 minutes long ( $\pm$  5 seconds)
  - The mp3 file should be exported as 320kbps mp3, normalised to -2.9db
- A completed tracklist template (see below) including a short bio and a sentence describing the mixtape
- A cover image (square, minimum 800x800px)
- An invoice using the above details

If you don't feel confident putting the tracks together on your own into one mixtape, you can send the tracks as a high quality audio file (minimum 320kbps mp3 files) and indicate the order in which you want the tracks to appear, as well as include recordings of your intro and outro texts, and we can mix it for you.

## Offensive Language

Resonance FM is regulated by Ofcom and The Sampler Mixtape is aired pre-watershed, which means the content must be suitable for children.

In order to comply with Ofcom regulation, Resonance FM errs on the side of caution when it comes to explicit language in music on pre-watershed shows.

For example:

- Songs which contain several or regular expletives throughout the song are unlikely to be accepted for broadcast even if they are censored.
- Songs which contain one or two instances of explicit language, but are censored and otherwise non-explicit in theme or content are generally okay

**If you submit a mixtape which includes explicit language it will not be aired and we will not be able to pay you.**

Ideally you will use music that does not include any explicit language, or radio edits of songs if they exist. If you want to include a track that includes one or two instances of explicit language, you must bleep or silence it out.

If you are unsure about whether a word is considered to be explicit language, please contact us to discuss prior to submitting your mixtape.

Read more about [Ofcom's Guidance for Offensive Language on Radio](#) and their quick reference guide on [Public Attitudes to Offensive Language on TV and Radio](#).

## Broadcast Standards

As stated above, mixtape content must be suitable to be listened to by children. This includes avoiding music which contains violent, harmful or offensive themes, or overt sexual references, themes or content.

Please refer to the following Ofcom rules for Broadcast Standards around Harm and offence and protecting the under-eighteens:

- [Section one: Protecting the under-eighteens](#)
- [Section two: Harm and offence](#)

Your mixtape should follow the above rules, relative to the context of the Sampler Mixtape, which:

- Does not thematically or regularly broadcast issues relating to violence, harm or offence, or contain overt sexual references, themes or content

- Is broadcast pre-watershed, when children may be listening
- Is broadcast on Resonance FM, which does not tend to curate radio shows about sensitive or controversial content on its scheduling

If you are uncertain about whether a track can be included in your mixtape based off of broadcast standards, please contact us for confirmation.

## Tracklist

You need to send us a completed tracklist with your mixtape, including timestamps for each track so we can populate Mixcloud and for reporting purposes. You can [download our template on the guidance page](#).

We also ask you that you provide a link for each track on the mixtape – ideally the link would be a place where a listener could support the artist as directly as possible, such as Bandcamp, Boomkat or their own website. Please avoid using Spotify or other streaming service unless it's the only place available.

## Mixtape Structure

You must record an intro crediting The Sampler Mixtape and Sound and Music. A sample text for guidance below (which you can read as-is or a variation of):

“Welcome to The Sampler Mixtape, an hour of eclectic new music brought to you by Sound and Music. My name is \_\_\_\_\_ and today we're listening to X, Y, Z and more. For a complete tracklist and to find out more, visit us at [soundandmusic.org](http://soundandmusic.org) forward-slash mixtape or follow us at [soundandmusicUK](#) on Instagram, and you can follow me at \_\_\_\_\_”

You must record an outro. The outro should say something along these lines:

“Thanks for listening. To find out more and for a complete tracklist, visit us on [soundandmusic.org](http://soundandmusic.org) forward-slash mixtape or follow us at [soundandmusicUK](#) on instagram. I'm \_\_\_\_\_ and you can follow me on \_\_\_\_ . Tune in next week for more new music.”

## Contact

For any questions contact Grace Bailey ([Grace.Bailey@SoundandMusic.org](mailto:Grace.Bailey@SoundandMusic.org))