

**Pilot Competitions**

# Culinary Arts

*(Taken from 2021 Pilot Competitions Rulebook)*

Suggested Category: Category II - Arts

1. This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
2. The Culinary Arts competition challenges students to produce original, unique culinary creations related to this year’s theme. Students will be judged on the technique, presentation and originality of their culinary creations.
3. This year’s challenge is based upon: **XXXXXX**.
4. There is no limitation on ingredients and materials used, as long as they are halal and edible. Cost of materials should be under $100.
5. Competitors will be expected to submit the following:
   1. A cooking vlog style demonstration of how they prepared their submission (as an unlisted Youtube link)
   2. A blog style post describing their inspiration for the piece as well as a recipe with exact measurements in imperial and/or metric systems (as a PDF or live blog link)
6. The cooking video must include, at a maximum of 5 minutes:
   1. An introduction
   2. Ingredient flat-lay shot with measurements
   3. Step-by-step instructions
   4. Final product
   5. Conclusion
7. Any other shots or additions will be up to the competitor’s discretion. Submissions will be judged on the quality and creativity of the presentation as well as the recipe.
8. The blog post must include, with a maximum of 1000 words:
   1. Background/inspiration for the dish
   2. Showcase a few ingredients and talk about their importance and value to the dish
   3. Theme questions
   4. Link to video
   5. Ingredient list with measurements
   6. Recipe
   7. Closing comments
9. All submitted pieces will be judged, and the top ten projects will be selected by the judges for live interviews.

Culinary Arts Detailed Ballot

Section A: Technical Points: 5

* Participant is appropriately dressed in any pictures and videos
* Length of blog post does not exceed 1000 words
* Submission meets all competition criteria

Section B: Production Quality Points: 35

*Culinary Technique*

* Competitor shows excellent knowledge of ingredients and culinary techniques
* Techniques used are difficult and complex and execution is successful
* Design required practice, time and patience

*Video Submission*

* Video shows a coherent introduction and conclusion
* Flat-lay is clear and inclusive of all ingredients
* Steps provided are comprehensive and clear
* Video is enjoyable to watch

Section C: Presentation Quality Points: 35

*Aesthetic and Design*

* Submission looks appealing and appetizing
* Layout and composition enhance the beauty of the submission
* Creation makes use of elements and principles of art

*Blog Submission*

* Presentation is imaginative and unique
* Work breaks new ground in communicating its message
* Recipe is clear and well-written with enough detail to reproduce
* Ingredient inspiration and selection is deliberate and purposeful

Section D: Application of Theme Points: 25

* There is a strong, clearly evident relevance to the theme.
* The theme is expressed in a unique or outstanding way.
* Purpose of the artwork is clearly articulated and shows evidence of reflection and/or research.
* Elements and principles of art are clearly articulated and competitors show evidence of careful selection and organization of these elements and principles.
* Please use the following questions to gauge the understanding of the theme and how it was expressed in the work. Then proceed to scoring.

1. How did you aim to convey this year’s theme in your culinary creation? In what ways does your recipe and technique represent your individual point of view, imagination, creativity, and individuality?
2. Explain your purpose in developing this culinary item and describe how you achieved that goal. Describe any influences from chefs, cookbooks or cooking shows that contributed to the development of this art-work.
3. What elements or principles of culinary technique did you use, and how did you select and organize the visual aspects of the decoration/food styling?

Culinary Arts Ballot

MIST ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
|  |  | Subtotal |
| Section A | Technical | / 5 |
| Section B | Culinary Technique | / 20 |
| Video Submission | / 15 |
| Section C | Aesthetic and Design | / 20 |
| Blog Submission | / 15 |
| Section D | Application of Theme | / 25 |

TOTAL: \_\_\_\_\_ / 100

Overall Judges Comments and Feedback:

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# Scrapbook

*(Courtesy of MIST Houston)*

Suggested Category: Category II – Arts

The Scrapbook competition is a team effort. A minimum of one (1) and a maximum of two (2) people can register for this competition. One submission is permitted per MIST team.

The following is a list of rules and procedures for this category. Failure to fulfill these obligations and/or any violation of them may result in point loss.

1. All scrapbook covers must bear MIST IDs and the current Year.
2. No more than $100 can be spent on supplies.
3. The size of the scrapbook must be a minimum of 12”x12” or the equivalent of 144 square inches, to a maximum of 15”x24” or the equivalent of 360 square inches.
4. The cover of the scrapbook must be designed and/or decorated by the competitor.
5. The scrapbook should display the events, activities, or anything of importance in your MSA/Islamic Organization between the beginning of the school year and the MIST competition. Note that this competition is a scrapbook competition and not an album competition.
6. The scrapbook should reflect the current MIST theme. It will be judged on how well it reflects the theme and how the theme is carried out throughout the scrapbook.
7. Add captions and labels so your scrapbook tells a story about the current MIST theme and your MSA/Islamic Organization. Include artistic personal touches to tell a story.
8. Avoid loose articles that may slip out of place.
9. Include a title page, an index, and page numbers to organize your book.
10. Judging Criteria will be based upon the Scrapbook Ballot.

Scrapbook Detailed Ballot

Section A: Technical Points: 5

* Presenters on time for interview
* Interview duration within 3-5 minutes
* There are no identifying characteristics on the submission aside from their MIST ID
* The presenter(s) look credible and dressed for an interview.

Section B: Cover Points: 10

* Does the year appear on the cover page?
* Is the construction of the scrapbook sturdy? Is it easy to handle?
* Does the scrapbook measure between 12”x12” and 15”x24”?

Section C: Organization & Content Points: 35

*Organization*

* Are there titles on every double-page?
* Are the correct grammar and mechanics used within the scrapbook?
* Is the method or style of organization appropriate? Are title pages, an index, and page numbers used to organize the scrapbook?

*Content*

* Are the visual materials properly used?
* Is the scrapbook attractively designed?
* Is there sufficient journaling to understand what is going on?
* Is there full and sufficient coverage of club activities?
* Is there an artistic theme consistent through the scrapbook?
* Is there a variety in the content of the materials and events presented?
* Are the pages creatively and distinctively designed? Are there more than just pictures of people, but the use of words and phrases to exemplify what they stand for?

Section D: Artistic Quality Points: 10

* Is there an appropriate balance of artwork and lettering?
* Are the materials color coordinated?
* Are the styles and design aesthetically pleasing?

Section E: Overall Effect of Submission Points: 15

* Does it illustrate a very active school club in an original and creative fashion?
* Does it demonstrate completeness and thoroughness of activity level?
* Does it exemplify the WOW factor?

Section F: Application of Theme Points: 25

* There is a strong, clearly evident relevance to the theme.
* The theme is expressed in a unique or outstanding way.
* Purpose of the artwork is clearly articulated and shows evidence of reflection and/or research.
* Elements and principles of art are clearly articulated and student shows evidence of careful selection and organization of these elements and principles.

Scrapbook Ballot

MIST ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
|  |  | Subtotal |
| Section A | Technical | / 5 |
| Section B | Cover | / 10 |
| Section C | Organization | / 20 |
| Content | / 15 |
| Section D | Artistic Quality | / 10 |
| Section E | Overall Effect of Submission | / 15 |
| Section F | Application of Theme | / 25 |

TOTAL: \_\_\_\_\_ / 100

Overall Judges Comments and Feedback:

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# Mobile Apps

*(Taken from 2021 Pilot Competitions Rulebook)*

Suggested Category: Category V - Group Projects

You may be great with computers, but you’re creative at heart. Combine your skills to design the perfect Mobile App. Competitors are allotted ten (10) minutes to present their project to the judges. The following is a list of rules and procedures for this category. Failure to fulfill these obligations and/or any violation of them may result in point loss or disqualification from the tournament.

1. Only one submission is allowed per school. Hence, if two students register from the same school, they must work as a team.
2. Names and other identifying information should not be written anywhere on the submission.
3. Competitors can use any online library or SDK but they should create the design templates on their own. Buying a readymade template is not acceptable.
4. The project must be relevant to the annual theme.
5. Contestants must submit a submission as a compressed file (zip). All submissions will be viewed on a computer. Contestants must copy all files, images, style sheets, etc in the submission. Any outside links can be included. Remember to make a backup, and to try downloading and running the submission on various computers to eliminate technical issues during the competition. All graphics must be GIF, TIFF, or JPG. If you have any questions, please contact your Regional Competitions Headquarters.
6. Students will be allotted ten (10) minutes for their presentation. Students are expected to share their screen when presenting the mobile application.
7. Students can present the mobile app through an emulation software or by live camera. Apps must be usable either on the mobile devices or through an SDK on a computer. If you have any questions about presentations, please contact your Regional Headquarters.
8. A typed explanation of the app and its content, no more than three (3) pages (1000 words maximum double spaced and 12point font) must be included with the submission. The explanation should detail the app’s content, what inspired the participant to make it, what development tools were used, and any other pertinent information related to the creation of the site. Judging will be based on the explanation provided in the interview and the app itself. The interview will be no longer than 10 minutes.

Mobile Apps Detailed Ballot

Section A: Technical Points: 5

* Participants are on time for the competition.
* The participant stopped presenting when time was called.
* There are no identifiers on the submission aside from their MIST ID.

Section B: Content

*Conventions Points: 10*

* The app is fully functional.
* The overall app is appealing and inviting.
* Mobile app addresses the needs of the user.

*Ideas and Development Points: 15*

* The app includes elements of the year’s theme.
* More than one hardware feature of the mobile (GPS, Bluetooth, etc.) was used. The content appeals to and can be used by the general public.
* The app has sufficient text, content, and graphics.

*Technical Points: 20*

* The app was executed successfully and all the graphics were displayed.
* The app was free from any grammatical or spelling mistakes.
* The source code used in the app has not been copied from any other sources.
* The MIST board approved languages used in the code.

*Design Points: 15*

* The app is user friendly and all the information can be found easily.
* The app has a consistent design and feel.
* The graphics and design doesn’t distract the user from the main purpose of the app. More than one graphically appealing element has been used in the process.

Section C: Application of the Objective

*The Objective Inspection Points: 20*

* There is a strong, clearly evident relevance to the objective.
* The objective is applied in a unique or outstanding way.
* Purpose and inspiration of designs are clearly articulated and shows evidence of reflection and/or research.
* Design elements and principles are clearly articulated and student shows evidence of careful selection and organization of these elements and principles.

*Presentation Points: 15*

* It was presented with a passionate but professional manner.
* The tone was natural and consistent, reflecting original thinking and expression. The presentation included technical topics such as API implementation, etc.

Mobile Apps Ballot

MIST ID: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
|  |  | Subtotal |
| Section A | Technical | / 5 |
| Section B | Conventions | / 10 |
| Ideas and Development | / 15 |
| Technical | / 20 |
| Design | / 15 |
| Section C | Objective Inspection | / 20 |
| Presentation | / 15 |

TOTAL: \_\_\_\_\_ / 100

Overall Judges Comments and Feedback:

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# Soccer - Indoor

*(Courtesy of MIST Houston)*

Suggested Category: Category VI – Sports

The Soccer competition offers a great team-building opportunity in the form of a fun, athletic competition. This competition is organized in a bracket format, and winning teams advance to the next round. Standard soccer rules and regulations are employed and competitors must compete in at least one competition from another category in order to qualify as a Soccer competitor.

The Soccer competition is a team effort. A minimum of six (6) and a maximum of ten (10) people must register for this competition. There will be a separate competition for brothers and for sisters, so each school will have the opportunity to bring a sisters’ soccer team as well as a brothers’ soccer team.

Coalitions among schools are allowed are in the sports competitions (both basketball and soccer). There is no limit to the number of schools involved in a coalition as long as the number of competitors does not exceed (10) among the schools participating. Coalition requests must be sent to MIST Registration by the Early Registration Deadline.

All indoor soccer rules will govern play with the addition of the following list of rules and procedures. Failure to fulfill these obligations and/or any violation of them may result in point loss or disqualification from the tournament.

1. All MIST rules and regulations, including dress code, apply.
2. Failure to participate in MIST competitions will result in immediate disqualification.
3. Players will be given a wristband the day of the competition when signing in. Wristbands may not be taken off or given to anyone else. You must have your wristband on to play.
4. Teams must wear matching colors.
5. All players MUST wear shin guards.
6. Players are not allowed to wear cleats with metal studs.
7. Games will be played in a six versus six format (including the goalie).
8. Shorts MUST reach the knees. No short-shorts allowed.
9. Players who purposely foul other players will be immediately ejected.
10. There are unlimited substitutions. They must be done at the center line at any time. The player coming off the field must be off before the new player may come on.
11. All free kicks are direct kicks, except for free kicks resulting from a handball foul; those will be indirect kicks.
12. The clock will run non-stop through all play. There will be no stoppage time.
13. There will be a “10 goal mercy rule” in the second half.
14. Penalty shots will be taken 12 yards from the goal.
15. Unsportsmanlike conduct will not be tolerated. The following offenses will result in a yellow card or red card:
    1. Cursing at supervisor, official, or opposing player
    2. Insulting supervisor, official, or opposing player
    3. Participating in a fight (AUTOMATIC EJECTION)
    4. Cursing out of anger or impulse should be avoided and a yellow card will be awarded to those who excessively curse at referee’s discretion.
16. No brother, whether he is a part of the audience or is a player (as mentioned above) will be allowed to attend a sisters’ game.

# Soccer - Outdoor

*(Courtesy of MIST Dallas)*

Suggested Category: Category VI – Sports

The Soccer competition offers a great team-building opportunity in the form of a fun, athletic competition. Standard soccer rules and regulations are employed and competitors must compete in at least one competition from another category in order to qualify as a Soccer competitor.

The Soccer competition is a team effort. A minimum of seven (7) and a maximum of twelve (12) people must register for this competition. There will be a separate competition for brothers and for sisters, so each school will have the opportunity to bring a sisters’ soccer team as well as a brothers’ soccer team.

Coalitions among schools are allowed are in the sports competitions (both basketball and soccer). There is no limit to the number of schools involved in a coalition as long as the number of competitors does not exceed (12) among the schools participating. Coalition requests must be made via the coalition form available on the MIST Dallas website by the prescribed deadline for the form.

All outdoor soccer rules will govern play with the addition of the following list of rules and procedures.

Failure to fulfill these obligations and/or any violation of them may result in point loss or disqualification from the tournament.

1. All MIST rules and regulations, including dress code, apply.
2. Failure to participate in MIST competitions will result in immediate disqualification.
3. FIELD OF PLAY - Dimensions: 47x30 yards | Penalty area: 10x20 yards
4. Teams must wear matching colors.
5. All players MUST wear shin guards.
6. Players are not allowed to wear cleats with metal studs.
7. Games will be played in a seven versus seven format (including the goalie).
8. Shorts MUST reach the knees. No short-shorts allowed.
9. Players who purposely foul other players will be immediately ejected.
10. There are unlimited substitutions. They must be done at the center line at any time. The player coming off the field must be off before the new player may come on.
11. All free kicks are direct kicks.
12. A ball that goes out of bounds on the sidelines will result in a THROW-IN for the opposing team. A goal cannot be scored directly from a throw-in.

# Flag Football

*(Courtesy of MIST Houtson)*

Suggested Category: Category VI – Sports

MIST follows standard intramural rules (federation rules) which are readily available online and are commonly known among those who play flag football. Standard rules for offense (e.g. flag guarding, false starts, delay of game, etc.) and defense (e.g. encroachment, pass interference, holding) will apply. If one is unaware of these basics, some due diligence in education through tutorials and familiarity with the game is required before taking on the responsibility of running a tournament.

A maximum of fifteen (15) competitors can register for the school’s flag football team. Flag football requires a minimum of (7) team members. If your school cannot register at least 7 players for a team, your school may collaborate with another school and compete together for this competition. All points and awards for this competition would be shared equally between collaborating schools (termed “coalitions”). Please check with your Regional Competitions Headquarters for more information. Only one team is allowed for each school.

In addition to the regulations of recreational flag football, the following rules of MIST also apply:

1. All recreational rules will govern play with exception of the following:
2. All MIST rules and regulations, including dress code, apply.
3. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.

**Rules/Scoring:** MIST Flag Football will adopt intramural flag football rules (federation rules).

1. Possession will be decided by coin toss, winner of toss will have the choice to receive, defend or defer choice to the second half.
2. Boundaries- will be marked clearly with WHITE lines. (Will be discussed day of tournament)
3. Teams will consist of 7 on the field and the remaining players on the sideline. Teams may start with 5 players.
4. Substitutions will occur on dead balls, failure to rotate players in and out before the next play will result in a penalty. (Having too many players on the field will result in a penalty as well)
5. Every team must use a snapper. A snap must occur in one continuous motion.
6. In flag football, there is absolutely no intentional contact allowed. Incidental contact does occur and will not be a penalty. Examples of what you can’t do:
   1. YOU CANNOT JAM SOMEONE AT THE LINE
   2. YOU CANNOT BLOCK USING YOUR HANDS
   3. YOU CANNOT RUN ANYONE OVER
7. Two timeouts per half are given. Halftime will be five minutes.
8. Scoring: A touchdown is 6 points. Offense has the choice to go for 1, 2 or 3 point conversion.
9. Punts: on fourth down, the offense has the option to go for it, or punt, if they decide to punt, they must state their intentions to the referee. No fake punts allowed. During a punting play, offense may not move until the ball is kicked. No fair catches can be called.
10. Flag guarding: any attempt to stop or prevent a defender from removing your flag will be a penalty. The only way to prevent a defender from removing your flag is by juking or maneuvering in a way in which they can’t take your flag.
11. Passing: only one forward pass is allowed, more than one pass or passes past the line of scrimmage will result in a penalty. Laterals must be backwards and are unlimited.
12. There are no fumbles in flag football, if a player loses possession of the ball, the play is marked dead at the spot.
13. Hitting, batting or stripping of the ball by the defender is not allowed once a player has maintained possession of the ball.
14. Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a 15 yard penalty. Two unsportsmanlike conduct penalties in one game will result in an ejection and possible removal from the tournament.
    1. any cursing at officials, supervisors, or opposing players.
    2. insulting the officials, supervisors, or opposing players.
    3. Participating in a fight (automatic ejection, no excuse
15. Dress: each team must wear matching jerseys with numbers. SHORTS/PANTS with pockets will not be allowed at all!! Your bottoms must not have any pockets or openings! The reason is that when removing someone’s flag, if your finger gets caught in a pocket, you risk injury! NO POCKETS. YOU WILL NOT PLAY IF YOU HAVE POCKETS ON YOUR SHORTS/PANTS. Jerseys must be tucked in. Flag belts will be provided by MIST.
16. Limit the sideline to players only and 2 coaches.

# Volleyball

*(Courtesy of MIST Houtson)*

Suggested Category: Category VI – Sports

MIST follows standard recreational (middle-school) volleyball rules which are readily available online and are commonly known among those who play volleyball. Standard rules for offense (e.g. foot fault, hitting, etc.) and defense (e.g. blocking, net, etc.) will apply. If one is unaware of these basics, some due diligence in education through tutorials and familiarity with the game is required before taking on the responsibility of running a tournament.

A maximum of twelve (12) competitors can register for the School’s Volleyball team. Volleyball requires a minimum of (5) team member. If your school cannot register at least 5 players for a team, your school may collaborate with another school and compete together for this competition (with approval). All points and awards for this competition would be shared equally between collaborating schools (termed “coalitions”).

Please check with your Regional Competitions Headquarters for more information.

Only one team is allowed for each school.

In addition to the regulations of recreational volleyball, the following rules of MIST also apply:

1. All recreational rules will govern play with exception of the following:
2. All MIST rules and regulations, including dress code, apply.
3. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.

**Rules/Scoring**: MIST Volleyball will adopt recreational (middle-school) volleyball rules, the exception will be equal play for all players. A set rotation, as explained below, will be followed.

1. Boundaries – the Court Boundaries are the YELLOW and WHITE Lines. (Will be discussed day of tournament)
2. Teams will consist of 6 on the court and the remaining players on the bench. Teams may start with 5 players. There will be no forfeited games.
3. For equal time play, when teams have more than six players, a new player shall enter the game after each rotation. Players coming off the bench shall take the place of the offensive player that has completed their serve.

For example:  


After serving and a rotation, the player in position 1 (server position that has already had an opportunity to serve) will go to the bench and their replacement shall enter the game in position 6. This sequence will occur on all rotations, allowing players to move from Position 1 to the bench, and re-enter the game in position 6.

1. After the serve has been made, players may transition to a different position (e.g. designated setters, left side hitters, etc). Upon completion of point, players must return to their original position for next serve.
2. In the exception that one team has less than 6 players; the opposing team is not forced to play with an equal number of players.
3. The first serve of game 1 will be decided by a coin toss with team captains (one player from each team); games 2 and 3 will be started with a serve by the team that did not serve first in the previous game. Players must follow the service order.
4. Two timeouts (per game) will be allowed during the first 2 games of the match. During the 3rd game (if applicable) of the match you are allowed one 1-minute timeout only.
5. A player is allowed one service tossing error (letting the ball bounce without hitting it after tossing it up for a serve) per serve. Serve faults happen when:
   1. Touches a player of the serving team
   2. Fails to pass over the net
   3. Lands out of bounds
   4. Passes over a screen. A screen occurs when one or more players waves arms, jumps or moves sideways, hiding the server as the ball is being served.
   5. Server steps on or past service line during serve. Referees will strongly enforce this rule!
6. Serves touching the net and continuing to the opponent’s side, and landing inbounds, is considered good.
7. If there is any doubt as to possible outcome, the referee shall declare a replay. Any time the ball hits the roof, standard rules apply.
   1. The Standard Rule is as follows:
      1. If ball hits ceiling and falls back on the hitting teams side of the net it is a playable ball
      2. If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.
      3. Arguing with an official may result in disqualification.
8. Competitors are allowed to serve either overhand or underhand.
9. A maximum of three hits are allowed before the ball goes back over the net. If the first touch is on a block, the team may have three additional contacts to return the ball.
10. Players may not cross the centerline (foot go completely over) at any time.
11. Balls must be properly hit – not held (momentarily in the hands or arms), thrown, lifted or carried.
12. The ball may contact any part of the body and any number of body parts as long as it does so simultaneously.
13. Double contacts by one player – except in the case of a block or a service receive – are not allowed.
14. If two players on the same team contact the ball simultaneously, this is considered two contacts for that team.
15. Serves may not be blocked by front players.
16. The ball must pass from one side of the net to the other over the legal portion of the net.
17. A player may not touch the net during play except for insignificant contact by a player not in the act of playing the ball.

**Scoring:** Scoring will be kept by volunteers.

* Scorekeepers also assist as linesmen
  + Three games will be played with rally scoring to 15.
  + Three games shall be played. If one team wins the first two matches, a third game will not be played.
* Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul and the possibility of a game suspension:
* Cursing at the officials, supervisors, or opposing players.
* Insulting the officials, supervisors, or opposing players.
* Participating in a fight (AUTOMATIC EJECTION).

1. Each team MUST have matching, numbered jerseys for every player. Legal numbers are expanded to include 0-99. A non-numbered jersey will not be allowed as a “00”. Your team captain will specify your team’s color at the time of registration. The colors of other teams in your league will also be listed. There will be no “Shirts vs. Skins” or taped-on numbers. Your team will forfeit if it fails to have the proper jersey at game time. (STRICTLY ENFORCED)
2. FEMALES SHOULD CONSIDER PROPER ATTIRE.
3. Only one coach and assistant coach per team are permitted on the team bench. (COACH(S) MUST BE AT LEAST 21 YEARS OF AGE AND GRADUATED FROM HIGH SCHOOL).