



ADDENDUM

Rulebook

2024



Umbrella and Coalition Rules:

MIST Philly is a high-school based tournament. This means competitors can **only participate under their high-school name**. If you attend cyberschool or homeschool, we encourage you to register under your district area's high school. However, you may join a nearby highschool team of your choice. Upon registration, you will be asked to submit your ID or transcript with your name and school.

Distinction between Umbrella and Coalition teams:

Umbrella Teams are formed between different high schools, allowing them to share the same coach(es) and wear the same team colors. There is no limit to how many highschools come under an Umbrella team.

In the past, Umbrella team names have been Masjids, Youth Groups, Townships, etc.

For Example:

- **Umbrella Team:** *Medina Mavericks*
- **High Schools Under Umbrella:** *Basha High School, Hamilton High School, and Little Rock High School*
- **What This Looks Like Competition Weekend:** All competitors from the three schools under *Medina Mavericks* wear blue and have the same coach: Muhammad Ali.

Coalition Teams are composed of different high school teams collaborating together for a specific competition. Depending on the competition, high schools in coalition can be from the same or different Umbrella team. Coalitions are intended for participants with a limited number of team members for a competition; NOT for high schools with sufficient competitors.

- **Within umbrella coalition:** consists of high schools under the same umbrella team
 - For example: Umbrella name and colors are the same
- **Between umbrella coalition:** consists of high schools **not** under the same umbrella team
 - For example: Umbrella name and colors are different

Note: The distinction between "Within Umbrella Coalition" and "Between Umbrella Coalition" is based on whether the participating high schools share the same umbrella name and team colors.

Note: The team that has received the request to form a coalition has the right to refuse before registration is finalized

Students CANNOT compete with individuals outside their own high school team. with the following exceptions:

Coalitions for MIST Quiz Bowl, Improv, and Sports will be allowed **between high schools of the same and different umbrella teams** under these circumstances

- Schools with a number of interested students lower than the minimum number for each respective competition will be qualified to make coalitions with other small schools

MIST Quiz Bowl

Minimum number of competitors to compete as a school: 2

Maximum number of competitors within a school to compete as a COALITION: 1

For example:

- School of 1 MIST Bowl competitor coalitioning with another school of 1 MIST Bowl competitor
- School of 1 MIST Bowl competitor coalitioning with another school of 2+ MIST Bowl competitors
- School of 1 MIST Bowl competitor coalitioning with multiple other schools that also only have 1 MIST Bowl competitor each.

Improv

Minimum number of competitors to compete as a school: 4

Maximum number of competitors within a school to compete as a COALITION: 3

For example:

- School of 1-3 improv competitors coalitioning with another school of 1-3 improv competitors
- School of 1 improv competitor coalitioning with another school of 2+ improv competitors
- School of 1 improv competitor coalitioning with multiple other schools that also only have 1 improv competitor each.

Sports

Minimum number of competitors to compete as a school: 5

Maximum number of competitors within a school to compete as a COALITION: 4

For example:

- A school of 1-4 competitors coalitioning with another school of 1-4 competitors
- A school of 1 competitor coalitioning with another school of 2+ competitors
- School of 1 competitor coalitioning with multiple other schools that also only have 1 competitor

Coalitions for Group Projects between high schools will be offered **ONLY within the same Umbrella team** to schools with a limited number of competitors. Competitors from one high school may join another school to create a team **OR** a team of multiple schools with limited competitors.

Minimum number of competitors to compete as a school: 1

Maximum number of competitors within a school to compete as a COALITION: 5

For example:

- School of 1-5 group project competitors coalitioning with another school of 1-5 group project competitors
- School of 1 group project competitor coalitioning with another school of 2+ group project competitors
- School of 1 group project competitor coalitioning with multiple other schools that also only have 1 group project competitor each.

If you are interested in coming to MIST as **an umbrella team** for coaches and team colors, please send the name of your team and a full list of all of the high schools under your **umbrella team** to registrationphilly@getmistified.com.

If you are a small school looking to form a **coalition** for a competition(s): If you have a specific school in mind to create a coalition with, please send the names of the schools and the competitor(s) involved to registrationphilly@getmistified.com. If you are interested in either competition but do not have a school to pair with, you can email us the name of your school and any interested competitor(s) to registrationphilly@getmistified.com. We will work to pair you with any other interested schools if available. Please note that MIST Philly reserves the right to decline coalition requests.



**THESE COMPETITIONS WILL NOT BE HELD AT THE NATIONAL LEVEL
AND WILL ONLY BE COUNTED FOR REGIONAL COMPETITION
PURPOSES**

For any questions or inquiries, please reach out to
CompetitionsPhilly@getmistified.com

VOLLEYBALL

Pilot region and original competition by MIST Philadelphia

Competitions Guidelines:

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.

Registration Requirements

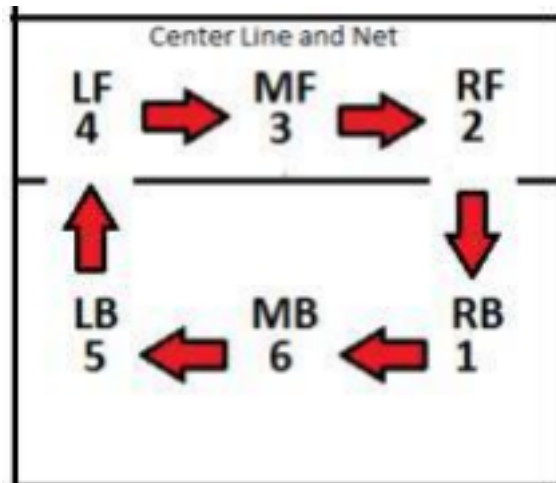
1. A maximum of twelve (12) competitors can register for the School's Volleyball team. Volleyball requires a minimum of (5) team member.
2. If your school cannot register at least 5 players for a team, your school may collaborate with another school and compete together for this competition(with approval).
3. All points and awards for this competition would be shared equally between collaborating schools (termed "coalitions").
4. Please check with your Regional Competitions Headquarters for more information.
 - a. Only one team is allowed for each school.

Guidelines:

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

1. All MIST rules and regulations, including dress code, apply.
2. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
3. **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.
4. Boundaries – the Court Boundaries are the **YELLOW** and **WHITE** Lines. (Will be discussed day of tournament)
5. 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.
6. For equal time play, when teams have more than six players, a new player shall enter the game after each rotation.
7. Players coming off the bench shall take the place of the offensive player that has completed their serve.

For example:



8. 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.
9. After the serve has been made, players may transition to a different position (e.g. designated setters, left side hitters, etc). Upon completion of a point, players must return to their original position for next serve.
10. 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.

11. 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.

12. 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.

13. 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:

a. Touches a player of the serving team

b. Fails to pass over the net

c. Lands out of bounds

d. 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.

e. Server steps on or past the service line during serve.

f. Referees will strongly enforce this rule!

14. Serves touching the net and continuing to the opponent's side, and landing inbounds, is considered good.

15. If there is any doubt as to the possible outcome, the referee shall declare a replay. Any time the ball hits the roof, standard rules apply.

a. The Standard Rule is as follows:

b. If ball hits ceiling and falls back on the hitting teams side of the net it is a playable ball

c. If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.

d. Arguing with an official may result in disqualification.

16. Competitors are allowed to serve either overhand or underhand.

17. 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.

18. Players may not cross the centerline (foot go completely over) at any time.

19. Balls must be properly hit – not held (momentarily in the hands or arms), thrown, lifted or carried.

20. The ball may contact any part of the body and any number of body parts as long as it does so simultaneously.

21. Double contacts by one player – except in the case of a block or a service receive – are not allowed.

22. If two players on the same team contact the ball simultaneously, this is considered two contacts for that team.

23. Serves may not be blocked by front players.

24. The ball must pass from one side of the net to the other over the legal portion of the net.
25. 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

1. Scoring will be kept by volunteers.
2. Scorekeepers also assist as linesmen
3. Three games will be played with rally scoring to 15.
4. Three games shall be played. If one team wins the first two matches, a third game will not be played.
5. Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul and the possibility of a game suspension:
 - a. Cursing at the officials, supervisors, or opposing players.
 - b. Insulting the officials, supervisors, or opposing players.
 - c. Participating in a fight (AUTOMATIC EJECTION).
6. Each team MUST have matching, numbered jerseys for every player.
 - a. Legal numbers are expanded to include 0-99.
 - b. A non-numbered jersey will not be allowed as a "00".
 - c. Your team captain will specify your team's color at the time of registration.
 - d. The colors of other teams in your league will also be listed.
 - e. There will be no "Shirts vs. Skins" or taped-on numbers.
 - f. Your team will forfeit if it fails to have the proper jersey at game time. (STRICTLY ENFORCED)
 - g. Sisters should consider proper attire.
 - h. Only one coach and assistant coach per team are permitted on the team bench.
 - i. Coach must be at least 21 years of age and graduated from high-school.



EXTEMPORANEOUS DRAWING

Pilot region and original competition by MIST New Jersey

Competitions Guidelines:

This competition challenges competitors to create a drawing based on a given prompt using only graphite pencils within a given period of time. Materials will be provided to competitors. There is no minimum number of competitors for this competition.

Procedures:

1. This competition is not a team effort. Competitors will compete individually.
2. Up to 4 students from each school can register for this competition.
3. No early submission is required for this tournament.
4. All students will be given the same prompt.
 - a. i.e. what is an obstacle that you have had to overcome in your life?
 - b. i.e. Demonstrate the quote, “Do not lose hope, nor be sad.” (3:139).
5. The theme will be expected to be incorporated into the drawing
 - a. This will mainly be evaluated through the interview process or written statement (See below)
6. Materials will be laid out in the competition room prior to competitors’ arrival
 - a. Each desk will have two sheets of sketching paper, 1 HB and 1 2B graphite pencil, and an eraser.
 - b. Electronics are not permitted.
7. The prompt will then be displayed on the screen, and competitors will get exactly 1 hour to draw their piece
 - a. Points will be deducted for any competitor that goes over the time limit.
 - i. 2 points will be deducted for any competitor that goes 1 minute over the time limit.
 - ii. 5 points will be deducted for any competitor that goes 2 minutes over the time limit.
 - iii. Work will not be accepted for any competitor who goes over 2 minutes.

b. Artwork should avoid realistic, representational rendering of lifelike human or animal form.

i. For any additional questions, ask the Regional Arts Head.

8. If there are less than 9 competitors, interviews will take place following the competition.

a. Competitors will get up to 2 minutes to explain their piece, and judges will subsequently have 3 minutes to ask any questions

i. Recommended questions are provided in the ballot.

b. If there are 9 or more competitors, competitors will get an additional 15 minutes to write a written statement providing a brief explanation of their piece.

i. Judges will then judge these pieces based on these explanations and the drawings themselves, due to time constraints

DETAILED BALLOT: EXTEMPORANEOUS DRAWING

Section A: Technical

Points: 10

- Competitor is on time for interview
- Competitor is dressed appropriately for the competition
- Competitor gives no identifiers aside from their MIST ID
- Competitor does not use any materials aside from materials provided
- Competitor does not go beyond allotted time per round

Section B: Production Quality

Points: 30

- There is a strong, clearly evident relevance to the given prompt
- The drawing employs a creative and original take on the prompt
- No inappropriate symbolism or content is used within the drawing
- Evidence of the student's effort to achieve the stated purpose
- No realistic human or animal life-like forms are represented

Section C: Presentation Quality

Points: 40

- Visual balance and layout enhance the overall beauty of the artwork.
- Work features a recognizable center of interest in relation to the theme
- The drawing makes use of elements and principles of art (shape, color, texture, flow, composition) effectively
- Artwork makes a visual impact and stands on its own as a complete work of art

Section D: Application of Theme

Points: 20

- 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
- Elements and principles of art are clearly articulated and the student shows evidence of careful selection and organization of these elements and principles.

Judges will ask the following questions to gauge the competitors' understanding of the theme and how it was expressed in their work. Judges will then proceed to scoring.

1. How did you aim to convey this year's theme in your work? In what ways does your artwork represent your individual point of view, imagination, creativity, and individuality?
2. Explain your purpose in developing this artwork and describe how you achieved that goal. Describe any influences from art history, artists, or art periods or styles that contributed to the development of this artwork.
3. What elements or principles of art did you use, and how did you select and organize the visual aspects of this work?



CULINARY ARTS: BAKING

Pilot region and original competition by MIST New York

Competitions Guidelines:

The Culinary Arts competition challenges students to produce original, unique culinary creations related to this year's theme. Competitors will be judged on the taste, technique, presentation and originality of their culinary creations. This competition consists of Culinary Arts submissions, a printed written statement, and an interview portion conducted by the judges' panel.

This year's challenge is: **Cake**.

Please note: **you must bring your finished product to MIST - you will NOT be making the cakes at MIST.**

Competitors are required to conceptualize, execute and decorate cakes that reflect this year's theme. There is no limitation on ingredients and materials used, as long as they are halal and edible.

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. All cakes of a standard shape (square, round, etc.) must be **at least** 6" in diameter and **at least** 4" in height.
2. Competitors also have the options to carve or mold a cake into a desired shape they feel accurately represents their artistic visions. Be creative.
3. Carved/molded cakes must be large enough for 6-8 people to sample.
4. Cakes of standard shapes and carved/molded cakes must have concept & styling that relates to the overall MIST Theme.
 - a. All cakes must be made from scratch
5. No more than two (2) students from each school can register for this competition. This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
6. MIST ID and order of competition will be pre-assigned on a random selection basis.

7. Competitors shall report at the appropriate time to the designated place. Competitors shall be introduced to the judges by their MIST IDs.
8. The project must be brought to MIST in a single platter, plate, container, etc labeled with the MIST ID ONLY. If the contestant's name appears anywhere on the presented piece, it will be disqualified. MIST will provide serving plates for each individual judge.
9. No more than \$50 can be spent on supplies.
10. All ingredients must be halal. All creations must be accompanied by a list of ingredients used. Please refer to [this link](#) for a Guide to Understanding Halal Foods.
11. To avoid risk of any contamination for people with food allergies, you are required to bring your submissions in an airtight container until they are ready to be presented for judging.
 - a. Competitors with food allergies are required to inform their Regional Representatives at least two (2) weeks prior to the tournament.
12. Each participant will be interviewed for five (5) minutes in order to describe the purpose and inspiration of their culinary creation.
 - a. Interview questions can be found in the last section of the Culinary Arts Ballot. Please note that if there are more than 15 entries for this competition, judges will choose the top 15 to interview, based on the written statement, appearance, and/or taste.
13. A typed written statement no more than one (1) page (500 words max.) must be included with the artwork.
 - a. The explanation will include what inspired the contestant to make it, as well as specific answers to the interview questions. Please note that the written statement is an integral component of qualifying for an interview in the top fifteen.
14. Competitors MUST bring in at least 3 progress pictures taken during the baking process(beginning, middle, and end) and at least 2 pictures of the final product from different angles.
 - a. In case the submission is damaged during transportation, the photographs will be used to judge the presentation portion of the ballot.
 - b. Please print and attach all photographs to the written statement.
15. Competitors must also record and submit a video with them in it capturing the baking process
 - a. Video should show the steps the competitors took to reach the final product
 - b. Video is no longer than five minutes
 - c. Upload video as private/unlisted to YouTube and submit video link to myMIST
 - d. Progress photographs can be screenshots from taken from the video
 - e. Submitted videos will be watched prior to judging
16. Competitors must include the ingredients and recipe used for their creation.

17. Both the interview and the Culinary Arts submission (with written statement) will be judged according to the Culinary Arts Competition Ballot.

Checklist:

- ✓ Culinary Arts submission
- ✓ Written statement based on interview questions (Interview questions located in Section D of Detailed Culinary Arts Ballot.)
- ✓ Ingredient list and recipe
- ✓ Printed photograph of the process and finished product
- ✓ Video submission

Both the submission and the written statement should be clearly labeled with:

- ✓ MIST IDs
- ✓ Name of Competition

DETAILED BALLOT

Section A: Technical

Points: 5

- Participant looks credible and is dressed appropriately for any appearances in the tutorial or photo submissions.
- Length of written statement does not exceed one page (500 words).
- Photo and video submission meets required guidelines (see rules).

Section B: Production Quality

Technique

Points: 20

- Competitor shows good knowledge of ingredients and production skills.
- Skills needed to make submissions are difficult and complex. Execution of these techniques is successful.

Section C: Presentation Quality

Aesthetics and Design

Points: 20

- Submission looks appealing.
- Layout, composition, and visual balance enhance the beauty of creation
- All elements work together to create a unified design.

- Creation makes effective use of elements and principles of art.
- Presentation is unique, imaginative, and inventive, while still being tasty.
- Work breaks new ground in communicating its message.

Section D: Application of Theme

Points: 20

- 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 students 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?
4. Explain the procedure using the images you captured while baking your cake



CULINARY ARTS: CHOPPED

Pilot region and original competition by MIST Philadelphia

Competition Guidelines:

The Culinary Arts competition invites students to showcase their culinary talents and creativity by preparing original, unique dishes that align with this year's theme. Competitors will be evaluated based on taste, technique, presentation, and originality. The competition includes the submission of the culinary dish, a printed written statement, and an interview portion conducted by the judges' panel.

Please note: **you must bring your finished dish to MIST - you will not be cooking at MIST.**

Competitors are required to conceptualize, execute a (hot) dish, using required mystery ingredients that reflects this year's theme. There is no limitation on ingredients and materials used, as long as they are halal and edible.

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. Mystery Ingredients will be sent out to competitors 2 weeks prior to the competition via email
2. No more than two (2) students from each school can register for this competition.
3. This competition is NOT a team effort. Each competitor must submit their own individual dish.
4. Dish must be microwavable to warm, unless the dish can be eaten at room temperature.
5. MIST ID and order of competition will be pre-assigned on a random selection basis.
6. Competitors shall report at the appropriate time to the designated place. Competitors shall be introduced to the judges by their MIST IDs.
7. The project must be brought in four (4) separate portions all of which are in microwave safe containers labeled with the MIST ID ONLY. If the contestant's

name appears anywhere on the presented piece, it will be disqualified. MIST will provide serving plates for each individual judge.

8. No more than \$50 can be spent on supplies.

9. All ingredients must be halal. All creations must be accompanied by a list of ingredients used. Please refer to [this link](#) for a Guide to Understanding Halal Foods.

10. To avoid risk of any contamination for people with food allergies, you are required to bring your submissions in an airtight container until they are ready to be presented for judging.

a. Competitors with food allergies are required to inform their Regional Representatives at least two (2) weeks prior to the tournament.

11. Each participant will be interviewed for five (5) minutes in order to describe the purpose and inspiration of their culinary creation.

a. Interview questions can be found in the last section of the Chopped Ballot. Please note that if there are more than 15 entries for this competition, judges will choose the top 15 to interview, based on the written statement, appearance, and/or taste.

12. A typed written statement no more than one (1) page (500 words max.) must be included with the artwork.

a. The explanation will include what inspired the contestant to make it, as well as specific answers to the interview questions. Please note that the written statement is an integral component of qualifying for an interview in the top fifteen.

13. Competitors MUST bring in at least 3 progress pictures taken during the cooking process (beginning, middle, end) and at least 2 pictures of the final product from different angles.

a. In case the submission is damaged during transportation, the photographs will be used to judge the presentation portion of the ballot.

b. Please print and attach all photographs to the written statement.

14. Competitors must also record and submit a video with them in it capturing the cooking process

a. Video should show the steps the competitors took to reach the final product

b. Video should show the incorporation of each mystery item

c. Video is no longer than five minutes

d. Upload video as private/unlisted to YouTube and submit video link to myMIST

e. Progress photographs submitted can be screenshots from taken from the video

f. Submitted videos will be watched prior to judging

15. Competitors must include a full list of ingredients and the recipe used for their creation.

16. Both the interview and the Chopped submission (with written statement) will be judged according to the Chopped Competition Ballot.

Checklist:

- ✓ Culinary Arts submission
- ✓ Written statement based on interview questions (Interview questions located in Section D of Detailed Culinary Arts Ballot.)
- ✓ Ingredient list and recipe
- ✓ Printed photograph of the process and finished product
- ✓ Video submission

Both the submission and the written statement should be clearly labeled with:

- ✓ MIST IDs
- ✓ Name of Competition

DETAILED BALLOT**Section A: Technical Points****(5 Points)**

- - Participant looks credible and is dressed appropriately for any appearances in the tutorial or photo submissions.
- - Length of written statement does not exceed one page (500 words).
- - Photo and video submission meets required guidelines (see rules).

Section B: Production Quality**(20 Points)**

- Demonstrates a strong understanding of culinary techniques.
- Techniques used are sophisticated and executed successfully.
- Preparation shows dedication and effort.
- Mystery Ingredients are prevalent in dish

Section C: Presentation Quality**(20 Points)**

- Submission looks appealing.
- Layout, composition, and visual balance enhance the beauty of creation

- All elements work together to create a unified design.
- Creation makes effective use of elements and principles of art.
- Presentation is unique, imaginative, and inventive, while still being tasty.
- Work breaks new ground in communicating its message.

Section D: Application of Theme

(20 Points)

- 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 students show evidence of careful selection and organization of these elements and principles.

Interview Questions:

- How does your dish represent this year's theme, and how do your chosen recipe and techniques reflect your personal creativity?
- How does your dish incorporate the required ingredients?
- What was your purpose in creating this dish, and how did you achieve it? Were there any culinary influences that guided your creation?
- Which culinary techniques did you employ, and how did you select and organize the visual and taste elements of your dish?

Please use these questions to understand the competitor's theme application and proceed to scoring.