



---

# THE TREASURE OF FELLOWSHIP:

FROM FRAGRANCE TO  
FORTRESS

**MIST Houston Pilot Competitions**

**MIST 2024 RULEBOOK**



## Table of Contents

3-7	<u>Culinary Arts</u>
8-11	<u>Scrapbook</u>
12	<u>Soccer</u>
13-14	<u>Flag Football</u>
15-18	<u>Volleyball</u>
19	<u>EAFC24 (PS5)</u>
20	<u>NBA 2K24 (PS5)</u>
21-22	<u>Super Smash Bros (2v2 - Nintendo Switch)</u>
23	<u>Chess (Board)</u>



# Culinary Arts

Category II - Arts

**Format:** In-Person

**Submission Requirements: 2 Week Early Submission**

- Written Statement (no more than one (1) page (500 words max.))

**On-Site:**

Competitors must drop off their completed product to the allocated room upon registration (Along with a physical copy of their written statement).

Please note you must bring only your finished product to MIST - you will not be making your culinary art at MIST.

**Registration Guidelines:**

1. No more than **two (2)** students from each school can register for this competition.
2. This competition is **NOT** a team effort. Each competitor must turn in a separate piece of work.

**Procedure:**

1. MIST ID and order of competition will be pre-assigned on a random selection basis.
  - a. Competitors shall report at the appropriate time to the designated place.
  - b. Competitors shall be introduced to the judges by their MIST IDs.
2. The Culinary Arts competition challenges students to produce original, unique culinary art related to this year's theme. Students will be judged on the technique, presentation and originality of their culinary art.
3. This year's challenge will be: **Cultural cookies of your choice (i.e. American, South Asian, Arab, etc).**
4. All culinary creations must have at least six (6) pieces – (ex. 6 cookies).
5. The finished product must be brought to MIST in a single platter, plate, container, etc labeled with the **MIST ID ONLY**. (We plan to provide a refrigerator to store your culinary art)
6. There are no limitations on the ingredients and materials used, as long as they are halal and edible. Cost of materials should be under \$100.
7. Each participant will be interviewed for five (5) minutes in order to describe the purpose and inspiration of their culinary art. Interview questions can be found in section D of the Culinary Arts ballot.



8. Based on the written statement, only the **top 15 competitors** will be chosen. The written statement is **crucial** to be considered for the interview.
  - a. A typed written statement **NO MORE** than one (1) page (500-word max.) must be included with the artwork.
  - b. The written statement must be **submitted** 2 weeks prior to MIST weekend to be considered.
  - c. The written statement must include the following:
    - i MIST ID
    - ii Name of the competition
    - iii What culture did you choose and why?
    - iv Specific answers to the interview questions found in Section D of the Ballot below.
    - v The process of making your culinary art.
    - vi Reflection of this year's theme.
  - d. We also recommend that competitors include a photograph of their culinary art with their submission at MIST weekend.
    - i In cases where the submissions are damaged during transportation, the photograph will be used to judge the presentation portion of the ballot.
  - e. The written statement (and the described culinary art) provided in early submission must **not be changed/altered** at MIST weekend, failure to abide by this is grounds for disqualification.

**Checklist:**

1. Culinary Arts submission
2. Written statement based on interview questions (Interview questions located in Section D of Culinary Arts Ballot.)
3. Both the submission and the written statement should be clearly labeled with:
  - e. MIST ID
  - f. Name of Competition



## DETAILED BALLOT: CULINARY ART

### Section A: Technical

#### Points: 10

- Presenter is on time for the interview.
- The presenter is dressed for an interview.
- Length of written statement does not exceed one page (500 words).
- Submission meets required formatting guidelines (see rules).

### Section B: Production Quality

#### Points: 30

##### *Taste*

- Submission has a pleasing taste.
- Recipe used is complex and “from scratch”.
- Student shows good knowledge of ingredients and production skills.

##### *Skill and Technique*

- Skills needed to make submission are difficult and complex. Execution of these techniques is successful.
- Submission required time and patience.
- Finished dessert clearly communicates a story or statement.
- Work integrates expression, organization, technique and MIST’s theme through the final product.
- Design required time and patience and was difficult to execute.

### Section C: Presentation Quality

#### Points: 35

##### *Aesthetics and Design*

- Submission looks, feels, and smells 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.
- Visual balance, composition and layout enhance the overall beauty of the artwork.
- Work features a recognizable center of interest in relation to the theme.



- The selected colors enhance or complement the final product.
- Artwork makes a visual impact and stands out from being a simple dessert

### ***Creativity***

- Submission is unique, imaginative, and inventive, while still being tasty.
- Work breaks new ground in communicating its message.

### **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.
- 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 culinary creation? In what ways does your culinary piece 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, cooking shows or online recipes that contributed to the development of this artwork.
3. What elements or principles of culinary technique did you use, and how did you select and organize the visual aspects of this work?



### Culinary Arts Ballot

	Subtotal
Section A: Technical	/5
Section B: Purpose	/15
Section B: Skills and Technique	/15
Section C: Aesthetic and Design	/20
Section C: Creativity	/20
Section D: Application of Theme	/25

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

Overall Judges Comments and Feedback:

---

---

---

---

---

---

---



# Scrapbook

Category II – Arts

**Format:** In-Person

**Submission Requirements:**

On-Site: Competitors must drop off their completed scrapbook to the allocated room.

**Registration Guidelines:**

- The Scrapbook competition is a team effort. A minimum of one (1) and a maximum of three (3) people can register for this competition.
- One submission per MIST team/school.

**Procedure:**

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. Some things to think about: 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. Qualities to keep in mind: originality, neatness, continuity, and creativity.
10. Judging Criteria will be based upon the Scrapbook Ballot.





## DETAILED BALLOT: SCRAPBOOK

### 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 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 style 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 a “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 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?



### SCRAPBOOK BALLOT

	Subtotal
Section A: Technical	/5
Section B: Cover	/10
Section C: Organization	/10
Section C: Content	/25
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:

---

---

---

---

---

---

---



# Soccer - Outdoor

*(Courtesy of MIST Houston)*

## 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.

Coalitions can be made but must seek approval through MIST. (Contact @MistHouston on Insta)

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. Teams must wear matching colors.
4. All players **MUST** wear shin guards.
5. Players are not allowed to wear cleats with metal studs.
6. Games will be played in a seven versus seven (7v7) format (including the goalie).
7. Shorts **MUST** reach the knees. No short-shorts allowed.
8. Players who purposely foul other players will be immediately ejected.
9. 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.
10. All free kicks are direct kicks.
11. 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 Houston)*

## 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).

4. Possession will be decided by coin toss, winner of toss will have the choice to receive, defend or defer choice to the second half.
5. Boundaries- will be marked clearly with WHITE lines. (Will be discussed day of tournament)
6. Teams will consist of 7 on the field and the remaining players on the sideline. Teams may start with 5 players.
7. 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)
8. Every team must use a snapper. A snap must occur in one continuous motion.



9. 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:
  - a. YOU CANNOT JAM SOMEONE AT THE LINE
  - b. YOU CANNOT BLOCK USING YOUR HANDS
  - c. YOU CANNOT RUN ANYONE OVER
10. Two timeouts per half are given. Halftime will be five minutes.
11. Scoring: A touchdown is 6 points. Offense has the choice to go for 1-, 2- or 3-point conversion.
12. 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.
13. 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.
14. 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.
15. There are no fumbles in flag football, if a player loses possession of the ball, the play is marked dead at the spot.
16. Hitting, batting or stripping of the ball by the defender is not allowed once a player has maintained possession of the ball.
17. 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.
  - a. any cursing at officials, supervisors, or opposing players.
  - b. insulting the officials, supervisors, or opposing players.
  - c. Participating in a fight (automatic ejection, no excuse)
18. 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.
19. Limit the sideline to players only and 2 coaches



# Volleyball

*(Courtesy of MIST Houston)*

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 members. 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.

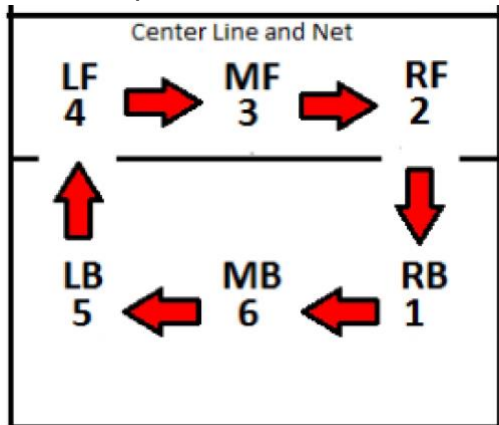
**Rules/Scoring:** MIST Volleyball will adopt recreational (middle-school) volleyball rules, the exception will be equal play for all players. A set rotation, as explained below, will be followed.

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.



- 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.

- After the serve has been made, players may transition to a different position (e.g. designated setters, left side hitters, etc). Upon the completion of a point, players must return to their original position for the next serve.
- 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.
- 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.
- 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.
- 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:
  - Touches a player of the serving team
  - 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. Referees will strongly enforce this rule!
12. Serves touching the net and continuing to the opponent's side, and landing inbounds, is considered good.
13. 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:
    - i. If ball hits ceiling and falls back on the hitting teams' side of the net it is a playable ball
    - ii. If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.
    - iii. Arguing with an official may result in disqualification.
14. Competitors are allowed to serve either overhand or underhand.
15. 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.
16. Players may not cross the centerline (foot go completely over) at any time.
17. Balls must be properly hit – not held (momentarily in the hands or arms), thrown, lifted or carried.
18. The ball may contact any part of the body and any number of body parts as long as it does so simultaneously.
19. Double contacts by one player – except in the case of a block or a service receive – are not allowed.
20. If two players on the same team contact the ball simultaneously, this is considered two contacts for that team.
21. Serves may not be blocked by front players.
22. The ball must pass from one side of the net to the other over the legal portion of the net.
23. 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).
24. 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)
25. Girls should consider **PROPER ATTIRE**. (i.e. no shorts/sleeveless shirts)
26. Only one coach and assistant coach per team are permitted on the team bench. (COACH(ES) **MUST BE AT LEAST 21 YEARS OF AGE AND GRADUATED FROM HIGH SCHOOL**).



## EAFC24 (PS5)

Category VII – E-Sports

### **Format:**

Up to three (3) competitors from each school may register.

Only playable on PS5.

Competition will be two brackets which the winners of the two brackets will face each other in one final match.

### **Settings are set to default**

Game time: 6 min per half

Difficulty: Legendary



# NBA 2K24 (PS5)

Category VII – E-Sports

## **Format:**

Up to three (3) competitors from each school may register.

Only playable on PS5.

Competition will be two brackets which the winners of the two brackets will face each other in one final match.

## **Settings are Set to default**

Game Time: 4 min per quarter

Difficulty: Superstar

Camera Angle: 2K

Fatigue: OFF



# Super Smash Bros (2v2 - Nintendo Switch)

Category VII – E-Sports

## **Format:**

Teams will play 2v2 through the tournament. Up to two (2) competitors from each school may register for 2v2.

Teams will be randomly seeded into a single elimination bracket.

Only playable on Nintendo Switch.

## **General:**

Allowed controllers: GameCube, Switch Pro, Joy-Con, SmashBox. If you have another controller you wish to use, it will need to be approved by the MIST Team.

All stages will have hazards turned off.

## **Game Rules:**

Duos will have one

Style: Stock

Stocks: 3

Time Limit: 7:00

Final Smash Meter: Off

Spirits: Off

Damage Handicap: Off



Stage Morph: Off

Team Attack: Off

Items: Off and None

Launch Rate: 1.0x

Underdog Boost: Off

Pausing: Off

Score Display: Off

% Show Damage: Yes

Custom Balance: Off

Radar: Big

Mii Fighters: All moveset combinations are legal

Amiibos' are banned

In case time runs out and both characters have an equal amount of lives, the character with less damage wins the match.

If both characters have equal lives AND damage, sudden death with a 1 stock, 2-minute playoff will determine the result.

If the game ends with a self-destruction move, the results screen will determine the win.



# Chess (Board)

Category VII – E-Sports

## **General:**

Games are 1v1

Play will be on chess board

## **Format:**

Up to six (6) competitors from each school may register.

Play will be run in a Swiss tournament style. Every player will play every round, and the player with the highest number of points at the end of the tournament is the winner.

After 20 minutes of play, players will each be started on a 5 minute timer to ensure a 30 minute maximum game.

Teams will be randomly seeded into a single elimination bracket.

## **Tie-breakers:**

Games will be run round robin or single elimination, with specific time controls, depending on the number of players tied.