

MIST TORONTO



COMPETITIONS ADDENDUM



ASSALAMU ALAIKUM, (P E A C E B E U P O N Y O U)

Welcome to the 2024 MIST Toronto tournament! We are overjoyed to welcome both new and returning competitors to this year's exhilarating event. It's time to celebrate our shared passion for competition, creativity, and community as we embark on yet another memorable journey together.

Inside this booklet, you'll find all the necessary documents to navigate the Toronto-specific MIST competitions. We encourage you to bring your best – your spirit, enthusiasm, talent, and creativity are what make MIST such an extraordinary experience. We are eagerly anticipating the unique flair and innovation that each team will bring to the tournament this year.

Sincerely,

The MIST Toronto Dream Team

P.S. As always, we love hearing from you, so let us know what new competitions you'd like to see for next year... you never know, it just might end up happening!



IMPORTANT!

The competitions in this rulebook are Toronto-Specific for the 2024 tournament. Students who register for these competitions should be aware that these are not Nationals competitions, and as such, winners do NOT advance to MIST Nationals. Students should also be mindful of the fact that category limits still apply to these competitions. This means, each student may only choose ONE competition within each given category. For example, if you choose to register to compete in French Essay, you cannot compete in other Writing and Oratory competitions. Or, if you register to compete in Social Media, you cannot compete in any other Group Project competitions.

All scoring guidelines are consistent with Nationals competitions, unless stated otherwise. All Toronto-Specific competitions count towards points. Event details, ballots, rules and procedures for Toronto-specific competitions are not included in the Official Competition Rulebook. These documents can ONLY be found in the 2024 Toronto Rulebook Addendum.

If you have any questions or concerns, please get in touch with us at:

COMPETITIONS@MISTTORONTO.COM OR SPORTS@MISTTORONTO.COM

TABLE OF CONTENTS

05 - THEME

06 - EARLY COMPETITION DETAILS

CATEGORY I: ARTS

08 - CULINARY ARTS

CATEGORY II: WRITING & ORATORY

15 - FRENCH ORATORY

20 - FRENCH PREPARED ESSAY

CATEGORY VI: E-SPORTS

26 - SUPER SMASH BROS.

27 - FIFA 2023

THE TREASURE OF FELLOWSHIP

FROM FRAGRANCE TO FORTRESS

A fundamental shift in society has occurred in recent years, emphasizing individualism and cold digital interactions. However, as humans are social creatures, it is crucial to recognize the significance of authentic connections among ourselves. Creating connections and building fellowship and companionship hold a significant place in the teachings of Islam. It is not merely a casual social relationship but a profound and spiritually uplifting bond based on compassion and virtue. In Islam, friendship is viewed as a divine gift that can guide individuals on their journey toward spiritual growth and righteousness.

We are reminded to choose our companions wisely as the connections we make impact our character and conduct, as the Prophet, peace and blessings be upon him, said, “The quality of good company and that of bad company is that of the owner of musk and of the iron smith, and the owner of musk would either offer you free of charge or you would buy it from him or you would smell its pleasant odor, and so far as the iron smith is concerned, he would either burn your clothes or you shall have to smell its repugnant smell” (Muslim). We need to reflect deeply on our own actions as well to see if we uphold the values we wish to see in others, to treat people with respect and kindness, whether they share the same faith or not. If not, we may become isolated and lonely. This is a condition that affects far too many people and has been deemed a public health priority by the U.S. Surgeon General, Vivek Murthy.

A genuine bond is built when one is sincere in their intentions, loyal in their actions, advises one another through compassion, and is trustworthy in their words. As Muslims, we are encouraged to hone these attributes out of love, as the Prophet, peace and blessings be upon him, narrated that “None of you truly believes until you love for your brother what you love for yourself” (Ibn Majah). This love is a powerful force that inspires people to do the most amazing acts of kindness and empathy for each other, no matter how large or small these acts may be. This love further strengthens our bonds to one another, as the Prophet, peace and blessings be upon him, related to his companions, “The believers in their mutual kindness, compassion and sympathy are just like one body. When one of the limbs suffers, the whole body responds to it with wakefulness and fever” (Muslim). By embodying these values in our relationships, we can then truly support and assist those closest to us.

How do you cultivate and maintain your ties with others? How do you define friendship? In moments of competing interests, how do you provide counsel to those closest to you? How do you help them? How do you know that those around you bring a positive impact to you? Do you bring a positive influence to those close to you? Do you love for your brother or sister what you love for yourself? We encourage you to creatively explore these concepts and more in Regional and National competitions and workshops during MIST 2024. Remember that unique projects displaying creativity and insight will be judged most favorably.

EARLY COMPETITION DETAILS

All early submissions or competitions with a submission component are to be made via the MyMIST Portal. The MyMIST portal only accepts one (1) submission file. The deadline for early submissions is 2 weeks prior to the tournament.

General Guideline for Written Submission Documents:

- Typed and Double spaced
- Size 12 font, Times New Roman
- All submissions must be in PDF format.
- A written statement is required for all early submission competitions unless stated otherwise, which should be included on a separate page at the end of your document, or submission. Please note that MyMIST does not accept more than one submission for each competition, so ensure that your written piece and written statement are included in the single document you submit.
- Have a cover page with the title, MIST ID and name of competition.
- Competitor name or other identifying markers should not be anywhere on the piece.
- Label the document in the following format: "MISTID_COMPETITIONNAME"
- Example "A1B2C-3D4E5_CreativeWriting"
- Points will be deducted from the competitor's score if the above guidelines are not followed

Late Submissions:

- Written submissions not submitted on time will be subject to score reduction.
- Submissions submitted within 24 hours of the regional deadline will be subject to a 5-point overall deduction
- Every incremental day the submission passes the deadline, another 10 points will be deducted.
- Submissions beyond three (3) days of the original deadline will not be accepted and will be disqualified.

Notes:

Points will be deducted from the competitor's score if the above format of the submission is not followed.

CATEGORY
ARTS1



CULINARY ARTS

FORMAT: IN-PERSON

COMPETITION GUIDELINES:

The Culinary Arts competition challenges students to produce original, unique culinary creations related to this year's theme. Students 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: Cupcakes. Please note: you must bring your finished product to MIST - you will not be making the cupcakes at MIST.

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

CULINARY ARTS

COMPETITION GUIDELINES:

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. 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.
3. MIST ID and order of competition will be pre-assigned on a random selection basis.
4. Competitors shall report at the appropriate time to the designated place. Competitors shall be introduced to the judges by their MIST IDs.
5. All culinary creations may have up to 8 but no fewer than 3 regular sized cupcakes. Please note that all cupcakes do not have to be the same, and may collectively portray the theme. Be creative!
6. 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.
7. No more than \$50 can be spent on supplies.
8. Concept & styling must relate to the overall MIST Theme.
9. All ingredients must be halal. Please consult this document for a basic guide to understanding halal foods. All creations must be accompanied by a list of ingredients used.
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 Culinary Arts Ballot. Please note that if there are more than 25 entries for this competition, there will be a preliminary round in two separate rooms, followed by a finals round. The top competitors from each room in the preliminary round will move on to the finals round. The top competitors that advance to finals will have a five (5) minute interview with the Judges' Panel

CULINARY ARTS

COMPETITION GUIDELINES:

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 six.
13. Competitors may choose to attach a photograph of their culinary creations to their written submission.
 - a. In case the submission is damaged during transportation, the photograph will be used to judge the presentation portion of the ballot.
14. Competitors must include the ingredients and recipe used for their creation.
15. 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
- ☐ Typed written statement based on interview questions (Interview questions located in Section D of Detailed Culinary Arts Ballot.)
- ☐ Photograph of finished product (optional)

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

- ☐ MIST IDs
- ☐ Name of Competition

[Please Note: we recommend that you make three copies of your written statement; one to give in with your Culinary Arts submission, one that will be collected at on-site registration, and one for the finals.

CULINARY ARTS DETAILED BALLOT

Section A:

Technical: 10 points

- Participant looks credible and is dressed appropriately for the interview
- Participant is on time for interview
- Length of written statement does not exceed one page (500 words).
- Submission meets required guidelines (see rules).

Section B: Production Quality: 30 points

Taste: 15 points

- Submission has a pleasing taste
- Recipe used is complex and “from scratch”.

Technique Points: 20 points

- Competitor shows good knowledge of ingredients and production skills.
- Skills needed to make submission are difficult and complex. Execution of these techniques is successful.
- Design required time and patience.

Section C: Presentation: 35 points

Aesthetics and Design: 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.

Creativity: 15 points

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

CULINARY ARTS DETAILED BALLOT

Section D: Application of Theme: 25 points

Please ask the following questions to gauge participant's understanding of the theme and how it was expressed in their work. Then proceed to scoring.

- a. 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?
 - b. 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 artwork.
 - c. 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?
- 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.

JUDGE:

| | |
|--|--------------------|
| Section A: Technical: 10 points | _____ / 10 Points |
| Section B: Production Quality: 30 points | _____ / 30 points |
| Taste: 15 points | _____ / 15 points |
| Technique Points: 15 points | _____ / 15 points |
| Section C: Presentation: 35 points | _____ / 35 points |
| Aesthetics and Design: 20 points | _____ /20 Points |
| Creativity: 15 points | _____ / 15 points |
| Section D: Application of Theme: 25 points | _____ / 25 points |
| Total | _____ / 100 Points |

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

CATEGORY
WRITING
AND ORATORY **2**



FRENCH ORATORY

FORMAT: IN-PERSON

COMPETITION GUIDELINES:

The French Oratory competition allows MIST competitors to compose an original French oration and deliver the memorized speech to the judges' panel. Students select a topic relating to this year's theme and attempt to convey the theme in their work.

The French Oratory competition consists of a printed oratory script submission, the oratory presentation and an interview portion conducted by the judges' panel.

Your essay must clearly relate to this year's theme.

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 loss of points or disqualification from the tournament:

1. No more than two (2) students from each team can register for this competition.
2. This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
3. The competitor presents a memorized oration in the French language composed by him or herself.
4. The Orator must provide three (3) COPIES in French of his/her script to be turned in during the competition orientation. The script that is submitted at this time is the one with which the competitor must compete with. MIST will not photocopy any scripts.
5. Orations must be labeled with the MIST ID ONLY. If the contestant name appears anywhere on the oration, it will be disqualified.
6. Judges shall call and know each competitor by his/her MIST ID only.
7. An orator holding a manuscript or notes will be ranked last.
8. The orator must be truthful. Any non-factual reference, especially a personal one, must be identified as such
9. There is no minimum time. No oration shall exceed 7 minutes. The starting and ending time will be marked on each ballot. After the completion of the oration, 2 minutes shall be allotted to judges to engage in a question and answer session with the Orator.
10. The keeping of time will be communicated to contestants. Judges will indicate minutes left by holding up the amount of fingers for minutes left. 30 seconds will be represented by a closed fist and no time left by making a zero with the whole hand

FRENCH ORATORY

and or an audible STOP voiced at the end of the 30-second grace period. If the contestant continues beyond the STOP signal, the contestant will be ranked last. Total elapsed time will be indicated on the ballot.

12. The oration may not contain more than 150 words of quoted material. Extensive paraphrasing from other sources is prohibited.

13. No props or visual aids may be used.

14. Orators caught plagiarizing or extensively paraphrasing will be disqualified

15. Competitors should observe formal French delivery of speech at all times throughout his/ her oration and question/answer period (i.e. All addresses should be with the second person of the plural “vous”. Points will be deducted if the competitor uses the informal first person of the singular “tu”)

16. Competitors will be judged according to the French Original Oratory Ballot.

Checklist

☐ Three (3) copies of your French script to be turned in during the competition orientation

The submission should be clearly labelled with:

☐ MIST IDs

☐ Name of Competition

DETAILED BALLOT: FRENCH ORATORY

Section A: Technical

Points: 5

- Participant is on time for the competition.
- The participant gives no identifiers aside from their MIST ID.
- The participant provided three (3) copies of their Oration.

Section B: Submission Quality

Introduction

Points: 5

- Did the speaker get the audience's attention?
- Was the topic clearly stated/addressed?
- Did the speaker preview and give focus to the key ideas?
- If references are used in the paper (optional), are they cited?

Body

Points: 5

- Was adequate time devoted to each division within the seven-minute time limit?
- Was there a logical progression of ideas?

Conclusion

Points: 10

- Did the speaker tie the speech together?
- Was the answer to the question clear?
- Was there a note of finality?

Section C: Presentation

Analysis and Content

Points: 15

- Did the speaker answer the question?
- Was the content informative?
- Was there sufficient use of logic, facts, examples, and/or expert opinion?
- Was the information pertinent to the selected topic?
- Was there outside information used?
- Were the quotes cited properly?

Delivery

Points: 20

- Was the delivery natural, lively and spontaneous?
- Was French enunciation clear?
- Was French pronunciation clear?
- Was volume appropriate?
- Was there sufficient variety in rate, pause and pitch?
- Did the speaker exhibit poise and confidence?
- Were the gestures varied, movement motivated and eye contact direct?

Language Style

Points: 20

- Did the speaker exhibit command of conversational style?
- Was the language precise, grammatically correct and vivid?
- Did the speaker avoid translating directly from English to French? Known frequently as "anglicisme" in formal French education.
- Were general French grammar, lexical, phonetics and syntax rules obeyed? (ie. Concordance of verb tenses/auxiliaries/subjects, correct and sophisticated use of pronouns and prepositions/complement of direct and indirect objects, liaison of words).
- Did the speaker observe FORMAL delivery of speech in French? (Formal second person of the plural "vous" was used at ALL times.)

Section D: Theme

Points: 10

Interview Question: What was your motivation in writing this piece and how is it relevant to the theme?
Purpose of the piece is clearly articulated and shows evidence of reflection and/or research

Section E: Overall Performance

Points: 10

- Did the oration last less than 7 minutes? If it lasts longer, did the orator stop after the 30 second grace period? Note the length of oration: _____ min and _____ seconds.
- Did the orator drastically vary from his/her script?
- Was the student dressed professional (business or Islamic attire)?
- Was the total effect of the oration pleasing?

Section A: Technical

 / 5 Points

/ 20 Points

/ 5 Points

/ 5 Points

/ 10 Points

/ 55 Points

_____ / 15 Points

/ 20 Points

_____ / 20 Points

/ 10 Points

/ 10 Points

/ 100 Points

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FRENCH PREPARED ESSAY

FORMAT: ONLINE

COMPETITION GUIDELINES:

The French Prepared Essay competition allows students the opportunity to produce a creative and persuasive written piece on the significance of a chosen topic relating to the theme. Competitors select their own topics, and are encouraged to refer to authentic sources of knowledge. This competition consists of a French essay submission and a French Written Statement based on the interview questions. Please note: This is an early submission competition, and must be submitted on MyMIST by the early submission deadline. There is no interview for this competition.

French Prepared Essay is an individual competition. No more than two (2) students from each team can register for French Prepared Essay. This competition is not a team effort, and as such, students from the same team will compete individually.

Topic: Your essay topic must reflect this year's theme. Whatever your selection, be sure to refer to authentic sources of Islamic knowledge, as well as to historical facts.

FRENCH PREPARED ESSAY

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. No more than two (2) students from each team can register for this competition.
2. This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
3. After registering, students are given a MIST ID, which must be used to identify the student on the essay. Names and other identifying information should not be written anywhere on the final submission.
4. The written essay must be typed or word-processed and double-spaced.
5. The essay MUST have a cover page. The cover page must include the title and MIST ID only. If the contestant's name appears anywhere on the essay, it will be disqualified.
6. If outside sources are used, proper MLA citations as well as a "Works Cited" page must be included in the essay.
7. No forms of AI are permitted for this competition. Any usage is grounds for point loss and/or disqualification.
8. A PDF copy of the prepared essay and written statement must be submitted via MyMIST two weeks before the Regional Tournament.
 - a. Late submissions will result in a point deduction on your final score.
9. The written essay shall be a maximum of 2000 words. All abbreviations, acronyms (excluding un, de, le) will be counted. Only the first 2000 countable words will be read.
10. The written statement should clearly and concisely answer the interview question(s) found in Section D of the French Prepared Essay Ballot.
11. Competitors must observe rules of formal French writing throughout their essay, which are drastically different than spoken French. The following are some examples you should keep in mind when writing: a. The formal second person of the plural "vous" should be employed at all times (DO NOT USE the informal "tu"). b. The first person of the plural "nous" should be used instead of the third person singular, undefined and impersonal "on". c. The preposition "cela" instead of "ça".
12. This will be an entirely virtual competition. As such, competitors are not required to turn in a copy during the tournament.

Note: Judging the formality of your essay will not be limited to the aforementioned conventions but is based on a greater adherence to general and formal French writing. In previous years, some competitors have turned in inadequate work. To prevent low scores from winning 1st, 2nd, or 3rd places, the following score limits will be applied:

- a. The 1st place winner must score above 90%.
- b. The 2nd place winner must score above 80%.
- c. The 3rd place winner must score above 75%.
- d. If no competitors score within the above ranges, there will be no winners for the Prepared Essay competition.

Competitors will be judged according to the French Prepared Essay Ballot.

FRENCH PREPARED ESSAY

Checklist

- ☐ French Prepared Essay and Written Statement based on interview questions on a single PDF document submitted on MyMIST 2 weeks prior to the tournament.

Both the submission and the Written Statement should be clearly labelled with:

- ☐ MIST IDs
- ☐ Name of Competition

DETAILED BALLOT: FRENCH PREPARED ESSAY

Section A: Technical

Points: 10

- Is the essay typed?
- Is the essay double spaced and in size 12 font?
- Does the essay have a cover page with only MIST ID and the title of the essay?
- Is the essay 2000 words or less?
- Is there a minimum of two (2) pages and a maximum of five (5)?
- Are the quotes that have been used given due credit?
- Does the essay contain appropriate and computer-generated French accents?
Accents must not be added on the hard copy with ink/pencil)

Section B: Content

Conventions

Points: 10

- Is the essay mostly free of spelling mistakes?
- Is the essay mostly free of punctuation mistakes?
- Is the essay mostly free of grammatical mistakes? (Concordance of verb tenses/ auxiliaries/subjects/complement of direct/indirect objects, correct and sophisticated use of pronouns, prepositions, adverbs, general vocabulary and feminine/masculine conjugations)
- Does the essay adhere to general ideas of formal French writing (i.e. second person of the plural "vous" is employed at all times.

Ideas and Development

Points: 20

- Did the writer answer one of the above questions with sufficient detail?
- Did the writer use a balance of showing and telling to paint a picture in the reader's mind?
- Did the writer take a unique approach when addressing the topic?
- Did the writer stay on topic throughout the entire essay?
- Was the theme or message clear to the reader?
- Was there outside information used and cited for this essay?

Organization

Points: 15

- Did the introduction grab the reader's attention with a unique start, a clear thesis statement, and the concise controls?
- Was there adequate number of details, examples, and support for each control? Did the supporting details reflect the thesis statement?
Does the title stand for the entire essay and not just a part of it?
Did the conclusion link back to the introduction and leave the lasting impression on the reader?

Sentence Fluency

Points: 15

- Did the writer vary sentence types by using a mixture of simple and complex sentences?
- Do most sentences begin with different words?
- When read aloud, does the reader hear the fluence and coherence of the French language?
- Was there a logical progression of ideas?
- Did the writer use idiomatic expressions that are unique to the French language?

Section C: Style

Word Choice

Points: 10

- Did the writer use thoughtful adjectives that helped create an image in the readers mind?
- Did the writer use strong action verbs that help support the essay's message? (Ex. "cruise" instead of "drive" or "stroll" instead of "walk")
- Did the writer use precise nouns that helped present a clear and distinct message? (Ex. "7th Grade student" instead of just "students" or "Science project" instead of "project")?

- Did the overall usage of words create color and texture in the description?
- Was it clear that this writer took risks with their word choice?

Voice

Points: 10

- Does the reader show passion about his/her topic?
- Is the tone natural and consistent, reflecting original thinking and expression?
- Does the writer capture a tone of mood with his/her words?

Section D: Theme

Points: 10

Interview Question: What was your motivation in writing this piece and how is it relevant to the theme?

Purpose of the piece is clearly articulated and shows evidence of reflection and/or research

FRENCH PREPARED ESSAY BALLOT

Section A: Technical _____ / 10 Points

Section B: Content _____ / 60 Points

Conventions _____ / 10 Points

Ideas and Development _____ / 20 Points

Organization _____ / 15 Points

Sentence Fluency _____ / 15 Points

Section C: Style _____ /20 Points

Word Choice _____ / 10 Points

Voice _____ / 10 Points

Section D: Application of Theme _____ / 10 Points

Total _____ / 100 Points

Judge's Feedback:

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MIST Toronto 2024

Sports & E-Sports

Addendum



REGISTRATION INSTRUCTIONS

- Students are permitted to compete and register for **two sports** and **one e-sport**.
- The sports and e-sports tournaments will be occurring **IN-PERSON** on a weekend prior to the MIST Toronto Tournament weekend.
- The location, date, and time of each sport will be posted on our website and Instagram.
- You **MUST** have a coach who is **21+ years of age** for the basketball and soccer tournaments, one for the brothers' and sisters' tournaments respectively. **Coaches must be present at all times.**
- A school ID for the school you are registered for is **required** for entrance into the tournament. Without this, you will not be allowed to play. **This will be strictly enforced!** MIST has the right to recheck ID at any point during the tournament. Types of IDs allowed:
 - Physical school ID
 - Report card with your name and the school's name as well as a government issued ID.
 - If you are homeschooled, you must bring a homeschooler identification (letter or report card)

Please note:

- Each sport and e-sport has a minimum and maximum number of competitors listed in the description. The minimum and maximum team limits still apply to coalition teams.
- Any competitor who registers for a sport and/or e-sport must also be registered for a scholastic competition. Being registered in a competition entails attendance being mandatory.
- If competitors partake in a sport but do not attend their other registered competition, they will be disqualified from their sport/e-sport. This means teams risk losing their rankings for sports they may have already won.
- MIST Toronto operates on a two-strike policy; the first strike is a warning, and the second strike is removal from the tournament. The enforcement of this policy is at the discretion of the MIST Dream Team on a case-by-case basis.

For sport-specific questions, please reach out to the sports team at sports@misttoronto.com.

Sisters' Sports Chair: Adina Rab
Brothers' Sports Chair: Khizar Ali
sports@misttoronto.com

SPORTS: SOCCER

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.

All outdoor soccer rules will govern play with the addition of the following list of rules and procedures. Referees will ensure the rules are followed without waning the competitiveness of the play. Failure to fulfill these obligations and/or any violation of them may result in a point loss or disqualification from the tournament.

Registration Guidelines:

1. A minimum of seven (7) and a maximum of ten (10) competitors can register for this competition per school, each for brothers' soccer and sisters' soccer respectively.
 - a. Only one (1) brothers' team and one (1) sisters' team are allowed for each school.
 - b. Your school may collaborate with another school and compete together for this competition to form a coalition.
 - i. If your team does not meet the number of player requirements, the MIST Toronto team will form a coalition team on your behalf on tournament day.

Procedure:

In addition to the regulations of outdoor soccer, the following rules/exceptions of MIST also apply:

1. Games will be run for 25 minutes. Each half will be 12.50 minutes with 5-minute breaks.
2. Games will be played in a 7 versus 7 format, including the goalie.
3. A win awards three points, a tie one point, and a loss equals zero.
 - a. In play-offs, ties will go straight to penalty kicks.
4. Teams will be divided into groups and do round-robin. The top teams from each group will advance to the knockout stages. Teams will play a minimum of three games.
5. All MIST rules and regulations, including dress code, also apply.
6. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
7. MIST Toronto will be running on a tight schedule. It is imperative that all players and coaches arrive on time for their matches.
 - a. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition.
 - b. If you are late to your game, you will receive a maximum 5-minute grace period. Following this period your team will start the game 1 goal down per five minutes until halftime when the game will be considered a forfeit.
8. Each team must have players match in some way through what they wear.

9. All players must wear shin guards.
10. Players are not allowed to wear cleats with metal studs.
11. Shorts MUST reach the knees or knees must be covered in accordance with male awrah.
12. Players who purposely foul other players will be immediately ejected.
13. There are unlimited substitutions that may be made anytime by informing the referee and the following types of dead balls: freekicks (if not taken quickly), out-bounds, corners or goal kicks. The player entering and the player exiting must do so at the midfield line. The player coming off the field must be off before the new player may come on.
14. All free kicks are In-direct kicks.
15. A ball that goes out of bounds on the sidelines will result in a KICK-IN for the opposing team. A goal cannot be scored directly from a kick-in.
16. No slide tackling is allowed, any slide tackle will result in a foul.
17. Referees have complete jurisdiction during the game. Arguments will not be tolerated against a referee.
18. In cases where two teams have the same amount of points in the group stage, teams with a higher point differential will advance. If further recourse is needed then it will be the amount of goals scored for each team. If there is an absolute tie between the two teams, there will be a penalty shoot-out to decide who advances from the group.
19. Cards will be given at the discretion of the referee.
 - a. The 1st yellow card is a warning, the player must sub off and can be subbed back in.
 - b. The 2nd yellow card warrants a red card and ejection from the game and prohibits play in the following game.
 - c. A red card warrants ejection from the game and prohibits play in the following game.
20. Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a yellow card and the possibility of a game suspension:
 - a. Cursing, talking back, or arguing with the officials, supervisors, or opposing players
 - b. Insulting the officials, supervisors, or opposing players
 - c. Mistreat the facility, equipment, or supplies of the tournament space.
 - d. Participating in a fight - this will result in an immediate ejection from the tournament and the player will be removed from the roster
 - i. Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling, or committing any other malicious act toward any other person.

- ii. Use foul or derogatory language, threaten, or verbally abuse any other participant or member at the tournament before, during, or after the game.
- iii. A warning will be used to enforce the sportsmanship policy. Individuals will be issued a warning for unsporting behavior. A second penalty will result in an ejection.
- iv. A red card may be issued without warnings in specific situations, including all those that involve fighting.

E-SPORTS: SUPER SMASH BROS

Registration Guidelines:

1. A minimum of one (1) and a maximum of two (2) competitors can register for this competition per school.
 - a. Only one team is allowed from each school, and students are eligible to swap between games.
 - b. Teams will play one (1) versus one (1) throughout the tournament.

Procedure and Game Rules:

1. This competition will be played on Nintendo Switch provided by MIST Toronto on the tournament day.
2. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition
3. Competitors will be divided into groups and do round-robin. The top teams from each group will advance to the knockout stages.
4. All matches leading to the finals will be played in a best of 3 format.
5. All stages will have hazards turned off.
6. If the time runs out and both characters have equal lives, the character with less damage wins the match.
7. If both characters have equal lives AND damage, sudden death with a 1-stock, 2-minute playoff will determine the result.
8. If the game ends with a self-destruction move, the results screen will determine the winner.
9. The allowed controllers are:
 - a. Switch Pro
 - b. Joy-Con
 - c. SmashBox
10. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:

- a. Use foul or derogatory language, threaten, or verbally abuse any other competitor or official before, during, or after the game.
- b. Participate in a game for which he/she is ineligible.
- c. Mistreat the facility, equipment, or supplies of the tournament space.

Game Settings:

- 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

E-SPORTS: FIFA 2024

Registration Guidelines:

1. A minimum of two (2) and a maximum of two (2) competitors can register for this competition per school.
 - a. Only one team is allowed from each school and will compete in teams of two (2).

Procedure and Game Rules:

1. This competition will be played on PS5 consoles provided by MIST Toronto on the tournament day.
2. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition.
3. The tournament will consist of group stages. The top teams from each group will advance to the knockout stages. Competitors will play a minimum of 3 games.
4. Settings are set to default
 - a. Game time: 6 minutes per half
 - b. Difficulty: Legendary
5. Group Stage:
 - a. Win: 3 points
 - b. Draw: 1 point
 - c. Loss: 0 points.
 - d. If contestants are equal on points, then goal difference will be taken into account.
6. Playoffs:
 - a. Each series will consist of a home and away matchup.
 - b. If there is a tie, the matchup will be determined by away goals or penalties.
 - c. The final game is one match.
7. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:

- a. Use foul or derogatory language, threaten, or verbally abuse any other competitor or official before, during, or after the game.
- b. Participate in a game for which he/she is ineligible.
- c. Mistreat the facility, equipment, or supplies of the tournament space.

E-SPORTS: NBA 2K24

Registration Guidelines:

1. A minimum of one (1) and a maximum of one (1) competitor can register for this competition per school.
 - c. Teams will play one (1) versus one (1) throughout the tournament.

Procedure and Game Rules:

1. This competition will be played on PS5 consoles provided by MIST Toronto on the tournament day.
2. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition.
3. Each game will be 3 minutes per quarter.
4. Selecting teams will be done on the current NBA roster.
5. Each competitor will be placed in a bracket division and play one single game against another competitor. After each win, a new bracket will be generated with the winner of another division.
6. Each competitor will randomize 3 times and pick the best of 3.
7. If needed, a competitor may randomize for a 4th and final time, but they must go with that team.
8. In the event that the match results in a tie, the game will go to overtime to determine the winner.
9. Keep in mind if you will be playing the next-gen version of NBA 2K24 that is available on-site during the competition.
10. All-Star teams are not allowed.
11. No CPU off balling on defense.
12. Fatigue and injuries will be turned off.
13. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:



- a. Use foul or derogatory language, threaten, or verbally abuse any other competitor or official before, during, or after the game.
- b. Participate in a game for which he/she is ineligible.
- c. Mistreat the facility, equipment, or supplies of the tournament space.



THE END.

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If you have any questions about competitions that are not answered within this packet, please contact us at:

CONTACT@MISTTORONTO.COM

CHECK OUR WEBSITE:

MISTTORONTO.COM

All the very best this year at MIST!

The MIST Toronto Dream Team

