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2016 COMPETITION RULEBOOK ADDENDUM

ASALAAMU ALAIKUM, (PEACE BE UPON YOU)

If you've been to MIST Toronto before, you know that we love introducing new competitions. MIST Toronto has also developed competitions, such as Culinary Arts and the French competitions, to reflect our Canadian roots. As the only Canadian MIST Regional, we're hoping to inspire other Canadian cities to join MIST. Yeah, we're looking at you Montreal, Calgary and Vancouver!

This booklet contains all the competition documents you'll need to compete in all Toronto-Specific MIST competitions. Bring your spirit, enthusiasm, and talent, because we're eagerly waiting to see what YOUR team brings to MIST this year. Get hyped, get MISTified, and we look forward to seeing you bring your A-game!

Sincerely,

The 2016 MIST Toronto Dream Team

PS. 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!

All competitions in this Rulebook Addendum are Toronto-Specific competitions for the 2016 tournament year. 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 aware of the fact that category limits still apply to these competitions. The rule is that each student may only choose ONE event within any given competition category. For example, if you're registering to compete in Scrapbook, you cannot compete in any other Arts competitions. Or if you're registering to compete in French Oratory, you cannot compete in any other Writing & Oratory competitions.

All scoring guidelines are consistent with Nationals competitions. With the exception of Soccer, all other Toronto-Specific competitions count towards points. For more information on scoring, please see the Scoring section on the MIST Toronto website.

Event details, ballots, rules and procedures for these Toronto-specific competitions are not included in the Official Competition Rulebook; these documents can ONLY be found in the 2K16 Toronto Rulebook Addendum.

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

INFO@MISTTORONTO.CA

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THE RACE AGAINST TIME

إِنَّ مَعَ الْعُسْرِ يُسْرًا

Verily, with every hardship comes ease! - 94:6

Memento mori is a Latin phrase that can be roughly translated as, “remember your mortality.” It is a universal concept that exists in many ancient faiths and philosophies, a perspective that our time in this life is limited, so we must remember to make the most of the fleeting moments we have. When we consider how our time is not guaranteed, even the smallest and most mundane moments with family and friends can be transformed into the most precious and beautiful blessings. For this reason, the essence of memento mori is its counterpart memento vivere, “remember to live.”

A healthy and balanced attitude towards life comes not just with treasuring blessings, but also with making peace with its inevitabilities. When there is death, there is life. When there is pain, there is healing. When there is sorrow, there is joy, and there are a full range of states in between and beyond. Sometimes loss hits closer to home than we expect. Sometimes change occurs, which can be scary. How do we cope when times get tough? How do we make sense of the pain we experience in life, and how do we bring joy back into our lives and the lives of others? How do we remember to keep our lives in perspective so we can live it fully with balance?

“With every difficulty comes ease” is assured in the Quran (94:5-6). “We do not burden any soul with more than it can bear...” (23:62). “Believers, respond to God and His Messenger when he calls you to that which gives you life...” (8:24). These are just a few of the many passages from the Quran that demonstrate how Islam approaches the ultimate questions of life to give its practitioners hope. Surely, billions who follow various other traditions and philosophies also find hope and empowerment in their teachings. How do these teachings compare and contrast when it comes to dealing with the reality of mortality?

How do you plan to make the most of your time? How would you capture the essence of truly appreciating life? Be creative! Projects and submissions with the most creativity and insight will receive the highest points. Remember, this theme will encompass all of the MIST competitions and workshops at both the regional and national levels. If you have any questions regarding this theme or anything else MIST-related, please do not hesitate to contact us!

CATEGORY 

ARTS



CULINARY ARTS

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, 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. 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 must have at least six (6) bite-sized cupcakes and one large/regular sized cupcake to detail the full design. That makes a total of 7 cupcakes. **3 cupcakes will be for Preliminaries and 3 cupcakes for finals (if you qualify). If you are incorporating your mini cupcakes in a design, make sure you only incorporate 3 into the design, rather than all 6.

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. 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. 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 3 competitors from each room in the preliminary round will move on to the finals round. The top 6 that advance to finals will have a five (5) minute interview with the Judges' Panel.
12. A typed written statement no more than one (1) page (500 words max.) must be included with the artwork. 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. We also recommend that competitors include a photograph of their culinary creations. In cases where the submissions are damaged during transportation, the photograph will be used to judge the presentation portion of the ballot.
13. 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.)

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.]

Detailed Culinary Arts Ballot

Section A: Technical

10 points

Participant is on time for interview.

Participant looks credible and is dressed appropriately for the 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

15 points

Student 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, feels, and smells appealing.

Layout, composition, and visual balance enhance 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.

Section D: Application of Theme

25 points

Please ask the following questions to gauge participants’ 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 and outstanding way.

Purpose of project is clearly articulated and shows evidence of reflection.

Elements and principles of culinary technique are clearly articulated and student shows evidence of careful selection and organization of these elements and principles.

MIST ID: _____ Judge Name: _____

Culinary Arts Ballot

Section A: Technical _____ / 10 points

Section B: Production Quality _____ / 30 points

Taste _____ / 15 points

Skill and Technique _____ / 15 points

Section C: Presentation Quality _____ / 35 points

Aesthetics and design _____ / 20 points

Creativity _____ / 15 points

Section D: Application of Theme _____ / 25 points

Total _____ / 100 points

Judge's Feedback:

SCRAPBOOK

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

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

1. All scrapbook covers must bear MIST IDs and 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. No albums will be accepted.
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. Avoid loose articles that may slip out of place.
8. Plan on including a title page, an index, and page numbers to organize your book. Qualities to keep in mind: originality, neatness, continuity, and creativity.

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 the WOW factor?

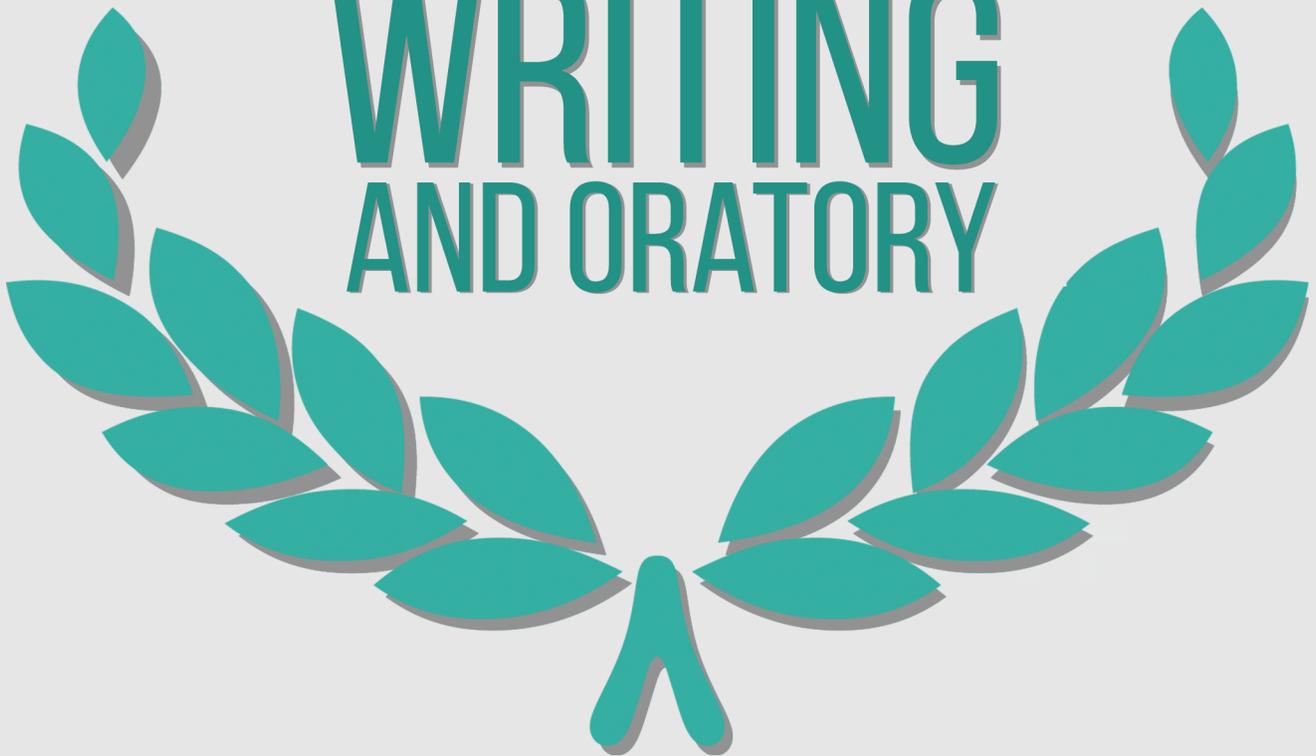
Section F: Application of Theme

Points: 25

Please ask the following questions to gauge their understanding of the theme and how it was expressed in their work. 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?
- 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.

CATEGORY 
WRITING
AND ORATORY



FRENCH ORATORY

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.

French Oratory Competition Material is available at www.misttoronto.ca

Topic: Reflect on this year's theme. 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 so identified.
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 a making a zero with the whole hand.
11. If the contestant continues beyond the maximum time, the STOP card must be shown 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 labeled with:

- ✓ MIST IDs
- ✓ Name of Competition

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Detailed French Oratory Ballot

Section A: Technical

5 points

Participant is on time for the competition.

There are no identifiers on the submission aside from their MIST ID.

The Participant provided three (3) copies of their Oration.

Section B: Submission Quality

20 points

Introduction

5 points

Did the speaker get the audience's attention?

Was the topic clearly stated?

Did the speaker preview and give focus to the key ideas?

If references are used in the paper (optional), are they cited?

Body

5 points

Was adequate time devoted to each division within the 7-minute time limit?

Was there a logical progression of ideas?

Conclusion

10 points

Did the speaker tie the speech together?

Was the answer to the question clear?

Was there a note of finality?

Section C: Presentation

55 points

Analysis and Content Comments

15 points

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 specific topic?

Was there outside information used?

Were the quotes cited properly?

Delivery

20 points

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 gestures varied, movement motivated, and eye contact direct?

Language Style

20 points

Did the speaker exhibit command of conversational style?

Was the language precise and vivid?

Did the speaker use French idiomatic expressions in both speech and while answering questions?

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 consistent use of verb tenses, correct and sophisticated use of pronouns and prepositions/complement of direct and indirect objects, liaison of words)

Did the speaker exhibit fluency and a natural ease while speaking in French? (ie. He/she did not stutter or pause to search for appropriate French words, particularly while answering questions)

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

10 points

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

10 points

Did the oration last less than 7 minutes? If it lasted longer, did the orator stop after the 30 second grace period? Note the length of oration: _____ min & _____ s

Did the orator drastically vary from his/her script?

Was the student dressed professionally (business or Islamic attire)?

Was the total effect of the oration pleasing?

MIST ID: _____ Judge Name: _____

French Oratory Ballot

Section A: Technical _____ / 5 points

Section B: Submission Quality _____ / 20 points

Introduction _____ / 5 points

Body _____ / 5 points

Conclusion _____ / 10 points

Section C: Presentation Quality _____ / 55 points

Analysis and Content Comments _____ / 15 points

Delivery _____ / 20 points

Language Style _____ / 20 points

Section D: Application of Theme _____ / 10 points

Section E: Overall Performance _____ / 10 points

Total _____ / 100 points

Judge's Feedback:

FRENCH PREPARED ESSAY

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 printed French essay submission and a French Written Statement based on the interview questions. Please note: 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.

French Prepared Essay Competition Material is available at www.misttoronto.ca

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.

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. It must be on white, 8.5 X 11 paper and must be stapled in the left corner.

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. Three (3) copies of the written essay must be submitted at on-site registration. Contestants are solely responsible for bringing their own copies. MIST will not photocopy any essays.
7. 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.
8. 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".

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.
9. In previous years, some competitors have turned in very poor work. To prevent low scores from winning 1st, 2nd, or 3rd places, the following score limits will be applied:
 - a. 1st place winner must score above 90%
 - b. 2nd place winner must score above 80%
 - c. 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.
10. Competitors will be judged according to the French Prepared Essay Ballot.

CHECKLIST:

- ✓ Three (3) copies of your French Prepared Essay
- ✓ A French Written Statement based on the interview questions

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

- ✓ MIST IDs
- ✓ Name of Competition

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Detailed French Prepared Essay Ballot

Section A: Technical

10 points

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 2,000 words or less?

Are there three (3) hard copies of the essay?

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? (They must not be added on the hard copy with ink/pencil)

Section B: Content

60 points

Conventions

10 points

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

20 points

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

15 points

Did the introduction grab the reader's attention with a unique start, a clear thesis statement, and concise controls?

Was there adequate amount 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 a lasting impression on the reader?

Sentence Fluency

15 points

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 fluency 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**20 points**

Word Choice

10 points

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 students" 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

10 points

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 or mood with his/her words?

Section D: Theme**10 points**

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

MIST ID: _____ Judge Name: _____

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:

CATEGORY 
SPORTS



BASKETBALL

The Basketball competition offers a great team-building opportunity in the form of a fun, athletic competition. This competition is organized in a bracket format, and winning teams advance to the next round. Standard high school basketball rules and regulations are employed and competitors must compete in at least one competition from another category in order to qualify as a Basketball competitor. This competition does not count towards points; however, awards will be presented to the winning teams.

The Basketball competition is a team effort. A minimum of five (5) and a maximum of ten (10) people must register for this competition. There will be a separate competition for brothers and for sisters, so each school will have the opportunity to bring a sisters' basketball team as well as a brothers' basketball team.

IMPORTANT TORONTO-SPECIFIC POLICY:

Players will be provided with a schedule of the games and times for the PRELIMINARY and PLAYOFF Rounds closer to the tournament date. Please check the [MIST Toronto](#) website regularly for additional details.

All players are required to be present at the Sports Venue at their assigned times. If, for any game, the school's team is not present in correct form (refer to rules), they knowingly forfeit the game to the other team. In the situation that neither team is present, no points are awarded.

For more information and complete details on this competition, please see the 2K16 Official Competition Rulebook.

SOCCER

COMPETITION GUIDELINES:

The Soccer competition offers a great team-building opportunity in the form of a fun, athletic competition. This competition is organized in a bracket format, and winning teams advance to the next round. Standard soccer rules and regulations are employed and competitors must compete in at least one competition from another category in order to qualify as a Soccer competitor. This competition does not count towards points; however, awards will be presented to the winning teams.

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

All indoor soccer rules will govern play with the addition of the following:

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 colours.
4. All players **MUST** wear shin guards.
5. Players are not allowed to wear cleats with metal studs.
6. Shorts **MUST** reach the knees. No short-shorts allowed.
7. Teams can only make two (2) substitutions per half.
8. Players who purposely foul other players will be immediately ejected.
9. Stoppage Time will not be added in the Preliminary rounds. Only the Semifinals and Finals will have Stoppage Time.

10. If a game is tied in the preliminary round it will be counted as a tie (no extra time or penalties). In the Playoffs there will be an extra 5 minute period. If it's still tied after the overtime, a best of 5 penalty shootout will take place. The only players eligible for competing in the penalty shootout are the ones on the field at the end of the overtime period. **ABSOLUTELY NO SUBSTITUTIONS OR GOALIE CHANGES WILL BE ALLOWED.**
11. There are unlimited substitutions. They must be done at the centre line at any time. The player coming off the field must be off before the new player may come on.
12. All free kicks are two touch (indirect). Any shot resulting in a goal from a direct free kick will be waved off. However, in the event of the goalie/any other player making legal contact with the ball from a direct free kick that enters the net, it will be constituted as a goal that is indirectly taken.
13. The clock will run non-stop through all play. Stoppage time may be added at the discretion of the referee.
14. There will be a "10 goal mercy rule" in the second half.
15. Penalty shots will be taken 12 yards from the goal.
16. Unsportsmanlike conduct will not be tolerated. The following offenses will result in a yellow card or red card:
 - a. Cursing at supervisor, official, or opposing player
 - b. Insulting supervisor, official, or opposing player
 - c. Participating in a fight (AUTOMATIC EJECTION)
 - d. Cursing out of anger or impulse should be avoided and a yellow card will be awarded to those who excessively curse at referee's discretion.
17. No brother, whether he is a part of the audience or is a player (as mentioned above) will be allowed to attend a sisters' game.

IMPORTANT TORONTO-SPECIFIC POLICY:

Players will be provided with a schedule of the games and times for the PRELIMINARY and PLAYOFF Rounds closer to the tournament date. Please check the MIST Toronto website regularly for additional details.

All players are required to be present at the Sports Venue at their assigned times. If, for any game, the school's team is not present in correct form (refer to rules), they knowingly forfeit the game to the other team. In the situation that neither team is present, no points are awarded.



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THE END.

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

INFO@MISTTORONTO.CA

All the very best this year at MIST!

The 2016 MIST Toronto Dream Team

DESIGNED BY WWW.SAMAHAT.COM & USAMA KHALID