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# Pilot Competitions Rulebook

**DC MIST 2024 REGIONAL RULEBOOK**

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**THE TREASURE OF FELLOWSHIP:  
FROM FRAGRANCE TO  
FORTRESS**

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## DC MIST 2024 Pilot Competition Rulebook

### Arts - Culinary Arts

**Format:** In-Person

**Submission Requirements:**

On-Site: Competitors must drop off their completed product to the allocated room upon registration.

Please note you must bring only your finished product to MIST - you will not be making your culinary creations 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:**

The Culinary Arts competition challenges students to produce original, unique culinary creations related to this year's theme. Students will be judged on the technique, presentation and originality of their culinary creations.

This year's challenge will be: **Any baked item of your choice. This can be in the form of any cake, cupcakes, or other baked goods.**

1. All culinary creations must have at least four (4) pieces of the item you are presenting - i.e. 4 slices of your baked item.
2. The finished product must be brought to MIST in a single platter, plate, container, etc labeled with the MIST ID ONLY.
3. There are no limitations on the ingredients and materials used, as long as they are halal and edible. For reference on halal and edible foods please refer [here](#).
4. Cost of materials should be under \$50.
5. Competitors MUST bring in at least 3 progress pictures taken during the baking process(beginning, middle, and end) and at least 2 pictures of the final product from different angles.
  - a. In case the submission is damaged during transportation, the photographs will be used to judge the presentation portion of the ballot.
  - b. Please print and attach all photographs to the written statement.
6. You **must** include a 1-3 minute video entry with your submission showing at least one step of your process in developing the finished product.
  - a. Video may be taken on your phone or laptop - be ready to show this video to the judges.



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- b. Video should show the steps the competitors took to reach the final product
  - c. Video is no longer than five minutes
  - d. Upload video as private/unlisted to YouTube and submit video link to
  - e. myMIST
  - f. Progress photographs can be screenshots from taken from the video
  - g. Submitted videos will be watched prior to judging
7. Competitors must include the ingredients and recipe used for their creation.
  8. 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 section D of the Culinary Arts ballot.
  9. Please note that if there are more than 15 entries for this competition, only the top 15 entries (based on creation and written statement) will be interviewed.
  10. 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 found in section D of the ballot.
    - b. Please note that the written statement is an integral component of qualifying for an interview in the top 15.
    - c. The written statement should include photographs of the steps and finished final product.
    - d. In cases where the submissions are damaged during transportation, the photograph will be used to judge the presentation portion of the ballot.

### Checklist:

1. Culinary Arts submission (at least 4 pieces).
2. **Three copies** of written statements based on interview questions (Interview questions located in Section D of Culinary Arts Ballot.)
3. Printed photographs of the process and finished product.
4. Video submission
5. Both the submission and the written statement should be clearly labeled with:
  - a. MIST ID
  - b. Name of Competition



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# 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”.
- Students show 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



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### ***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?







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Overall Judges Comments and Feedback:

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## DC MIST 2024 Pilot Competition Rulebook

### Arts - 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 is permitted per MIST team.**

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

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

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



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### Section A: Technical Points: 5

- Presenters on time for the 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

#### Organization Points: 10

- 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 Points: 25

- 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

- There is a strong, clearly evident relevance to the theme.



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- 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.

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?





## DC MIST 2024 Pilot Competition Rulebook

### Sports - Brothers / Sisters Soccer

#### General Guidelines:

1. This competition is gender segregated. There will be Brothers Soccer and Sisters Soccer available for registration.
2. Minimum 6 competitors, maximum 10 competitors can register.
3. The games will be held as 6 versus 6.
4. Shin Guards will be strictly enforced this year.
5. It is important that you coordinate with your team or any coalition teams who will be playing Goalkeeper during each game prior to the tournament to avoid confusion.
6. The venue will consist of one large field that will be separated into two separate fields.
7. Due to time constraints MIST soccer will be tough on time. It is imperative that all players and coaches arrive on time to their matches. If you are late to a game you will receive a maximum of a 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. In the event that a player cannot make the tournament the minimum number of players that can play at once is 3.
9. Each team **MUST** have players match in some way through what they wear. Some options include:
  - a. Jersey with numbers expanded to include 0-99.
  - b. The same coloured shirts/hijabs.
  - c. The colors of other teams in your league will be listed so as to prevent confusion.
  - d. There will be no "Shirts" vs "Skins" or taped-on number.
10. 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:
  - a. School ID
  - b. Report card with your name and the school's name as well as a government issued ID.
  - c. If you are home schooled you must bring a homeschooler identification (letter, report card, proof you are home schooled) as well as government issued ID.

#### Rules and Regulations:

1. All players must be registered completely through DC MIST.
2. A minimum of six players must be on the roster per school, maximum of 10.
3. All players must be registered prior to the tournament.
4. Games will be 15 minute halves with 2 minute breaks in between halves.



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5. Cleats, or turf shoes may be worn, no metal or removable studs.
6. Shin guards must be worn during the game at all times. **This will be strictly enforced.**
7. Shirts must be tucked in at all times.
8. No bracelets or jewelry (watches, necklaces, earrings) items can be covered by tape.
9. Out of bounds shall only occur when the ball is completely over the line.
10. Out of bounds will result in throw-ins. Both feet must be planted and the ball must come above the head. A bad throw will turn the ball over to the opposing team. In case of the ball never entering in bounds a re-throw will be allowed.
11. Substitutions are unlimited, but can only be made during a team's own possession. Not on opposing team's corner kicks, throw in's or free kicks.
12. All free kicks will be direct. All opposing players must be at least 5 yards away. Free kick-takers may ask for 5 yards.
13. Cursing, profanity, taunting are a **yellow cardable offense**.
14. Physical altercations result in **ejection from the tournament**. Team must play one man down for ten minutes (time carries over from one half to another). Next game is played as normal without an ejected player on the roster.
15. First warning yellow card 2 minute penalty (can substitute player). Second warning yellow card 4 minute penalty (may not substitute player). Third major offense will result in a red card and ejection from the game.
16. Advantage rule is in place.
17. No off-sides.
18. No slide tackles. If a player slides they will receive one warning. Following this warning the player will be subject to a yellow card
19. No charging the goalie.
20. In case of stopped play due to injury, the referee will have a drop ball at the spot of the incident.
21. A win awards three points, a tie one point, a loss equals zero.
22. In play-offs ties will go straight to penalty kicks.
23. In cases where two teams have the same amount of points in the group stage, teams with 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.
24. Referee has complete jurisdiction during the game. Arguments will not be tolerated against a referee.
25. If the match ball makes contact with the ceiling or netting it will be considered out of play, the ball will be given to the team that did not touch the ball out of play and the location in which the ball is placed is at the referee's discretion.
26. Penalties are taken 6 yards from the goal at the discretion of the referee. Each team will be allocated 5 kicks. If tied after these kicks the teams will go to penalties.



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### **Women's dress code policy:**

- Modest sportswear required.

- Arms must be covered above the elbows and legs above the knees.

- Please note MIST soccer will take place on a public field.
- No Spiked or metal cleats.
- No headwear, long hanging hijabs, hats, or jewelry

### **Men's dress code policy:**

- No sleeveless shirts
- Shorts must be long enough to cover knees
- No Spiked or metal cleats
- No headwear, hats, or jewelry





## DC MIST 2024 Pilot Competition Rulebook

### E- Sports: Chess

#### Format:

1. No more than **two (2) students** from each school can register for this competition.
2. This tournament will be held **fully** in-person during MIST weekend and is open to spectators.
3. All competitors must connect via discord so there is an open line of communication.
4. The CRC recommends the use of Chess.com as the platform for hosting chess matches. Thus, this is the platform DC MIST will be using to conduct the tournament. A moderator will confirm that the match timings are set properly and the right players are participating before starting the match.
5. Players may not leave the match until a moderator has confirmed the outcome.
6. Players may NOT use any form of engine or move-calculator at any time during the tournament.

#### Tournament Rules

##### Preliminaries

1. Preliminaries will be held in a bracket-style tournament with all players in 1v1 style.
2. The number of players per round and number of rounds will depend on the total registered competitors.
3. All matches will be randomized (there is a chance a competitor may face someone in the same school as them). The color (black or white) will be also randomized for preliminary matches.
4. Preliminary matches will be played in 10 minute games. That means that each player has 10 total minutes of time.
5. Winning a match will result in one (1) point, a draw will result in half ( $\frac{1}{2}$ ) a point and a loss results in zero points.
6. Elimination placements will be decided based on who proceeds forward from each bracket of players.
7. Those who advance will qualify for the Tournament Bracket.

##### Tournament Bracket

1. Similar to preliminaries, all games are played 1v1. If a player loses the set, they are eliminated from the bracket and the other player advances.
2. The scoring system remains the same as the preliminaries: A win results in one (1) point, a draw will result in half ( $\frac{1}{2}$ ) a point and a loss results in zero points.



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3. All tournament sets will be decided in a 2-pt series. This means that players will play each other until one side has reached 2 points. (For example, a player might win a series by winning 2 games in a row resulting in a 2-0. Another series might be won by a player winning once and then winning two draws i.e  $1 + \frac{1}{2} + \frac{1}{2} = 2$  pts.)
4. Bracket matches will be played in 10 minute games. That means that each player has 10 total minutes of time. For series that go past two (2) games, it is up to regional discretion to use a 5 | 5 style games (5 minute game with an additional 5 seconds added to the player's clock once that player makes a move)
5. The color of each player will be chosen at random for the first game in the series. Every successive game will alternate colors between the two players



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### E-Sports: Super Smash Bros

#### Format:

- No more than **two (2) students** from each school can register for this competition.
- Only playable on Nintendo Switch.
- This tournament will be held **fully** in-person during MIST weekend and is open to spectators.
- Closer to tournament weekend, the schedule of matches and times will be posted on the Discord while a hard copy will be available on-site competition weekend.

#### Tournament Rules

1. All competitors must join the DC MIST eSports Discord during the time of the start of the competition so there is an open line of communication. The Competitions Chair will be reaching out with the discord server link **one month prior to the tournament**.
2. 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.
3. Each game will have a 6-8 minute time limit.
4. DC MIST will be providing the consoles during competition weekend.

#### Game Settings:

- Ruleset: 3 Stock
- Items: Off
- Stage Selection: Anyone
- Stage Hazard Toggle: Off
- Final Smash Meter: Off
- Spirits: Off
- Damage Handicap: Off
- First to: 1 Win
- Launch Rate: 1.0x
- Underdog Boost: Off
- Score Display: Off
- % Show Damage: Yes
- Custom Balance: Off
- Echo Fighters: Separate
- Radar: Big



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### E-Sports: FIFA 2k20

#### Format:

- No more than **two (2) students** from each school can register for this competition.
- This tournament will be held **fully** in-person during MIST weekend and is open to spectators.
- Only playable on PS4 and XBOX One
- Closer to tournament weekend, the schedule of matches and times will be posted on the Discord while a hard copy will be available on-site competition weekend.

#### Tournament Rules

1. All competitors must join the DC MIST eSports Discord during the time of the start of the competition so there is an open line of communication. The Competitions Chair will be reaching out with the discord server link **one month prior to the tournament**.
2. 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.
3. In the event that the match results in a tie, the game will go to penalty kicks to determine the winner.
4. Each game will be 6 minute halves (the entire game is 12 minutes long).
5. Keep in mind if you will be playing the version of FIFA that is available on-site during competition weekend. A coin toss will be done to determine whether the match will be played on a PS4 or XBOX One available.
6. DC MIST will be providing the consoles during competition weekend.



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### E-Sports: NBA 2k20

#### Format:

- No more than **two (2) students** from each school can register for this competition.
- This tournament will be held **fully** in-person during MIST weekend and is open to spectators.
- Only playable on PS4 and XBOX One.
- Closer to tournament weekend, the schedule of matches and times will be posted on the Discord while a hard copy will be available on-site competition weekend.

#### Tournament Rules

1. All competitors must join the DC MIST eSports Discord during the time of the start of the competition so there is an open line of communication. The Competitions Chair will be reaching out with the discord server link **one month prior to the tournament**.
2. 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.
3. In the event that the match results in a tie, the game will go to overtime to determine the winner.
4. Each game will be 4 minutes per quarter.
5. Keep in mind if you will be playing the version of NBA 2K that is available on-site during competition weekend. A coin toss will be done to determine whether the match will be played on a PS4 or XBOX One available.
6. DC MIST will be providing the consoles during competition weekend.



## DC MIST 2024 Pilot Competition Rulebook

# Miscellaneous Sports: Flag Football - Brothers

### General Guidelines

Minimum 6 Brother competitors from each school must register for this competition. Maximum 10 competitors from each school. Coalition teams will be formed in the case where a school has less than 6 competitors registered.

### Scoring

Points can be scored in the following manner:

Touchdown = 6 points

Points After Touchdown (PAT):

Extra point = 1 point (if successful from the 3-yard line)

Extra point = 2 points (if successful from the 10-yard line)

Extra point = 3 points (if successful from the 20-yard line)

Safety = 2 points

A safety is called when an offensive player is down with the ball in his own end zone. The team that was scored on has to kick off from their 14-yard line.

### The Game

1. Two 20-minute halves (3-minute halftime) with a continuous running clock until the last two minutes of the 2nd half; the clock will only stop during the following scenarios:
  - a. Timeout
  - b. Injury
  - c. Touchdown
  - d. Official's Discretion
2. Each team is allowed three timeouts in 1-minute duration for each half; none may carry over into the second half or overtime.
3. Any number of legal substitutes for either team may enter the game between periods, after a score or conversion, during the interval between downs, or during a timeout.
4. The field shall be eighty (80) yards in length, with four, 20-yard zones clearly marked. The 14-yard line on each end will be clearly marked, as new possessions begin from this spot. Marks at the 3 and 10-yard lines will also be in place on each end of the field for conversion attempts.

### Clothing and Equipment

1. DC MIST provides flags, flag belts, and game balls for each contest. Please bring your own team jerseys.
2. Each team must wear contrasting colors



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3. Every player must wear a uniform.
4. Clothing:
  - a. Athletic attire is required.
  - b. No pants or shorts with belt loops, denim, or khaki are allowed.
  - c. Participants must wear some type of athletic shoe. No sandals.
  - d. No metal cleats: plastic or molded cleats are allowed during play.
  - e. Winter/wool hats, head/sweat bands are allowed; nothing that is tied or that forms a knot can be worn.
  - f. Players must remove all jewelry prior to participating, including any viewable earrings, necklaces, or bracelets.
  - g. Shirts must be tucked in and appropriately worn, as to not interfere with the flag belts.
  - h. Flag belts must be clipped in the front and all flags must be both unobstructed and extended to full length

### Personal Conduct

1. Captains are responsible for the conduct of their players and fans.
2. Only the captain is allowed to address an official during play.
3. Acts of unsportsmanlike conduct including unnecessary roughness, arguing with officials, fighting, and/or abusive language directed towards officials/opponents will result in player(s) involved being ejected from the game.
4. Any player ejected from the game must leave the facility immediately and will be automatically disqualified.
5. DC MIST has the final say in rule interpretations.

### Coin Toss

1. A coin toss will be held prior to the start of the game; the winning captain shall have the choice of the following:
  - a. Offense or Defense first
  - b. Defending a goal
  - c. Deferring their choice to the second half
2. The losing captain shall choose from the remaining choices. Each half shall start by putting the ball in play by scrimmage on the offensive team's 14-yard line.

### Teams

1. A team will consist of 6 players
2. A team may start and play the game with as few as 4 players
3. If a player is ejected, for any reason, the team may still play with 6 players on the field at a time.





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### Points

1. Touchdown: 6 Points  
Safety: 2 Points  
Point After Touchdown (PAT)
  - a) Successful try from 3-yard line: 1 Point
  - b) Successful try from 10-yard line: 2 Points
  - c) Successful try from 20-yard line: 3 Points
2. Any team that has a 19-point advantage at the 2-minute warning mark in the 4th quarter will immediately be declared the winner.

### Offense

1. All plays from scrimmage must be started by a legal snap. The player that receives the snap must be at least 3 yards behind the offensive line of scrimmage.
2. Lines of scrimmage for the offense and defense shall be one yard apart to begin each play and will be marked by the officials prior to each play.
3. A snap hitting the ground before being touched will be ruled dead at the spot where it touched the ground.
4. No offensive players may be within five yards of the sideline when the ball is snapped unless the ball is placed on hash mark. All players on this side must be lined up inside the nearest official.
5. The offensive team must have at least one player on their scrimmage line at the snap.
6. The offensive team may have one player in motion prior to the snap as long as the motion is not toward his/her opponents' goal line. All players not in motion must come to a set position and hold that position for at least one second prior to the snap.
7. No offensive player, while on the line of scrimmage, may receive a snap.
8. A ball carrier may pass the ball backwards at any time. A backwards pass or fumble may be caught inbounds by any player and advanced.
9. All players are eligible to receive a forward pass. An offensive team may make only one forward pass from behind the line of scrimmage per play.
10. There is no intentional grounding once the quarterback is outside the three-yard zone on each side of the center and the ball goes to or beyond the line of scrimmage.
11. A pass is completed to a receiver who comes down with one foot inbounds.
12. A ball carrier may not use any part of the body, the ball, or any clothing to prevent an opponent from pulling the flag. Spinning, diving, or jumping to avoid being deflagged shall be legal so long as such actions do not result in the ball carrier making contact with a defensive player. It is the offensive player's responsibility to avoid contact with the defense.



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### Defense

1. The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing a flag. This is impeding and is a penalty.
2. Defensive players may not use their hand to grasp, push or pull an opponent in an attempt to get at the ball carrier.
3. All players become eligible to intercept the ball before it touches the ground.

### Blocking

1. The terms blocking/screening are synonymous terms and shall be executed by body position alone and without body contact. The offensive player setting a screen must interlock the hands behind the back. Two types of fouls may result from enforcement of this rule:
  - a. An offensive player is guilty of illegal blocking if he/she in any way initiates contact with a defensive player who has established a path to the ball carrier. The player screening or blocking must move his/her body in such a manner as to cause the defensive player to travel the greatest distance to down the ball carrier. An offensive player may not leave his/her feet to screen or stick out legs or arms in an attempt to slow down the defender.
  - b. An offensive player may establish a path that follows the movement of the ball behind the line of scrimmage. There shall be no blocking beyond the line of scrimmage.
  - c. Defensive players are guilty of defensive charging if, in attempting to down the ball carrier, they charge over or use their hand on an offensive player in order to get to the ball carrier. An offensive player who established a position cannot be run over.

### Series of Downs

1. The team in possession of the ball shall have four consecutive downs to advance to the next zone.
2. The line to gain in any series shall be the zone line in advance of the ball. If distance has been lost due to penalty or plays, the original zone line in advance of the ball at the beginning of the series of downs is the line to gain.
3. A new series of downs shall be awarded when:
  - a. A team moves the ball into the next zone on a play free from penalty.
  - b. A penalty against the opponent moves the ball into the next zone.
  - c. A team has obtained legal possession of a ball as a result of a free kick, kick from scrimmage, touchback, pass Interference penalty, or failure of opponent to gain the zone in advance of the ball.
4. After a safety or touchback, the new offense will start the ball at the 14 yard line.



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### Penalties

1. Penalties will be administered in either 4 or 8-yard increments.
  - a. 4-yard penalties include, but are not limited to:
    - Delay of Game
    - Illegal Motion
    - Illegal Shift
    - Illegal Substitution
    - False Start
    - Illegal Forward Pass (Loss of Down)
    - Encroachment
    - Illegal Advancement (Co-Rec)
    - Intentional Grounding (Loss of Down)
    - Intentional Lateral Out of Bounds (Loss of Down)
  - b. 8-yard penalties include, but are not limited to:
    - Illegal Equipment
    - Quick Punt/Illegal Kicking
    - Kick/Catch Interference
    - Pass Interference
    - Illegally Secured Flag Belt
    - Unsportsmanlike Conduct (per game, 2 of these by one player is an ejection; 3 by a team is a forfeit)
    - Spiking, Kicking, or Throwing the Ball during a Dead Ball
    - Attempt to Strip 4
    - Illegal Contact (covers, but not limited to, hurdling, illegal blocking, illegal use of hands, stiff arm, obstructing runner)
    - Illegal Participation
    - Illegal Replaced Player/Permanent Substitute
    - Flag Guarding
2. These penalties are also 8-yards but are to be accompanied by an automatic ejection:
  - Flagrant Unsportsmanlike Conduct
  - Contacting an Official
  - Tackling the Runner
  - Fighting an Opponent
  - Intentionally Tampering with a Flag Belt (loss of down if by offense, automatic 1st down if by defense)
3. Captains of offended teams will be informed of the penalty and asked whether they want to accept or decline it. Officials are not required to provide a description of the consequences for either decision but may choose to do so. Depending on the type or



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result of the play, enforcement of the penalty may vary in regards to when and where it is enforced or applied.

### Removing the Flag Belt

1. There are some basic rules that are established for flag football because of legal or illegal removal of flags that do not apply to regular or touch football:
  - a. Deflagging is only allowed under special circumstances similar to tackling in football. Offensive players must have possession of the ball before they can legally be deflagged.
  - b. A flag removed inadvertently (not removed by grabbing and pulling) does not cause play to stop. Play should continue as if the flags had not been removed.
  - c. In circumstances where flags are removed inadvertently or illegally, the play should continue with the option of the penalty or the play.
  - d. In all situations where a play is in progress and a ball carrier loses his/her flags either accidentally, inadvertently, or on purpose, the deflagging reverts to a one hand touch of the ball carrier below the neck.
  - e. Deliberately faking a deflagging to cause an inadvertent whistle shall be considered unsportsmanlike conduct.

### Punting

1. The offensive team must declare a free kick at any time prior to a play from scrimmage. The ball must be snapped to the kicker.
2. Players may not leave the line of scrimmage until the ball is kicked.
3. Any player on the receiving team may catch a kicked ball.
4. Any kick that hits the ground and bounces away from the kicking team can be retrieved by the receiving team if it is fielded cleanly by a receiving team member.
5. The ball shall be dead at the spot if a member of the kicking team touches it before it touches a member of the receiving team.
6. Any ball not caught will be blown dead when:
  - a. The ball crosses the goal line.
  - b. Ball is untouched and stops on the field of play.
  - c. Kick goes out-of-bounds.
  - d. Ball is muffed by a receiving team member.
7. Scrimmage kicks (quick-kick) may NOT be executed at any time. Kicks must be declared in advance.
8. When the ball is kicked out-of-bounds, it will be put in play at the point it crosses the sideline.
9. When the ball becomes dead behind the goal line, it will be put in play at the 14-yard line (touchback).



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10. If the receiving team bats the ball forward, the ball becomes dead at the point at which it was batted.
11. A kick that bounces toward the kicking team on the initial bounce will be declared dead at that spot. If the initial bounce continues away from the kicking team, play will continue. This is to ensure the safety of both teams.
12. Both teams must remain behind their lines of scrimmage and neither team may enter the neutral zone prior to the snap.

### Live Ball

1. After having been declared ready for play, a dead ball becomes live when it is snapped or free kicked legally or illegally.
2. A live ball becomes dead when:
  - a. It goes out-of-bounds, crosses a goal line or end line.
  - b. Any part of a ball carrier other than the feet or hands touches the ground.
  - c. The ball hits the ground, be it passed, kicked, fumbled or muffed. The ball is dead at the spot of the contact except that a ball fumbled forward is considered dead at the spot where the fumble occurred.
  - d. Any portion of a ball carrier touches the sideline, end line or ground/fixture outside of these lines.
  - e. A legal ball carrier has the flags pulled. EXCEPTION: When a player's flags become detached inadvertently, the player must be one-hand touched below the neck or above the knees to be downed.
3. Within the last two minutes of the 2nd half, the clock will stop when:
  - a. Incomplete passes
  - b. Team timeouts
  - c. Official's timeouts
  - d. Delay of game penalties (to be resumed on "ready for play" whistle)
  - e. Scoring plays/during the PAT
  - f. Penalties are enforced/walked off (to be resumed on "ready for play" whistle)
  - g. Player in possession of ball goes out of bounds before being deflagged
  - h. Ball is spiked by the quarterback

### Overtime

1. If the game is tied at the end of regulation, overtime will commence.
2. A captain's meeting will be held to determine choice of possession and which goal will be used. All overtime periods are played on the same goal. Alternating first team on offense each overtime period (i.e. The team that was on offense second during the first overtime shall be the first team on offense if a second overtime is needed.)
3. Each team will start first and goal from the 10-yard line.



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4. An overtime period consists of a series of downs by each team.
5. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.
6. If the defense intercepts a pass and returns it for a touchdown, they win the game.
7. If they do not return the interception for a touchdown, the series is over, the ball is placed at the 10-yard line and the team now in control of possession will begin their series of downs.

### Protests:

1. Team captains are allowed to protest a misapplication of a rule before the snap of the next play to staff on duty.
2. The supervisor and officials will make the final decision before the next play. Protests about misapplication of rules will not be heard at any other time.
3. Player eligibility protest should first be made to the officials/supervisor on duty. The officials/supervisor will then warn the team captain about the protest at hand. Any further eligibility protests must be made by no later than 1pm the day following the game to [competitions@dcmist.org](mailto:competitions@dcmist.org).





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# Miscellaneous Sports: Volleyball - Sisters

### General Guidelines

Minimum 6 Sisters competitors from each school must register for this competition. Maximum 10 competitors from each school. Coalition teams will be formed in the case where a school has less than 6 competitors registered.

### The Serve:

1. Server must serve from behind the end line (dark green/blue) until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serving.
4. Served ball may graze the net and drop to the other side for a point.
5. First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
6. Serve must be returned by a bump only. No setting or attacking a serve.

### Scoring:

1. Rally scoring will be used.
2. There will be a point scored on every score of the ball.
3. Offense will score on a defense miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Game will be played to 25 points and the team must win by a 2-point differential. If not, teams will keep playing until a 2-point differential is established.

### Rotation:

1. Team will rotate each time they win the serve.
2. Players shall rotate in a clockwise manner.
3. There shall be **6 players** on each side, 3 in the front row and 3 in the back row.

### Playing the Game:

1. Maximum of three (3) hits per side.
2. Player may not hit the ball twice in succession (a block is not considered a hit).
3. Ball may be played off the net during a volley and on serve.
4. A ball touching a boundary line is good.
5. A legal hit is contact with the ball by a players' body above and including the waist which does not allow the ball to visibly come to a rest.
6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.





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7. A player must not block or attack a serve.
8. Switching positions will be allowed only between front line players (only after the first serve).

### Basic Violations:

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally (carrying, palming, throwing, etc).
4. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. Reaching over the net, except under these conditions:
  - a. When executing a follow-through.
  - b. When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact), except to block the third play.
6. Reaches under the net (if it interferes with the ball or opposing player).
7. Failure to serve in the correct order.
8. Blocks or spikes from a position which is clearly not behind the 10 ft. line while in a back row position.

