

THE RACE AGAINST TIME



2016

COMPETITION RULEBOOK ADDENDUM

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(PEACE BE WITH YOU)

This Rulebook Addendum contains all the competition documents you'll need to compete in all Detroit-Specific MIST competitions for the 2016 Regional Tournament (including three new ones!). 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 American Sign Language, you cannot compete in any other Writing & Oratory 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!

On behalf of the 2016 MIST Detroit Dream Team, all the best this year at MIST!



Hassan Ahmad
Regional Director

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!

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[Booklet Design Inspired by www.samahat.com and Usama Khalid]

THE RACE AGAINST TIME

إِنَّ مَعَ الْعُسْرِ يُسْرًا

“Verily, with every difficulty comes ease!”
The Qur’an, 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!

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CULINARY ARTS

ARTS CATEGORY

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.
5. Competitors shall be introduced to the judges by their MIST IDs.
6. All culinary creations must have 12 regular sized cupcake to detail the full design.
7. The project must be brought to MIST in a single platter, plate, container, etc. labeled with the MIST ID ONLY. MIST will provide serving plates for each individual judge. 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.
8. Contestant's name should not appear anywhere on the final product, container, or written statement.
9. No more than \$50 can be spent on supplies.
10. Concept & styling must relate to the overall MIST Theme.
11. All ingredients must be halal. All creations must be accompanied by a list of ingredients used.

12. No raw foods may be included in the final product.
13. Competitors with food allergies are required to inform their Regional Representatives at least two (2) weeks prior to the tournament.
14. 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, judges will choose the top 15 to interview, based off of the written statement, appearance, and/or taste.
15. 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 fifteen. 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.
16. 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
- ✓ Photograph of finished product (Optional)
- ✓ 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

Notes

1. We recommend that you make at least **three** copies of your written statement.
2. If your submission is perishable (within 6-8 hours of arrival at MIST), you **MUST** bring a cooler or email competitions@mistdetroit.com.

Detailed Ballot

Section A: Technical

Points: 10

- 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

Taste

Points: 15

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

Technique

Points: 15

- 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 Quality

Aesthetics and Design

Points: 20

- 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

Points: 15

- Presentation 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.
- 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 culinary creation? In what ways does your recipe and technique represent your individual point of view, imagination, creativity, and individuality?
2. Explain your purpose in developing this culinary item and describe how you achieved that goal. De-scribe any influences from chefs, cookbooks or cooking shows that contributed to the development of this art-work.
3. What elements or principles of culinary technique did you use, and how did you select and organize the visual aspects of the decoration/food styling?

SCRAPBOOK

ARTS CATEGORY

Competition Guidelines

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 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.
9. Judging Criteria will be based upon the Scrapbook Ballot.

Detailed Ballot

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: 10

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

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?

Does it show originality, neatness, continuity, and creativity?

Section F: Application of Theme

Points: 25

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

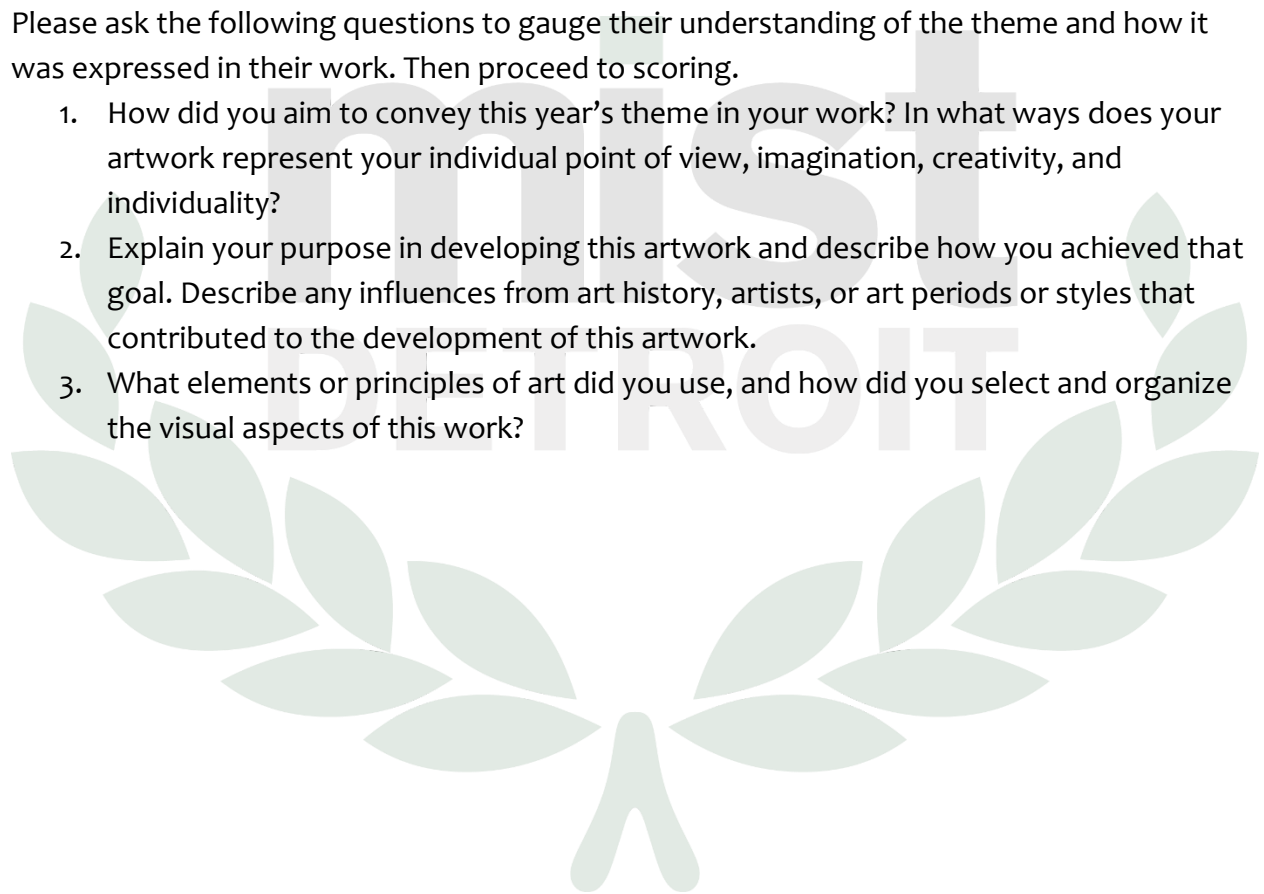
The theme is expressed in a unique or outstanding way.

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

Elements and principles of art are clearly articulated and 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?



AMERICAN SIGN LANGUAGE

WRITING AND ORATORY CATEGORY

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. This competition is open to anyone who knows American Sign Language.
2. A limit of two (2) students from each team may register for this competition. Each student competes individually; collaboration is not permitted.
3. MIST ID and order of competition will be pre-assigned on a random selection basis.
4. The topic must be relevant to the theme.
5. All competitors are to report to the competition room on time, which will be designated in the competition schedule.
6. The signer must provide 3 COPIES of his/her script to be turned in at the beginning of their speech. MIST will not photocopy any scripts. Contestants must come prepared with their copies. The competitor must compete with the script that is submitted at that time. The contestant's name should not appear anywhere on the work.
7. Orations must be labeled with the MIST ID ONLY. The contestant name must not appear anywhere on the work.
8. The signer must be truthful. Any non-factual reference, especially a personal one, must be so identified.
9. Plagiarism is prohibited. Any evidence of plagiarism will result in disqualification from the competition and potential further consequences.
10. Visual aids are not permitted.
11. The time limit is seven minutes maximum with a thirty-second grace period. Violation of this rule will result in point loss.
12. Electronic device usage is not permitted during the competition.

Detailed Ballot

Section A: Technical

Points: 10

- Participant is on time for the competition.
- Did the speech last less than seven minutes? If yes, did it end before the 30 second grace period finished?
- The participant gives no identifiers aside from their MIST ID.
- Participant looks credible and is dressed professionally.
- There are three (3) copies of the oration.

Section B: Content

Introduction

Points: 10

- Did the signer get the audience's attention?
- Was the topic clearly stated/addressed?
- Did the signer preview and give focus to the key ideas?

Body

Points: 15

- 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 signer 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

- Was the topic relevant to the theme?
- Was the content informative?
- Was there sufficient use of logic, facts, examples, and/or expert opinion?
- Was the information pertinent to the selected topic?
- Were the quotes cited properly?

Delivery

Points: 15

- Was the delivery natural and lively?
- Did the speaker exhibit poise and confidence?
- Did speaker engage the audience?

Language

Points: 15

- Was the language precise, and grammatically correct?

Overall Ranking

Points: 10

After the perusing of the oratory content, performance, and interview, rate the entire experience from 1 to 10.

- 1 being very poor (no organization, or relation to the theme)
- 4 to 6 being average
- 10 being exceptional (memorable performance, sound understanding of the theme, exceptional content).

MOBILE APPLICATIONS

GROUP PROJECTS CATEGORY

Competition Guidelines

You may be great with computers, but you're creative at heart. Combine your skills to design the perfect Mobile App. Competitors are allotted five (5) minutes to present their project to the judges. 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. MIST ID and order of competition will be preassigned on a random selection basis.
2. Competitors shall report at the appropriate time and place designated. Competitors shall be introduced to the judges by their MIST IDs.
3. Only one submission is allowed per school. Hence, if two students register from the same school, they must work as a team.
4. Names and other identifying information should not be written anywhere on the submission.
5. All competitors are to report to the competition room at the same time, which will be designated in the competition schedule.
6. Competitors can use any online library or SDK but they should create the design templates on their own. Buying a readymade template is not acceptable.
7. The project must be relevant to the annual theme.
8. Contestants must submit submission on a USB. All submissions will be viewed on a computer. The judges do not have access to the Internet. Hence, it is important that the entire app is copied locally to a USB. Contestants must copy all files, images, style sheets, etc. Any outside links can be included. Remember to make a backup, and to try the USB on various computers to eliminate technical issues during the competition. The judges understand that these links will not work since they do not have access to the Internet. All graphics must be GIF, TIFF, or JPG. If you have any questions, please contact your Regional Competitions Headquarters.
9. Students are responsible for asking questions about rules that they don't understand before the competition and not during it. No excuses will be accepted during the competition or tournament weekend.
10. Students will be allotted five (5) minutes for their presentation. The submission is to be turned in to the proctor at the end of the hour but can be turned in earlier.
11. App must be usable either on the mobile devices or through an SDK on a computer.
12. A typed explanation of the app and its content, no more than three (3) pages (1000 words maximum double spaced and 12point font) must be included with the submission. The explanation should detail the app's content, what inspired the participant to make it, what development tools were used, and any other pertinent information related to the creation of the site. Judging will be based on the explanation provided in the interview and the app itself. The interview will be no longer than 5 minutes.

Detailed Ballot

Section A: Technical

Points: 5

- Participant is on time for the competition.
- The participant stopped presenting when time was called.
- There are no identifiers on the submission aside from their MIST ID.

Section B: Content

Conventions

Points: 10

- The app is fully functional
- The overall app is appealing and inviting
- Mobile app addresses the needs of the user

Ideas and Development

Points: 15

- The app includes elements of the year's theme
- More than one hardware feature of the mobile (GPS, Bluetooth, etc.) was used
- The content appeals to and can be used by the general public
- The app has sufficient text, content, and graphics

Technical

Points: 20

- The app was executed successfully and all the graphics were displayed.
- The app was free from any grammatical or spelling mistakes.
- The source code used in the app has not been copied from any other sources.
- The MIST board approved languages used in the code.

Design

Points: 15

- The app is user friendly and all the information can be found easily.
- The app has a consistent design and feel
- The graphics and design doesn't distract the user from the main purpose of the app.
- More than one graphically appealing element has been used in the process

Section C: Application of the Objective

The Objective Inspection

Points: 20

- There is a strong, clearly evident relevance to the objective.
- The objective is applied in a unique or outstanding way.
- Purpose and inspiration of designs are clearly articulated and shows evidence of reflection and/or research.
- Design elements and principles are clearly articulated and student shows evidence of careful selection and organization of these elements and principles.

Presentation

Points: 15

- It was presented with a passionate but professional manner.
- The tone was natural and consistent, reflecting original thinking and expression.
- The presentation included technical topics such as API implementation, etc.

SOCCER

SPORTS CATEGORY

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.

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 list of rules and procedures. Failure to fulfill these obligations and/or any violation of them may result in point loss or disqualification from the tournament.

1. All MIST rules and regulations, including dress code, apply.
2. Failure to participate in MIST competitions will result in immediate disqualification.
3. Teams must wear matching colors.
4. All players MUST wear shin guards.
5. Players are not allowed to wear cleats with metal studs.
6. Games will be played in a five versus five format (including the goalie).
7. Shorts MUST reach the knees. No short-shorts allowed.
8. Players who purposely foul other players will be immediately ejected.
9. 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. In tied games, absolutely no substitutions or goalie changes will be allowed.

11. There are unlimited substitutions. They must be done at the center line at any time. The player coming off the field must be off before the new player may come on.
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.