



MUSLIM INTERSCHOLASTIC
TOURNAMENT

**THE WEIGHT
OF POWER:**
RULING THE SELF
TO SERVE OTHERS

OFFICIAL SOCAL MIST RULEBOOK
SUPPLEMENT 2023



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COVID-19 & MIST

While we are all excited to be offering an in-person event, there are a few minor changes that have been made to ensure the safety of you and your loved ones. All competitors and MIST attendees will be required to abide by venue policy with regards to vaccination, masking, and social distancing. More information about the SoCal MIST 2023 venue and requirements will be shared in the coming weeks. Failure to comply with any COVID-19 policies may result in **competitor disqualification**.

If an attendee **contracts COVID-19** or **experiences symptoms** prior to the tournament, they may not attend in-person and will be eligible to **receive a full refund**. The full refund also applies to anyone that experiences **vaccine side effects** or if the **tournament is canceled** due to increased restrictions.

SoCal will be hosting an entirely in-person tournament this year spanning the weekend of **Saturday, May 20th and Sunday, May 21st**. The awards ceremony where all winners will be announced will be held in-person on Sunday evening. Unlike last year, fully virtual competitions (the only virtual competitions being the following: Poetry, Prepared Essay, and Short Fiction) will run in an asynchronous manner with no associated interviews. All other competitions will be in-person and require the attendance of the competitor signed up for them.



Registration Information

Registration will be conducted through “myMIST” using the following link: <https://my.getmistified.com/>. As part of the registration process, student **school IDs must be uploaded**. If a student ID is not provided, or the ID provided does not correspond to the team they have registered for, the student will be disqualified from SoCal MIST 2023.

All teams are required to have **1 coach and 1 captain**. Captains are responsible for keeping track & possibly modifying their team’s competition sign-ups and can view who has paid or not. The captain is also in charge of finalizing team registration by **April 22nd**, after which point the team is confirmed and no further changes can be made.

Head coaches are in charge of chaperoning your team throughout the weekend of MIST. They must be **25 years or older** to register and cannot be signed up as a judge for any competition. A team is only allowed a **maximum of two head coaches**. A coach is only allowed to be the assigned head coach for a maximum of two participating teams. If a team would like to have a specialized **assistant coach** (such as a basketball coach) present the weekend of MIST, they must also register as such. Assistant coaches must be **21 years or older** to register. There is **no limitation on the number of assistant coaches** a team may have. An assistant coach also cannot be a judge for any competitions.

A competitor must sign up under the high school they are currently attending. The following circumstances are the only exception to the preceding statement:

- A student is currently homeschooled or enrolled in an alternative educational program.
- A high school aged student is not currently enrolled in school or has graduated early (possibly taken the CHSPE).

In the instance where a person meets one of the above criteria, please utilize the “**Special Accommodations**” feature (details below) on myMIST and we will assist you in the process of signing up under the school that is nearest in proximity to you.

If competitors from different MIST teams would like to form a coalition, they are open to do so **only for team competitions** within Brackets, Group Projects, and Basketball. Each competitor must still be registered under the school they attend and must email socal@getmistified.com & register.socal@getmistified.com the following information: the team your school wants to form a coalition with and for which competition(s). Prior to forming a coalition, each school’s team must be confirmed in myMIST. Competitors may only form coalitions for the aforementioned categories and each school’s team **will still exist as a separate entity**. Points will be awarded to all the MIST teams within a coalition if they do place in the competition they were registered for.



If a competitor would like to have **guests** present the weekend of MIST, they must also be **registered through myMIST**. Guests can spectate open competitions as well as attend workshops and the awards ceremony. Regardless of how many days a guest plans to attend, they must be registered.

Special Accommodations

If a **competitor requires any accommodations** whether it is in respect to gender, team/school registration, or anything else, they can **utilize the “Special Accommodations”** feature on myMIST.

When a competitor first creates an account on myMIST, they will be prompted to fill out this section during the last portion of their account creation. A competitor should then describe what personal accommodations they need. For example, they can state “Personal restriction reciting Quran in front of the opposite gender” when it comes to requesting competition or gender related accommodations respectively.

If a competitor already has a myMIST account from a previous year and is logging back in to register for this year’s event, they can find the special accommodations section by going to their profile settings (top right corner of the webpage). After locating their profile, the competitor will then click on “Edit Account” which will then allow them to edit their personal accommodations box.



Competition Guidelines

The MIST 2023 Rulebook outlines the number of competitors that can sign up for each competition and early submission requirements for each. Competitors may only sign up for **one competition per category** (e.g., you cannot sign up for both 2D Art and 3D Art). For early submission formats and requirements, please refer to the official rulebook. All early submissions will be uploaded to the myMIST portal. If you have any questions regarding early submissions, please email socal@getmistified.com.

If a school needs help maintaining records of competition sign-ups, make a copy of our handy **team management tool**: <https://tinyurl.com/teammanagement2023>.

If a competitor is unable to attend MIST in-person, there are **three fully virtual competitions for which they can sign up for: Poetry, Prepared Essay, and Short Fiction**. All other competitions will occur in-person with accommodations provided on a case-by-case basis.

The following is a short summary of competitors sign-ups, early submissions, and on-site requirements:

Category 1: Knowledge and Quran

Knowledge Tests 1, 2, and 3

- Competitors: A maximum of 4 students per knowledge test per school. This is an individual competition.

Quran Memorization: Level 1

- Competitors: A maximum of 4 female and 4 male students per school. This is an individual competition.

Quran Memorization: Levels 2, 3 and 4

- Competitors: A maximum of 2 female and 2 male students per level per school. This is an individual competition.

Quran Recitation

- Competitors: A maximum of 4 female and 4 male students per school. This is an individual competition.



Category 2: Arts

2D Art

- Competitors: A maximum of 4 students per school. This is an individual competition.
- On-site submission: The 2D artwork, 3 print copies of the written artist statement, and 2 drafts of the artwork process must be submitted in-person at check-in on May 20th, 2023.

3D Art

- Competitors: A maximum of 4 students per school. This is an individual competition.
- On-site submission: The 3D artwork and 3 print copies of the written artist statement must be submitted in-person at check-in on May 20th, 2023.

Fashion Design

- Competitors: A maximum of 4 students per school. This is an individual competition.
- On-site submission: The fashion design collection portfolio must be submitted in-person at check-in on May 20th, 2023.

Digital Art

- Competitors: A maximum of 4 students per school. This is an individual competition.
- Early submission: The digital artwork, 3 print copies of the written artist statement, and 2 drafts of the artwork process must be submitted in-person at check-in on May 20th, 2023.

Photography

- Competitors: A maximum of 4 students per school. This is an individual competition.
- Early submission: The photographs and 3 print copies of the written artist statement must be submitted in-person at check-in on May 20th, 2023.



Category 3: Writing and Oratory

Extemporaneous Essay

- Competitors: A maximum of 2 students per school. This is an individual competition.

Extemporaneous Speaking

- Competitors: A maximum of 2 students per school. This is an individual competition.

Original Oratory

- Competitors: A maximum of 2 students per school. This is an individual competition.
- On-site submission: 3 print copies of the script must be submitted in-person at check-in on May 20th, 2023.

Poetry

- Competitors: A maximum of 2 students per school. This is an individual competition.
- Early submission: Completed poetry piece and analyzing written statement must be submitted on MyMIST by May 6th, 2023.

Prepared Essay

- Competitors: A maximum of 2 students per school. This is an individual competition.
- Early submission: Completed essay and written statement must be submitted on MyMIST by May 6th, 2023.

Short Fiction

- Competitors: A maximum of 2 students per school. This is an individual competition.
- Early submission: Completed piece and written statement must be submitted on MyMIST by May 6th, 2023.

Spoken Word

- Competitors: A maximum of 2 students per school. This is an individual competition.
- On-site submission: 3 print copies of the script must be submitted in-person at check-in on May 20th, 2023.



Category 4: Brackets

Debate

- Competitors: A maximum of 2 students per school. This is a team competition.

Math Olympics

- Competitors: A maximum of 2 students per school. This is an individual competition.

MIST Quiz Bowl

- Competitors: A minimum of 2 and a maximum of 6 students per team, 1 team per school. This is a team competition.

Improv

- Competitors: A minimum of 4 and a maximum of 6 students per team, 1 female and 1 male team per school. This is a team competition.



Category 5: Group Projects

Business Venture

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 team per school. This is a team competition.
- Early submission: A business venture outline must be submitted on MyMIST by May 6th, 2023.
- On-site submission: 3 print copies of the Business Venture outline as well as any supplemental materials must be submitted in-person at check-in on May 20th, 2023.

Humanitarian Service

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 team per school. This is a team competition.
- Early submission: A campaign plan and a link to the crowdfunding website must be submitted on MyMIST by May 6th, 2023.
- On-site submission: 3 print copies of the campaign plan as well as any supplemental materials must be submitted in-person at check-in on May 20th, 2023.

Nasheed/Rap

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 female and 1 male team per school. This is a team competition.
- On-site submission: 3 print copies of the lyrics must be submitted in-person at check-in on May 20^h, 2023.

Science Fair

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 teams per school. This is a team competition.
- Early submission: An abstract must be submitted on MyMIST by May 6th, 2023.
- On-site submission: The presentation, in the team's medium of choice, along with 3 copies of the abstract must be submitted in-person at check-in on May 20th, 2023.

Short Film

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 team per school. This is a team competition.
- Early submission: A link to the film, written statement, and entry form must be submitted on MyMIST by May 6th, 2023.
- On-site submission: 3 print copies of the written statement must be submitted in-person at check-in on May 20th, 2023.



Social Media

- Competitors: A minimum of 1 and a maximum of 6 students per team, 1 team per school. This is a team competition.
- Early submission: A link to the media platform and written statement must be submitted on MyMIST by May 6th, 2023.
- On-site submission: 3 print copies of the written statement must be submitted in-person at check-in on May 20th, 2023.

Category 6: Sports

Basketball

- Competitors: A minimum of 5 and a maximum of 10 students per team, 1 female and 1 male team per school. This is a team competition.
- On-site competition: Any student interested in competing in basketball must sign-up for an addition competition from a different category. If the student does not attend their other competition, they will be automatically disqualified from basketball.



Competition Materials

Supplemental materials for Knowledge Tests and MIST Bowl Topics can be found on the MIST National's website here: getmistified.com/rulebook. The materials are also listed below for your convenience. All content that will be utilized for the aforementioned competitions will only come from the following materials. For the Knowledge Test books, you do not have to purchase them from the linked sources. If you do decide to purchase them elsewhere, please ensure that you are consistent with the editions listed on the linked websites.

Knowledge Test Books

Test 1: The Glass Universe by Dava Sobel

Test 2: How to Kill a City: Gentrification, Inequality and the Fight for the Neighbourhood by P.E. Moskowitz

Test 3: When Baghdad Ruled the Muslim World by Hugh Kennedy

MIST Bowl Packets

[MIST Bowl – Topic 1](#)

[MIST Bowl – Topic 2](#)

[MIST Bowl – Topic 3](#)

[MIST Bowl – Topic 4](#)

[MIST Bowl – Topic 5](#)

[MIST Bowl – Topic 6](#)

Debate Topics

Will be uploaded in January to the link in the first paragraph



Tournament Points & Scoring

Most competitions in MIST are scored based on their own unique ballots which can be found in the rulebook. These ballots allow judges to produce numerical scores that correspond to a competitor's overall performance. These scores are ordered and ranked. In the case of brackets (Category IV) and sports competitions (Category VI), ballots may be used to determine the outcome of preliminary rounds (such as Debate or Improv), but ranking is derived from the bracket outcomes directly. A competitor or group's overall ranking in a competition determines their tournament points earned for that competition. The system is as follows:

1st Place:	10 points
2nd Place:	8 points
3rd Place:	6 points
4th Place:	4 points
5th Place:	2 points

Please also note that it is possible to **lose** tournament points due to unexcused absences. If an absence is because of extenuating circumstances beyond a competitor's control, this does not apply. However, willful, or consequential failure to be present by the start time of a competition will result in the following penalties:

Unexcused Absence for Category I, II, III, & V competition:	-2 Points
Unexcused Absence for Category IV or VI competition:	-4 points

Tournament points go toward both an individual competitor total, as well as an overall team total. The summation of these points is ordered and ranked to determine the final tournament team and individual rankings. The top 3 for each competition, top 3 scoring individual competitors, and top 3 scoring teams will be announced at the award ceremony. The top 5 for each competition and overall will be posted at socalmist.com sometime afterward.

In the case of a tie within a specific competition, both competitors/teams will earn the same points (e.g.: tie for 2nd, both competitors/teams receive 8 points). In the case of a tie between overall tournament points totals, the following tiebreaker system will be used:

1. If the tournament points totals are the same, the winner is the competitor/team with the most "Gold" (1st place) medals earned from competition placement.
2. If both have the same number of "Gold" medals, the winner is the competitor/team with the most "Silver" (2nd place) medals earned from competition placement.
3. If both have the same number of "Silver" medals, the winner is the competitor/team with the most "Bronze" (3rd place) medals earned from competition placement.
4. If both have the same number of "Bronze" medals, a national representative is brought in to consult and break the tie using further contingency protocols.



Gender Segregated Competitions

The MIST 2023 rulebook indicates that the following *non-athletic* competitions are gender segregated: Quran Memorization (Levels 1, 2, and 3), Quran Recitation, Improv, and Nasheed/Rap. **SoCal MIST believes in the equality of all competitors and their ability to compete and achieve based on their skill & talent alone, regardless of their gender.** This section seeks to add clarity as to the format of these competitions and what competitors should expect from the SoCal MIST 2023 regional tournament.

At SoCal MIST 2023, all competitors will be judged by the same panels, can spectate, and will receive regional rankings irrespective of their gender for all *non-athletic* competitions. **SoCal MIST respects the diversity of personal, cultural, and religious beliefs that our competitors bring to our tournaments and will provide accommodations for anyone who may feel underserved by this tournament format.**

Quran Memorization and Recitation

- **Competing:** Each school team is allowed 4 male and 4 female competitors for the Memorization Level 1 and Recitation competitions, but only 2 male and 2 female competitors for Memorization Level 2, 3, and 4. Competitors will compete one at a time and all competitors (within each level) against one another.
- **Spectating:** All category one testing will occur in a private room with only a judging panel and will not be open to spectators. In the instance that a competitor has a personal restriction with reciting in front of the opposite gender, accommodations will be made. If this applies to you, please utilize the “Special Accommodations” feature on myMIST (further explained in the Registration Information section).
- **Ranking:** Overall rankings at the regional level will be considered based on the raw scores across all competitors within the competition. Regional competition medals will therefore be awarded based on competitor performance across the board, rather than their gender-relative performance. In accordance with National guidelines, female and male competitors will receive their scores and points notated as separate gendered competitions. This ensures that the top performing competitors within each gender bracket will qualify for nationals, regardless of their regional ranking.



Nasheed & Rap

- **Competing:** Each school team is allowed one team of all male competitors and one team of all female competitors. Teams will compete one at a time and all teams against one another.
- **Spectating:** Nasheed/Rap is a competition open to spectators since performing in front of an audience is a major factor in a team's overall scoring for the competition. In the instance that a competitor has a personal restriction with performing in front of the opposite gender, accommodations will be made. If this applies to you, please utilize the "Special Accommodations" feature on myMIST (further explained in the Registration Information section). Please note that the comfort of our competitors is of the utmost priority, as we believe competitors perform their best when they feel safe and respected. As such, accommodations will be handled anonymously and unilaterally such that no other competitors within or outside of your team will be aware.
- **Ranking:** Overall rankings at the regional level will be considered based on the raw scores across all teams within the competition. Regional competition medals will therefore be awarded based on team performance across the board, rather than their gender-relative performance. In accordance with National guidelines, female and male teams will receive their scores and points notated as separate gendered competitions. This ensures that the top performing teams within each gender bracket will qualify for nationals, regardless of their regional ranking.



Improv

- **Competing:** Each school team is allowed one team of all male competitors and one team of all female competitors. As this is a bracket competition, an all-male team may be facing an all-female team. In regular fashion, the opposite team will be asked to leave the room so as to not be influenced by the performance of their opponents.
- **Spectating:** Improv is a competition open to spectators since performing in front of an audience is a major factor in a team's overall scoring for the competition. In the instance that a competitor has a personal restriction with performing in front of the opposite gender, accommodations will be made. If this applies to you, please utilize the "Special Accommodations" feature on myMIST (further explained in the Registration Information section). Please note that the comfort of our competitors is of the utmost priority, as we believe competitors perform their best when they feel safe and respected. As such, accommodations will be handled anonymously and unilaterally such that no other competitors within or outside of your team will be aware.
- **Ranking:** Overall rankings at the regional level will be considered based on the raw scores across all teams within the competition. Regional competition medals will therefore be awarded based on team performance across the board, rather than their gender-relative performance. In accordance with National guidelines, female and male teams will receive their scores and points notated as separate gendered competitions. This ensures that the top performing teams within each gender bracket will qualify for nationals, regardless of their regional ranking. Since Improv is a bracket competition, a team's relative positions within a theoretical gender bracket will determine nationals eligibility, as well as their points earned toward overall tournament performance.



Frequently Asked Questions

Q: Do I have to be present for the entirety of MIST weekend?

A: We recommend that you prepare to attend the entire weekend of the tournament. Your competitions may take place on one or both days, and there will be day-long programming available that you won't want to miss out on! Failure to be present for check-in may result in disqualification. Absence or tardiness from workshops and competitions may also result in point penalties to your team.

Q: Can I join a team if I do not go to that school?

A: In most cases, no. The only exception to this rule is if you do not attend a traditional public school but are currently high-school age.

Q: Can my team combine with another school to form a single team?

A: No, coalitions are not allowed on the team level. However, for group competitions you may form a single group with students from another school for just that competition on a case-by-case basis. For example, if your team only has three male basketball players, you can collate with another school to meet the minimum 5 player requirement.

Q: Can my Youth Group form a team?

A: No, since this would effectively be a multi-team coalition (see above).

Q: Can I compete if I am homeschooled or took the CHSPE?

A: Yes, if this applies to you, please contact us at socal@getmistified.com. In most cases, you will be able to compete with another pre-existing team.

Q: If I am no longer eligible to compete (e.g., I am currently a college student or working professional), how can I be involved in MIST?

A: You can become a volunteer or sign-up to be a judge if you meet the eligibility requirements! Both of those interest forms can be found on our website: <https://socalmist.com/>. You can also apply to be a part of the amazing MIST executive board during our recruitment cycle next year.

Q: Do I have to be Muslim to compete?

A: No. MIST may expose competitors to aspects of Islam, but does not require, impose, or expect any degree of religious adherence from any of its participants.

Q: Can I compete in both virtual and in-person competitions?

A: Yes, but you cannot sign up for more than one competition per category.



Q: Why does MIST cost so much? Are there financial aid options available?

A: MIST is a non-profit 501c3 organization that is completely volunteer run at all levels. As such, the costs to our participants are entirely representative of how much it costs us to provide our competitors with the weekend-long tournament experience. This registration fee helps us to cover food, venue, prizes, and other material costs we encounter. Each year, we try to find ways to keep our tournament affordable through the support of our community partners. If registration fees are a limiting factor for you, we do have financial aid options. Financial aid applications can be found on your registration dashboard on my.getmistified.com.

Q: What do you get if you win?

A: Competitors ranked 1st, 2nd, or 3rd in a competition will receive a corresponding medal or team trophy and will qualify to compete at MIST Nationals 2023. There are also trophies for the top three overall schools. The top 3 overall individual competitors will receive special prizes (which vary from year-to-year).

Q: Does MIST pay for you to go to Nationals if you qualify?

A: Should you choose to participate in Nationals, MIST will provide you with clear price packages that include travel and hotel accommodations. Students from SoCal who compete in Nationals will travel together and compete as a single team. However, MIST will not pay for your travel and registration fees. If cost is a limiting factor, financial aid is often available at a National level, and SoCal MIST will try to solicit funding from the community to support you.

Q: Are transportation options available if we live far away from the tournament venue?

A: Generally, competitors are expected to facilitate their own transport to and from the event each day of the tournament weekend. However, if there is significant demand and numbers from a certain city/area for transportation options, MIST may help to facilitate bussing. If transportation options are made available, please note that there will likely be a \$20 - \$40 transportation fee.

Q: Does MIST organize hotels for students who are competing from out-of-town?

A: For regionals, MIST does not regulate where competitors may choose to seek hotel accommodations (if they are unable to commute). However, if you and/or your team intend to do so, please contact us at socal@getmistified.com so we can assist you with the details of this process.

Q: Will meals be provided at MIST?

A: Yes, but not all meals. Your registration fee includes lunch on both days. But make sure to eat a hearty breakfast before you leave for MIST in the morning! Both tournament days should also



wrap-up early in the evening. Our venues are often near local restaurants and coffee shops (both on and off-campus) if you're looking to catch a bite between competitions.

Q: What is the dress code? Why is there a dress code?

A: All competitors are encouraged to adhere to the national dress code which can be found at: <https://www.getmistified.com/dresscode>. The dress code exists to ensure a professional environment and that you make a good impression on the judges but is not meant to be an inhibiting factor to participation. Shorts, skirts, and short sleeve shirts are allowed during sports. Competitors will NOT be disqualified or penalized for failure to adhere to the dress code. If you have specific questions or concerns about the dress code, please contact us at socal@getmistified.com.

Q: Where can I find the MIST 2023 theme and rulebook?

A: The rulebook and theme description can be found on the MIST nationals website: <https://www.getmistified.com/rulebook>. It is also readily available on the SoCal MIST website: <https://socalmist.com/>.

Q: When will I be provided with a MIST name badge?

A: For in-person competitors, you will receive a physical MIST badge during the check-in process on May 20th, 2023.

Q: If I miss the early submission deadline for the competitions that require one, can I still compete in that competition?

A: While we are open to considering the circumstances, it is unlikely that a competitor will be able to compete in that competition. Please email socal@getmistified.com if you are having any issues with early submissions.

Q: Are Knowledge Tests open book?

A: Yes, a competitor can use their book during the exam. Internet searches and additional notes are not permissible.

Q: For competitions that require printed out statements for the on-site submissions, am I able to hand write them?

A: Please refrain from handwriting (for legibility purposes) and ensure that your statements are printed and bound.

Q: Can I use my tablet to create my artwork for Graphic Design?

A: Yes, any digital creation software is acceptable.



Q: Do we need to specify our team's Basketball colors at the time of registration?

A: You do not need to declare your team color on myMIST but should make sure that your team jerseys are identifiably uniform in some way.

Q: If I sign up for Basketball, do I have to sign up for another competition?

A: Yes, you must be registered for at least one competition from another category to be able to participate in Basketball.