



2020

TRUSTING THE PROCESS:

CONTENTMENT THROUGH ADVERSITY

2020 Competitions Rule Book Addendum

As-salamu Alaikum Wa Rahmatullahi Wa Barakatuh (May the peace, mercy, and blessings of Allah be with you),

Welcome to MIST Philadelphia 2020!

You've most likely gone through the official rulebook and noticed that certain competitions, such as Culinary Arts and Soccer, were missing. Do not worry, they were definitely not forgotten! They are MIST Philadelphia's specific pilot competitions. This is the Competitions Rulebook Addendum for our region, that contains the rules to compete in those competitions. The pilot competitions detailed here will be offered at our Regional Tournament, but **NOT** at the Nationals tournament. So please take note that winners of these competitions will **NOT** advance to MIST Nationals.

Please also keep in mind that category limits still apply to these competitions. Each student may only choose **ONE** event within any given competition category. For example, if you're registering to compete in Culinary Arts, you cannot compete in any other Arts competitions. Or if you're registering to compete in Soccer, you cannot compete in Basketball.

These competitions are unique to Philadelphia and we cannot wait to see how you apply this year's theme in your submissions! This is our third year offering Culinary Arts and second year offering Soccer! Read this Rulebook Addendum to see what guidelines we will be using for Culinary Arts and Soccer. We are so excited for you to bring your creativity, dedication, and energy to MIST Philadelphia 2020. Please do not hesitate to reach out with any questions, concerns, or feedback to competitionsphilly@getmistified.com and we would be happy to help!

On behalf of the 2020 MIST Philadelphia Dream Team, we wish you the best of luck!

Zumana Noor

Competitions Chair

Safwanur Rahman

Competitions Vice-Chair

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Trusting the Process: Contentment Through Adversity

As we pass through ever changing stages of our life (whether we are moving on from high school, moving to an unfamiliar place, or starting a new career path), we face an unknown future that may come with unsettling challenges. Greater hardships, like the passing of a loved one, can leave us confused, unstable, and hopeless. Through this adversity, it's hard to refrain from asking, "Why am *I* going through this?" Being content when events don't pan out the way that we planned becomes increasingly difficult as obstacles pile up on the path to our goals.

"...God will find a way out for those who are mindful of Him, and will provide for them from an unexpected source; God will be enough for those who put their trust in Him..." (Qur'an 65:2-3). This passage from the Qur'an shows us how to be optimistic - even when the odds are against us - through the Islamic concept of *Tawakkul*, which means, "To trust in God." This trust stems from an understanding that God is in control of our lives and has a plan for us that will lead to what is most appropriate for our lives. This doesn't mean we should stop trying to create positive change around us; a man came to the Prophet Muhammad, peace be upon him, and asked him if he should tie his camel, or simply trust in God. The Prophet Muhammad, peace be upon him, replied, "Tie her up **and** trust in God," (Tirmidhi). *Tawakkul* gives us a methodology for dealing with challenges, finding our place in the cosmos, and attaining contentment without becoming complacent with our circumstances. It is similar to concepts in modern psychology that also teach us how to persevere through tough times. One such method is called radical acceptance, which posits that accepting the reality of adversity can be a healthy way to deal with our challenges. Although we may not be able to change the problems we face, we can alter our perception towards them.

When difficulties and uncertainties arrive in your life, how do you move forward and remain content? How do you support others who are facing their own challenges? How does *Tawakkul* - or your own view on destiny - inspire you to move beyond obstacles, reach your dreams, and find contentment in times of adversity?

We encourage you to creatively explore these concepts, and more, in Regional and National competitions and workshops during MIST 2020. Remember that unique projects displaying creativity and insight will be judged most favorably.

Culinary Arts

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. Please note that the Culinary Arts competition is part of the **Arts Category**.

This year's challenge is **Cake**.

Competitors are required to conceptualize, design, execute, and decorate cakes that reflect this year's theme. The following is a list of rules and procedures for this category. Failure to fulfill these obligations and/or any violation of them may result in point loss or disqualification from the tournament.

1. All cakes must be at least 9" in diameter. Cakes may be of any shape (square, circular, etc.) as long as they are at least as large as a standard 9" circular cake.
2. The project must be brought to MIST in a single container, labeled with the MIST ID ONLY. If the contestant's name appears anywhere on the submission, it will be disqualified. MIST will provide serving plates for each individual judge.
3. No more than \$50 can be spent on supplies.
4. Concept & styling must relate to the overall MIST Theme.
5. All ingredients must be halal and edible. (Please note: We ask that no competitor include peanuts or any nut products in their submission for allergy purposes.)
6. To avoid the 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.
7. A typed written statement of no more than one (1) page (500 words max.) must be included with your culinary creation. The explanation will include what inspired the competitor 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 (See #8 and #9).
8. Please note that if there are more than twenty (20) entries for this competition, only the top fifteen (15) entries will be interviewed. In this case, an open gallery preliminary judging round will take place, and all entries will be judged on the written statement, appearance, and/or taste.

9. The top 15 that advance will have a five (5) minute interview with the Judges' Panel in order to describe the purpose and inspiration behind their culinary creation. Interview questions can be found in the last section of the Culinary Arts Ballot.

10. Competitors must also 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)
- a list of all ingredients and the recipe used for their creation

Please note: You must bring your finished product to MIST **on the day of the Arts category**. If you bring your cake on the wrong day, **we will not have a place to store it overnight**. Also note that you will not be making the cakes at MIST.

Checklist

- ✓ Cake submission
- ✓ Photograph of finished product
- ✓ Written statement
- ✓ List of ingredients and the recipe used to create the cake
- ✓ Is your written statement AND the container holding your cake clearly labeled with your MIST ID and the name of the competition?
- ✓ Did you make sure you are bringing your cake to the venue ON THE DAY of the Arts category?

Detailed Ballot

Section A: Technical Points: 10

Participant is on time for the 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, clear 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 the understanding of the theme and how it was expressed in the 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. Describe 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?

Official Ballot – Culinary Arts

MIST ID Number: _____

Judge Name: _____

Section A: Technical / 10 Points

Section B: Production Quality

Taste / 15 Points

Technique / 15 Points

Section C: Presentation Quality

Aesthetics and Design / 20 Points

Creativity / 15 Points

Section D: Application of Theme / 25 Points

Total / 100 Points

Judge's Feedback:

Soccer

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. Please note that the Soccer competition is part of the **Sports Category**.

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.

Coalitions among schools are allowed. There is no limit to the number of schools involved in a coalition as long as the number of competitors does not exceed (10) among the schools participating. Coalition requests must be sent to MIST Registration by the Early Registration Deadline.

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 six versus six 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. 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.
10. All free kicks are direct kicks, except for free kicks resulting from a handball foul; those will be indirect kicks.
11. The clock will run non-stop through all play. There will be no stoppage time.
12. There will be a “10 goal mercy rule” in the second half.
13. Penalty shots will be taken 12 yards from the goal.
14. Unsportsmanlike conduct will not be tolerated. The following are serious offenses:
 1. Cursing at supervisor, official, or opposing player
 2. Insulting supervisor, official, or opposing player
 3. Participating in a fight (AUTOMATIC EJECTION)
15. No brother will be allowed to attend a sisters’ game and no sister will be allowed to attend a brothers’ game.