



***MIST TORONTO***  
***2026***  
***ADDENDUM***



# ***ASALAMU ALAYKUM*** ***[PEACE BE UPON YOU]***

Welcome to the 2026 MIST Toronto tournament! We are overjoyed to welcome both new and returning competitors to this year's exhilarating event. It's time to celebrate our shared passion for competition, creativity, and community as we embark on yet another memorable journey together.

Inside this booklet, you'll find all the necessary documents to navigate the Toronto-specific MIST competitions. We encourage you to bring your best – your spirit, enthusiasm, talent, and creativity are what make MIST such an extraordinary experience. We are eagerly anticipating the unique flair and innovation that each team will bring to the tournament this year.

Sincerely,  
The MIST Toronto Dream Team

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!



# ***IMPORTANT!***

The competitions in this rulebook are Toronto-Specific for the 2026 tournament. 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 mindful of the fact that category limits still apply to these competitions. This means, each student may only choose ONE competition within each given category. For example, if you choose to register to compete in French Essay, you cannot compete in other Writing and Oratory competitions. Or, if you register to compete in Social Media, you cannot compete in any other Group Project competitions.

All scoring guidelines are consistent with Nationals competitions, unless stated otherwise. All Toronto-Specific competitions count towards points.

Event details, ballots, rules and procedures for Toronto-specific competitions are not included in the Official Competition Rulebook. These documents can ONLY be found in the 2026 Toronto Rulebook Addendum.

Toronto-specific competitions will count towards the overall individual prize, but they will be considered lower-priority than Nationals' competitions when resolving ties.

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

***COMPETITIONS@MISTTORONTO.COM***

***SPORTS@MISTTORONTO.COM***

# ***TABLE OF CONTENTS***

**05 - THEME**

**06 - EARLY COMPETITION DETAILS**

## **CATEGORY II: ARTS**

**08 - CULINARY ARTS**

## **CATEGORY III: WRITING & ORATORY**

**13 - FRENCH PREPARED ESSAY**

**18 - FRENCH ORATORY**

## **CATEGORY V: GROUP PROJECTS**

**23 - SOFTWARE DESIGN**

**29 - PUBLIC HEALTH ANALYSIS**

**34 - CATEGORY VI: SPORTS**

# Currents of Consequence

## The Might of Small Deeds

The butterfly effect reminds us that the smallest actions, good or bad, can set off vast chains of events. A single word, a habit, or a choice that seems insignificant in the moment can ripple outward, shaping people, communities, and even history. Those ripples may flow gently in streams, or surge forward as floods, their final impact unknown. Yet over time, streams cut valleys, rivers carve canyons, and tides reshape entire coastlines. Do our actions have the same effect?

The immense power of a seemingly small act is illustrated in the story of Prophet Musa (peace be upon him) in **Surah al-Qasas**. His mother's decision to trust in God and cast her infant into the Nile became the tide that turned a tyrant.

One small ripple set into motion Musa's upbringing in the Pharaoh's palace, preparing him to one day stand against oppression with truth and conviction.

Just as one decision can lead to unexpected good, the principle of action and consequence also means that negative acts can result in a cascade of devastating effects. Abu Huraira reported that the Prophet Muhammad (peace and blessings be upon him) said, **"Verily, when the servant commits a sin, a black mark appears upon his heart. If he abandons the sin, seeks forgiveness, and repents, then his heart will be polished. If he returns to the sin, the blackness will be increased until it overcomes his heart"** [\(Tirmidhī 3334\)](#).

Careless actions, hurtful words, wasted time, and neglected responsibilities can unearth dangerous sinkholes, but repentance offers a path to pull oneself out.

In today's world of instant gratification, small deeds may feel insignificant, and change may feel too slow. But Islam teaches that transformation is built on consistency, patience, and trust in Al Wakeel, the trustee and disposer of affairs. **Surah al-Hud** tells how Prophet Nuh (peace be upon him) built his ark while people mocked him. Although each plank hammered seemed meaningless to others, when devastating floods came, those small steps became salvation for humanity. Every prayer, every act of kindness, every contribution to justice is a drop in an ocean of barakah, blessings that endure and multiply over time.

The choices you make today may become the tide someone else rides tomorrow. Alternatively, you may be stationed at the center or end of a wave set off by others' actions. What ripple will you create? How do you ensure your actions contribute to positive growth? How do you take accountability for your role in a chain of events, when the outcome is positive, and when it is negative?

**We encourage you to creatively explore these concepts and more in Regional and National competitions and workshops during MIST 2026. Remember that unique projects displaying creativity and insight will be judged most favorably.**

# ***EARLY COMPETITION DETAILS***

All early submissions or competitions with a submission component are to be made via the MyMIST Portal. The MyMIST portal only accepts one (1) submission file. For uploading multiple files, all files must be put together into a zip file, and the zip file can be uploaded into the portal. If you do not know how to upload a zip file, click here for a [Windows tutorial](#) and here for a [MacOS tutorial](#). The deadline for early submissions is 2 weeks prior to the tournament.

## **General Guideline for Written Submission Documents:**

- Typed and Double spaced
- Size 12 font, Times New Roman
- All submissions must be in PDF format.
- A written statement is required for all early submission competitions unless stated otherwise, which should be included on a separate page at the end of your document, or submission. Please note that MyMIST does not accept more than one submission for each competition, so ensure that your written piece and written statement are included in the single document you submit.
- Have a cover page with the title, MIST ID and name of competition.
- Competitor name or other identifying markers should not be anywhere on the piece.
- Label the document in the following format: "MISTID\_COMPETITIONNAME"- Example "A1B2C-3D4E5\_CreativeWriting"
- Points will be deducted from the competitor's score if the above guidelines are not followed

## **Late Submissions:**

- Written submissions not submitted on time will be subject to score reduction.
- Submissions submitted within 24 hours of the regional deadline will be subject to a 5-point overall deduction
- Every incremental day the submission passes the deadline, another 10 points will be deducted.
- Submissions beyond three (3) days of the original deadline will not be accepted and will be disqualified.

## **Notes:**

Points will be deducted from the competitor's score if the above format of the submission is not followed.

**CATEGORY II**  
**ARTS**



# CULINARY ARTS

**Format:** In-person

## **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 except for nuts, and as long as they are halal and edible.

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

1. No more than two (2) students from each school can register for this competition.
2. This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
3. MIST ID and order of competition will be pre-assigned on a random selection basis.
4. Competitors shall report at the appropriate time to the designated place. Competitors shall be introduced to the judges by their MIST IDs.
5. All culinary creations may have up to 8 but no fewer than 3 regular sized cupcakes. Please note that all cupcakes do not have to be the same, and may collectively portray the theme. Be creative!
6. The project must be brought to MIST in a single platter, plate, container, etc labeled with the MIST ID ONLY. If the contestant's name appears anywhere on the presented piece, it will be disqualified. MIST will provide serving plates for each individual judge.
7. No more than \$50 can be spent on supplies.
8. Concept & styling must relate to the overall MIST Theme.
9. All ingredients must be halal. Please consult [this document](#) for a basic guide to understanding halal foods. All creations must be accompanied by a list of ingredients used.

10. To avoid risk of any contamination for people with food allergies, you are required to bring your submissions in an airtight container until they are ready to be presented for judging.
  - a. Competitors with food allergies are required to inform their Regional Representatives at least two (2) weeks prior to the tournament.
11. Each participant will be interviewed for five (5) minutes in order to describe the purpose and inspiration of their culinary creation.
  - a. Interview questions can be found in the last section of the Culinary Arts Ballot. Please note that if there are more than 25 entries for this competition, there will be a preliminary round in two separate rooms, followed by a finals round. The top competitors from each room in the preliminary round will move on to the finals round. The top competitors that advance to finals will have a five (5) minute interview with the Judges' Panel
12. A typed written statement no more than one (1) page (500 words max.) must be included with the artwork.
  - a. The explanation will include what inspired the contestant to make it, as well as specific answers to the interview questions. Please note that the written statement is an integral component of qualifying for an interview in the top six.
13. Competitors must attach a photograph of their culinary creations to their written submission.
  - a. In case the submission is damaged during transportation, the photograph will be used to judge the presentation portion of the ballot.
14. Competitors must include the ingredients and recipe used for their creation.
15. 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
- ✓ Typed written statement based on interview questions (Interview questions located in Section D of Detailed Culinary Arts Ballot.)
- ✓ Photograph of finished product

Both the submission and the written statement should be clearly labeled with:

- ✓ MIST IDs

- ✓ Name of Competition

### **Please Note:**

we recommend that you make three copies of your written statement; one to give in with your Culinary Arts submission, one that will be collected at on-site registration, and one for the finals.

# CULINARY ARTS DETAILED BALLOT

## Section A: Technical: 10 points

- Participant looks credible and is dressed appropriately for the interview
- Participant is on time for interview
- Length of written statement does not exceed one page (500 words).
- Submission meets required guidelines (see rules).

## Section B: Production Quality: 30 points

Taste: 15 points

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

Technique Points: 15 points

- Competitor shows good knowledge of ingredients and production skills.
- Skills needed to make submissions are difficult and complex. Execution of these techniques is successful.
- Design requires time and patience.

## Section C: Presentation: 35 points

Aesthetics and Design: 20 points

- Submission looks 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.

Creativity: 15 points

- Presentation is unique, imaginative, and inventive, while still being tasty.
- Work breaks new ground in communicating its message.

## **Section D: Application of Theme: 25 points**

Please ask the following questions to gauge participant's 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. Describe any influences from chefs, cookbooks or cooking shows 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 the decoration/food styling?
  - 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.

## **CULINARY ARTS BALLOT**

### **Section A: Technical: 10 points**

### **Section B: Production Quality: 30 points**

Taste: 15 points

Technique Points: 15 points

### **Section C: Presentation: 35 points**

Aesthetics and Design: 20 points

Creativity: 15 points

### **Section D: Application of Theme: 25 points**

Total: 100 points

Judge's Feedback

***CATEGORY III:  
WRITING &  
ORATORY***



# ***FRENCH PREPARED ESSAY***

**Format:** Online

Competition Guidelines:

The French Prepared Essay competition allows students the opportunity to produce a creative and persuasive written piece on the significance of a chosen topic relating to the theme. Competitors select their own topics, and are encouraged to refer to authentic sources of knowledge. This competition consists of a French essay submission and a French Written Statement based on the interview questions. Please note: This is an early submission competition, and must be submitted on MyMIST by the early submission deadline. There is no interview for this competition.

French Prepared Essay is an individual competition. No more than two (2) students from each team can register for French Prepared Essay. This competition is not a team effort, and as such, students from the same team will compete individually.

**Topic:** Your essay topic must reflect this year's theme. Whatever your selection, be sure to refer to authentic sources of Islamic knowledge, as well as to historical facts.

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

- 1.No more than two (2) students from each team can register for this competition.
- 2.This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
- 3.After registering, students are given a MIST ID, which must be used to identify the student on the essay. Names and other identifying information should not be written anywhere on the final submission.
- 4.The written essay must be typed or word-processed and double-spaced.
- 5.The essay MUST have a cover page. The cover page must include the title and MIST ID only. If the contestant's name appears anywhere on the essay, it will be disqualified.
- 6.If outside sources are used, proper MLA citations as well as a "Works Cited" page must be included in the essay.

- 7.No forms of AI are permitted for this competition. Any usage is grounds for point loss and/or disqualification.
- 8.A PDF copy of the prepared essay and written statement must be submitted via MyMIST two weeks before the Regional Tournament.
  - a. Late submissions will result in a point deduction on your final score.
9. The written essay shall be a maximum of 2000 words. All abbreviations, acronyms (excluding un, de, le) will be counted. Only the first 2000 countable words will be read.
10. The written statement should clearly and concisely answer the interview question(s) found in Section D of the French Prepared Essay Ballot.
11. Competitors must observe rules of formal French writing throughout their essay, which are drastically different than spoken French. The following are some examples you should keep in mind when writing:
  - a. The formal second person of the plural “vous” should be employed at all times (DO NOT USE the informal “tu”).
  - b. The first person of the plural “nous” should be used instead of the third person singular, undefined and impersonal “on”.
  - c. The preposition “cela” instead of “ça”.
12. This will be an entirely virtual competition. As such, competitors are not required to turn in a copy during the tournament.

**Note:**

Judging the formality of your essay will not be limited to the aforementioned conventions but is based on a greater adherence to general and formal French writing. In previous years, some competitors have turned in inadequate work. To prevent low scores from winning 1st, 2nd, or 3rd places, the following score limits will be applied:

1. The 1st place winner must score above 90%.
2. The 2nd place winner must score above 80%.
3. The 3rd place winner must score above 75%.
4. If no competitors score within the above ranges, there will be no winners for the Prepared Essay competition.

Competitors will be judged according to the French Prepared Essay Ballot.

**Checklist**

✓ French Prepared Essay and Written Statement based on interview questions on a single PDF document submitted on MyMIST 2 weeks prior to the tournament.

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

✓ MIST IDs

✓ Name of Competition

## FRENCH PREPARED ESSAY DETAILED BALLOT

### Section A: Technical: 10 points

- Is the essay typed?
- Is the essay double spaced and in size 12 font?
- Does the essay have a cover page with only MIST ID and the title of the essay?
- Is the essay 2000 words or less?
- Is there a minimum of two (2) pages and a maximum of five (5)?
- Are the quotes that have been used given due credit?
- Does the essay contain appropriate and computer-generated French accents?

### Section B: Content: 60 points

#### Conventions: 10 points

- Is the essay mostly free of spelling mistakes?
- Is the essay mostly free of punctuation mistakes?
- Is the essay mostly free of grammatical mistakes? (Concordance of verb tenses/ auxiliaries/subjects/complement of direct/indirect objects, correct and sophisticated use of pronouns, prepositions, adverbs, general vocabulary and feminine/masculine conjugations)
- Does the essay adhere to general ideas of formal French writing (i.e. second person of the plural “vous” is employed at all times.

#### Ideas and Development: 20 points

- Did the writer answer one of the above questions with sufficient detail?
- Did the writer use a balance of showing and telling to paint a picture in the reader’s mind?
- Did the writer take a unique approach when addressing the topic?
- Did the writer stay on topic throughout the entire essay?
- Was the theme or message clear to the reader?
- Was there outside information used and cited for this essay?

#### Organization: 15 points

- Did the introduction grab the reader’s attention with a unique start, a clear thesis statement, and the concise controls?
- Was there an adequate number of details, examples, and support for each control? Did the supporting details reflect the thesis statement? Does the title stand for the entire essay and not just a part of it? Did the conclusion link back to the introduction and leave the lasting impression on the reader?

### **Sentence Fluency: 15 points**

- Did the writer vary sentence types by using a mixture of simple and complex sentences?
- Do most sentences begin with different words?
- When read aloud, does the reader hear the fluency and coherence of the French language?
- Was there a logical progression of ideas?
  
- Did the writer use idiomatic expressions that are unique to the French language?

### **Section C: Style: 20 points**

#### Word Choice: 10 points

- Did the writer use thoughtful adjectives that helped create an image in the readers mind?
  
- Did the writer use strong action verbs that help support the essay's message?  
(Ex. "cruise" instead of "drive" or "stroll" instead of "walk")
  
- Did the writer use precise nouns that helped present a clear and distinct message?  
(Ex. "7th Grade student" instead of just "students" or "Science project" instead of "project")?
  
- Did the overall usage of words create color and texture in the description?
- Was it clear that this writer took risks with their word choice?

#### Voice: 10 points

- Does the writer show passion about his/her topic?
- Is the tone natural and consistent, reflecting original thinking and expression?
  
- Does the writer capture a tone of mood with his/her words?

### **Section D: Application of Theme: 10 points**

Interview Question: How did you aim to convey this year's theme in your work? In what ways does your written piece represent your individual point of view, imagination, creativity, and individuality?

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

## **FRENCH PREPARED ESSAY BALLOT**

### **Section A: Technical: 10 points**

### **Section B: Content: 60 points**

Conventions: 10 points

Ideas and Development: 20 points

Organization: 15 points

Sentence Fluency: 15 points

### **Section C: Style: 20 points**

Word Choice: 10 points

Voice: 10 points

### **Section D: Application of Theme: 10 points**

Total: 100 points

Judge's Feedback

# ***FRENCH ORATORY***

**Format:** In-person

## **Competition Guidelines:**

The French Oratory competition allows MIST competitors to compose an original French oration and deliver the memorized speech to the judges' panel. Students select a topic relating to this year's theme and attempt to convey the theme in their work.

The French Oratory competition consists of a printed oratory script submission, the oratory presentation and an interview portion conducted by the judges' panel.

Your essay must clearly relate to this year's theme.

The following is a list of rules and procedures for this category. Failure to fulfill these obligations and/or any violation of them may result in loss of points or disqualification from the tournament:

- 1.No more than two (2) students from each team can register for this competition.
- 2.This competition is NOT a team effort. Each competitor must turn in a separate piece of work.
- 3.The competitor presents a memorized oration in the French language composed by him or herself.
- 4.The Orator must provide three (3) COPIES in French of his/her script to be turned in during the competition orientation. The script that is submitted at this time is the one with which the competitor must compete with. MIST will not photocopy any scripts.
- 5.Orations must be labeled with the MIST ID ONLY. If the contestant name appears anywhere on the oration, it will be disqualified.
- 6.Judges shall call and know each competitor by his/her MIST ID only.
- 7.An orator holding a manuscript or notes will be ranked last, so all materials must be memorized.
- 8.The orator must be truthful. Any non-factual reference, especially a personal one, must be identified as such
- 9.There is no minimum time. No oration shall exceed 7 minutes. Speech length will be recorded on all ballots. After the completion of the oration, 2 minutes shall be allotted to judges to engage in a question and answer session with the Orator.

10. The keeping of time will be communicated to contestants. Judges will indicate minutes left by holding up the amount of fingers for minutes left. 30 seconds will be represented by a closed fist and no time left by making a zero with the whole hand.
11. If the contestant continues beyond the maximum time, the STOP card must be shown and or an audible STOP voiced at the end of the 30-second grace period. If the contestant continues beyond the STOP signal, a penalty will be applied. Total elapsed time will be indicated on the ballot.
12. The oration may not contain more than 150 words of quoted material. Extensive paraphrasing from other sources is prohibited.
13. No props or visual aids may be used.
14. Orators caught plagiarizing or extensively paraphrasing will be disqualified
15. No forms of AI are permitted for this competition. Any usage is grounds for point loss and/or disqualification.
16. Competitors should observe formal French delivery of speech at all times throughout his/ her oration and question/answer period (i.e. All addresses should be with the second person of the plural "vous". Points will be deducted if the competitor uses the informal first person of the singular "tu")
17. Competitors will be judged according to the French Original Oratory Ballot.

### **Checklist**

- ✓ Three (3) copies of your French script to be turned in during the competition orientation  
The submission should be clearly labelled with:
  - ✓ MIST IDs
    - ✓ Name of Competition

## **FRENCH ORATORY DETAILED BALLOT**

### **Section A: Technical: 5 points**

- Participant is on time for the competition.
- The participant gives no identifiers aside from their MIST ID.
- The participant provided three (3) copies of their Oration.

## Section B: Submission Quality: 20 points

Introduction: 5 points

- Did the speaker get the audience's attention?
- Was the topic clearly stated/addressed?
- Did the speaker preview and give focus to the key ideas?
  - If references are used in the paper (optional), are they cited?

Body: 5 points

- Was adequate time devoted to each division within the seven-minute time limit?
- Was there a logical progression of ideas?

Conclusion: 10 points

- Did the speaker tie the speech together?
- Was the answer to the question clear? - Was there a note of finality?

## Section C: Presentation: 55 points

Analysis and Content: 15 points

- Did the speaker answer the question?
- Was the content informative? - Was there sufficient use of logic, facts, examples, and/or expert opinion?
- Was the information pertinent to the selected topic?
- Was there outside information used?
- Were the quotes cited properly?

Delivery: 20 points

- Was the delivery natural, lively and spontaneous?
- Was French enunciation clear?
- Was French pronunciation clear?
- Was volume appropriate?
- Was there sufficient variety in rate, pause and pitch?
- Did the speaker exhibit poise and confidence?
- Were the gestures varied, movement motivated and eye contact direct?

Language Style: 20 points

- Did the speaker exhibit command of conversational style?
- Was the language precise, grammatically correct and vivid?
- Did the speaker avoid translating directly from English to French? (Known frequently as "anglicisme" in formal French education).

- Were general French grammar, lexical, phonetics and syntax rules obeyed? (ie. Concordance of Verb tenses/auxiliaries/subjects, correct and sophisticated use of pronouns and prepositions/complement of direct and indirect objects, liaison of words, etc.).
- Did the speaker observe FORMAL delivery of speech in French? (Formal second person of the plural “vous” was used at ALL times.)

### Section D: Application of Theme: 10 points

Interview Question: What was your motivation in writing this piece and how is it relevant to the theme? Purpose of the piece is clearly articulated and shows evidence of reflection and/or research.

### Section E: Overall Performance: 10 points

- Did the oration last less than 7 minutes? If it lasts longer, did the orator stop after the 30 second grace period? Note the length of oration: \_\_\_\_ min and \_\_\_\_ seconds.
- Did the orator drastically vary from his/her script?
- Was the student dressed professional (business or Islamic attire)?
- Was the total effect of the oration pleasing?

## FRENCH ORATORY BALLOT

### Section A: Technical: 5 points

### Section B: Submission Quality: 20 points

Introduction: 5 points

Body: 5 points

Conclusion: 10 points

### Section C: Presentation: 55 points

Analysis and Content: 15 points

Delivery: 20 points

Language Style: 20 points

### Section D: Application of Theme: 10 points

### Section E: Overall Performance: 10 points

Total: 100 points

Judge's Feedback

***CATEGORY V***  
***GROUP***  
***PROJECTS***

A teal laurel wreath, consisting of two branches of leaves curving upwards and meeting at the bottom, framing the text.

# SOFTWARE DESIGN

**Format:** In-person

## Competition Guidelines:

The Software Design competition is designed to challenge high school students to step outside their comfort zones and move beyond the basics of coding taught in school. The purpose is to create an impactful and challenging coding project. Please note: This competition has an early submission component, which must be submitted on MyMIST by the early submission deadline.

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.

## Registration Guidelines:

A minimum of one (1) and a maximum of six (6) people can register for this competition.

- One submission per MIST team/school

## Procedure:

1. Each participating team must prepare a coding project based on their idea and creativity.
  - a. Competitors may use any coding language and tech stack of their choice.
  - b. A project related to this year's theme will be awarded additional marks. However, there are no points deducted if the theme is not reflected.
2. This competition consists of:
  - a. a written Project Outline with a GitHub repository link.
  - b. 5-7 minute presentation and demo.
3. Each team must have a student leader as a representative, but all team members should be involved in developing the project, the written outline, and its presentation.
4. Competitors must submit their project outline two (2) weeks before the MIST tournament on myMIST.
  - a. The GitHub repository link containing all relevant code and documentation must be included in the submission.
  - b. For competitors unfamiliar with GitHub, [this introductory video](#) provides a helpful guide on getting started.
5. Competitors must submit three (3) copies of a typed Project Outline on the first day of the tournament or the day specified for Group Project submission collection.
6. Each team must present their project to a panel of judges for 5-7 minutes.
  - a. The presentation will be followed by a two (2) minute Q&A session.

- b. The focus of the presentation is to demonstrate the functionality and potential of the project.
- 7. The use of AI tools or online resources is allowed for assistance, but the project must be primarily original.
  - a. Submissions must be the competitors' original work, with proof of originality available if requested by the judges. If judges suspect plagiarism, they may ask competitors to:
    - i. Explain sections of their code.
    - ii. Provide proof of their development process (e.g., GitHub commits, documentation, or other details).
  - b. Projects may be new or already implemented but must be primarily developed by the presenting group.
  - c. Failure to justify originality may result in disqualification.
- 8. The presentation should include supplemental materials, which can include:
  - a. Screenshots or recorded demonstrations.
  - b. Visual aids (e.g., PowerPoint slides, design mockups).
- 9. Judging criteria will follow the official MIST ballot for the Software Design competition.

### **Outline Details:**

The following is a list of requirements for the Project Outline:

- 1. Typed, double-spaced, Times New Roman, 12-point font.
- 2. Cover page with the title of the project and MIST IDs only, stapled on the left side.
- 3. The GitHub repository link containing the project code and documentation must be included.
- 4. The format should be no more than 6 pages long and must include:
  - a. Executive Summary:
    - i. A brief overview of the project, its purpose, and the problem it solves.
    - ii. How it aligns with this year's MIST theme, if applicable.
  - b. Introduction:
    - i. Describe the project's functionality and features.
    - ii. What makes this project unique or valuable?
  - c. Technical Details:
    - i. Overview of the programming languages, frameworks, and technologies used.
    - ii. Key technical challenges and how they were overcome.
  - d. GitHub Repository:
    - i. Include the GitHub repository link.
    - ii. Highlight key sections of the code, such as main functionality or innovative aspects.

- e. Target Audience and Impact:
  - i. Who is the intended user base?
  - ii. What is the expected impact of this project?
- f. Future Prospects:
  - i. How could this project be expanded or improved in the future?
- g. Relevance:
  - i. How does the project contribute to the Muslim community or society at large?

### Checklist

- ✓ Typed Project Outline submitted on MyMIST 2 weeks prior to the tournament
  - ✓ GitHub repository link included in the outline
    - ✓ Supplemental materials for the group presentation
- All components of the submission should be clearly labeled with:
- ✓ MIST IDs
    - ✓ Name of Competition

### SOFTWARE DESIGN DETAILED BALLOT:

#### Section A: Technical – 10 Points

- Presenter(s) are on time for the competition.
- Presentation is a minimum of 5 minutes, with a maximum of 7 minutes.
- 3 minutes are allotted for Q&A.
- There are no identifiers on the submission aside from their MIST ID.
- The presenter(s) look credible and are dressed for an interview.
- A functioning GitHub repository link is included in the project outline and accessible for review.

#### Section B: Project Presentation/Pitch – 20 Points

Engagement & Interaction – 10 points

- Did the presenters grab the audience's attention immediately and maintain it throughout the presentation?

- Did the presenters exhibit command of conversational style?
- Was the language suitable enough to inform the audience?
- Did they make an effort to connect with the audience, using examples, storytelling, or relatable analogies?
- Did they explain technical aspects in a simple and engaging manner, ensuring accessibility to a non-technical audience?

#### Clarity & Delivery – 10 points

- Was the problem clearly and concisely explained in the presentation's opening?
- Was the solution presented in a way that was easy to follow and logically structured?
- Did the presenters articulate their ideas clearly, with confident enunciation and appropriate pacing?
- Were visual aids or live demonstrations effectively used to enhance understanding and engagement?

### **Section C: Project Functionality & Technical Complexity – 30 Points**

#### Functionality – 15 points

- Is the project functional and working as demonstrated?
- Were key features of the project showcased effectively?
- Is the project user-friendly and intuitive to navigate?
- Are interactions smooth, with minimal bugs or crashes during the demonstration?
- Is the project fully implemented, or are there significant missing or incomplete components?

#### Technical Complexity – 10 points

- Does the project show a good understanding of the chosen technologies?
- Is the project technically challenging for the competitors' skill level?
- Were creative and advanced solutions implemented beyond basic coding concepts?
- Can the competitors explain their design decisions and technical choices (e.g., frameworks, libraries, algorithms)?

#### Code & Repository Quality – 5 points

- Is the GitHub repository well-organized, with clear README documentation?
- Are the commits meaningful and show incremental progress?
- Is the code clean, readable, and logically structured?

### **Section D: Project Creativity & Impact – 15 Points**

Creativity & Innovation – 10 points

- Does the project demonstrate a unique or innovative approach?
- Are there any features or elements that make the project stand out compared to conventional implementations?
- Does the project showcase creative problem-solving or the application of ideas in unexpected ways?

Audience Relevance & Impact – 5 points

- Is the project tailored to the needs, preferences, or challenges of its intended audience?
- Does the project demonstrate a thoughtful understanding of its potential users?
- Is there a clear explanation of how the project aligns with the values or goals of the Muslim community or society at large?

### **Section E: Project Outline – 25 Points**

- Does the summary provide a clear and concise overview of the project and its purpose?
- Is the problem being addressed clearly identified, along with the solution offered by the project?
- Does the summary explain how the project aligns with this year's MIST theme (if applicable)?
- Are the project's functionality and features described in detail?
- Does the introduction highlight what makes the project unique or valuable?
- Are the programming languages, frameworks, and technologies used clearly stated?
- Were any key technical challenges identified, and how were they addressed?
- Does the outline provide insight into the code's innovative or critical aspects?
- Is the GitHub repository link included and functional?
- Are key sections of the code highlighted effectively, showcasing the main functionality or innovation?

- Is the intended user base or target audience well-defined?
- Does the outline explain the potential impact or value this project could bring to its audience?
- Does the outline discuss potential future improvements or expansions of the project?
- Are the proposed next steps practical and relevant to the project's goals?
- Does the project demonstrate meaningful contributions to the Muslim community or society at large?
- Is there a clear explanation of how the project adds value or solves a real-world problem?

## **SOFTWARE DESIGN BALLOT**

### **Section A: Technical: 10 points**

### **Section B: Project Presentation/Pitch: 20 points**

Engagement & Interaction: 10 points

Clarity & Delivery : 10 points

### **Section C: Project Functionality & Technical Complexity: 30 points**

Functionality: 15 points

Technical Complexity: 10 points

Code & Repository Quality: 5 points

### **Section D: Project Creativity & Impact: 15 points**

Creativity & Innovation: 10 points

Audience Relevance & Impact: 5 points

### **Section E: Project Outline: 25 points**

**Note:** If a team has incorporated the theme into their Project, they will be awarded 3 bonus points in their overall total.

Total: 100 points

Judge's feedback

# ***PUBLIC HEALTH ANALYSIS***

## **Competition Guidelines**

The Public Health Analysis Case Competition challenges students to explore real-world health issues affecting Ontario communities. Competitors will be provided a case scenario and will be asked to propose an equity-focused, realistic solution that considers both health-related and social factors

Students are not expected to have prior medical or public health knowledge. Evaluation will be based on research, reasoning, clarity, feasibility, and compassion.

Please note: this competition has an early submission component to be submitted on MyMIST by the early submission deadline.

## **Registration Guidelines**

- A minimum of one (1) and a maximum of six (6) people may register for this competition.
  - One submission per MIST team/school.

## **Procedure**

This competition requires participating teams to complete four distinct stages based on a real-world health challenge:

1. Written Case Brief (500 words maximum)
2. Presentation and Pitch (5–7 minutes)
3. On-the-Spot Twist response (1–2 minutes)

1.

1. Teams will select one (1) case topic from the [official list](#) provided.
2. Each case will outline a real-world health challenge faced by an Ontario community.

2. Written Case Brief

Submission Requirements:

- a. The 500-word maximum written brief must be submitted on myMIST two (2) weeks before the tournament.
- b. Three (3) physical copies must be submitted to judges at the competition.

### Formatting Requirements:

- Typed
- 12-point Times New Roman font
- Double-spaced
- 1" margins
- PDF format
- File name must include MIST IDs only

### Required Contents:

1. Title Page (Does not count toward word limit):
    - a. Case title
    - b. MIST IDs
    - c. Competition name
  2. Problem Overview:
    - a. Briefly describe the health issue.
    - b. Identify who is affected and why it matters.
  3. Key Factors:
    - a. Identify medical/health-related factors.
    - b. Identify social or environmental factors (e.g., access, income, stigma, geography).
  4. Proposed Solution:
    - a. Describe one main intervention or idea.
    - b. Clearly state its purpose.
  5. Feasibility and Impact:
    - a. Explain why the solution is realistic.
    - b. Explain how it could improve health outcomes or access.
  6. Bibliography (Does not count toward word limit):
    - a. Reference at least 3 credible sources (e.g., government websites, health organizations, etc.) using APA format.
- 
3. Presentation and Pitch
    1. Teams will deliver a 5–7 minute pitch to a panel of judges.
    2. Teams may choose any medium for visual aids (e.g., Canva poster, slide presentation, etc.) to support their pitch.
    3. Visuals should clearly communicate:
      - a. Case summary
      - b. Key problems
      - c. Proposed solution
      - d. Expected impact
      - e. Stakeholders involved
    4. The pitch should:
      - a. Clearly explain the problem.
      - b. Present the proposed solution.

- c. Justify why the solution would work.
- d. Reflect empathy and equity-focused thinking.

5. On the Spot-Twist

- 1. Following the presentation, judges will introduce a short “twist” related to the case.
- 2. Teams will have 1–2 minutes to respond verbally.
- 3. This section assesses adaptability and critical thinking, not correctness.
  - a. Example: “You've just been told that funding for your solution is cut in half. What part of your solution would you prioritize, and why?”

**Checklist**

- ✓ Typed Case Brief submitted on MyMIST 2 weeks prior to the tournament
- ✓ Three (3) physical copies of the brief printed for the judges
- ✓ Visual Aids prepared for the pitch/group presentation

✓

All components of the submission should be clearly labeled with:

- ✓ MIST IDs
- ✓ Name of Competition

**PUBLIC HEALTH ANALYSIS DETAILED BALLOT**

**Section A: Technical & Competition Requirements - 10 Points**

- 1. All competitors are present and on time for the competition
- 2. The presentation is 5–7 minutes, followed by the 2–3 minute Q&A
- 3. There are no identifiers on any submission aside from MIST ID numbers
- 4. Presenters appear professionally credible and appropriately dressed for an interview or academic presentation

**Section B: Case Presentation/Pitch - 25 Points**

Engagement & Interaction - 10 points

- 1. Did the presenters capture attention at the beginning of the pitch?
- 2. Was the presentation engaging and appropriate for a high school audience?
- 3. Did presenters maintain eye contact and speak confidently?
- 4. Did the team attempt to connect with the audience using examples, storytelling, or real-life relevance?
- 5. Was the language clear and accessible to a non-medical audience?
  - a.

### Clarity and Delivery - 15 points

1. Was the health issue clearly explained in the opening of the presentation?
2. Was the proposed solution presented in a logical and easy-to-follow manner?
3. Did the presentation flow smoothly between problem, solution, and justification?
4. Were the visual aids (posters or slides) clear, organized, and supportive of the pitch?
5. Did the presenters stay within the allotted time while covering all key points?

### Section C: Case Analysis & Solution Quality - 30 Points

#### Understanding of the Issue - 15 points

1. Does the team demonstrate a clear understanding of the health issue?
2. Are both health-related and social/environmental factors identified?
3. Is the affected population clearly described?
4. Does the team explain why this issue matters?
5. Is the explanation accurate and appropriate for the competitors' level?

#### Proposed solution - 15 Points

1. Does the solution directly address the key problem(s)?
2. Is the solution realistic and appropriate for an Ontario community?
3. Is the purpose of the intervention clearly stated?
4. Are relevant stakeholders identified (eg, patients, families, schools, community groups)?
5. Does the solution reflect empathy and equity-focused thinking?

### Section D: Research, Evidence, and Feasibility? - 20 points

#### Use of evidence - 10 points

1. Are claims supported by credible sources?
2. Are statistics or facts used appropriately and accurately?
3. Does the team demonstrate research beyond surface-level knowledge?
4. Are sources integrated logically rather than listed randomly?
5. Does the research strengthen the argument being made?

#### Feasibility & justification - 10 points

1. Does the team explain how the solution could be relevantly implemented?
2. Are limitations or constraints acknowledged?
3. Does the team justify why their solution would work?
4. Is the solution achievable without requiring advanced medical expertise?
5. Does the intervention have potential for real-world impact?

### Section E: Written Case Brief (500 Words) - 10 points

1. Is the problem clearly and concisely described?
2. Are the key contributing factors well identified?
3. Is the proposed solution clearly explained?
4. Is the writing organized, clear, and professional?
5. Are sources cited in a bibliography?

**Section F: Adaptability & Critical Thinking (On-the-Spot Twist) - 5 Points**

1. Did the team respond thoughtfully to the twist?
2. Do they demonstrate flexibility and problem-solving?
3. Was the response logical and relevant to their original solution?
4. Did the team maintain an equity-focused and compassionate approach?
5. Did the team remain composed and collaborative during the response?

Note: If a team has incorporated the theme into their Case, they will be awarded 3 bonus points in their overall total.

Total: 100 points

Judges Feedback:

***CATEGORY***  
***VI: SPORTS***





## REGISTRATION INSTRUCTIONS

- Students are permitted to compete and register for **two sports** and **one e-sport**.
- The sports and esports tournaments will occur **IN PERSON** on a weekend before the MIST Toronto Tournament weekend.
- The location, date, and time of each sport will be posted on our website and Instagram.
- You **MUST** have a coach who is **21+ years of age** for the basketball, soccer, and volleyball tournaments, one for the brothers' and sisters' tournaments, respectively. **Coaches must be present at all times.**
- A school ID for the school you are registered for is **required** to participate in 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:
  - Physical school ID
  - Report card with your name, the school's name, and a government-issued ID
  - If you are homeschooled, you must bring a homeschooler identification (letter or report card)

### Please note:

- The description of each sport and e-sport lists the minimum and maximum number of competitors. The minimum and maximum team limits still apply to coalition teams.
- Any competitor registering for a sport and/or e-sport must also register for a scholastic competition (category 1-5). Being registered in a competition entails mandatory attendance.
- If competitors partake in a sport but do not attend their other registered competition, they will be disqualified from that sport or e-sport. This means teams risk losing their rankings for sports they may have already won.
- MIST Toronto operates a two-strike policy: the first strike is a warning, and the second strike is removal from the tournament. The MIST Dream Team enforces this policy on a case-by-case basis.

For sport-specific questions, please reach out to the sports team at [sports@misttoronto.com](mailto:sports@misttoronto.com).

Sisters' Sports Chair: Mariam El Hewaily  
Brothers' Sports Chair: Yousef Soliman  
[sports@misttoronto.com](mailto:sports@misttoronto.com)



## SPORTS: SOCCER

The Soccer competition offers an excellent team-building opportunity in the form of a fun, athletic competition. Standard soccer rules and regulations are employed, and competitors must compete in at least one competition from another category in order to qualify as soccer competitors.

All outdoor soccer rules will govern play with the addition of the following list of rules and procedures. Referees will ensure the rules are followed without waning the competitiveness of the play. Failure to fulfill these obligations and any violation of them may result in a point loss or disqualification from the tournament.

### Registration Guidelines:

1. A minimum of seven (7) and a maximum of ten (10) competitors can register for this competition per school, each for brothers' soccer and sisters' soccer, respectively.
  - a. Only one (1) brothers' team and one (1) sisters' team are allowed for each school.
  - b. Your school may collaborate with another school and compete in this competition to form a coalition.
    - i. If your team does not meet the number of player requirements, the MIST Toronto team will form a coalition team on your behalf on tournament day.

### Procedure:

In addition to the regulations of outdoor soccer, the following rules/exceptions of MIST also apply:

1. The games will run for 25 minutes. Each half will be 10 minutes with a 5-minute half-time.
2. Games, including the goalie, will be played in a 7 versus 7 format.
3. A win awards three points, a tie one point, and a loss equals zero.
  - a. In play-offs, ties will go straight to penalty kicks.
4. Teams will be divided into groups and do round-robin. The top teams from each group will advance to the knockout stages. Teams will play a minimum of two games.
5. All MIST rules and regulations, including dress code, also apply.
6. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
7. MIST Toronto will be running on a tight schedule. All players and coaches must arrive on time for their matches.
  - a. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to total disqualification from the competition.
  - b. You will receive a maximum 5-minute grace period if you are late to your game. 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. Each team must have players match in some way through what they wear.

Sisters' Sports Chair: Mariam El Hewaily

Brothers' Sports Chair: Yousef Soliman

sports@misttoronto.com



9. All players must wear shin guards.
10. Players are not allowed to wear cleats with metal studs.
11. Shorts MUST reach the knees or knees must be covered in accordance with male awrah.
12. Players who purposely foul other players will be immediately ejected.
13. There are unlimited substitutions that may be made anytime by informing the referee and the following types of dead balls: freekicks (if not taken quickly), out-bounds, corners or goal kicks. The player entering and the player exiting must do so at the midfield line. The player coming off the field must be off before the new player may come on.
14. All free kicks are In-direct kicks.
15. A ball that goes out of bounds on the sidelines will result in a KICK-IN for the opposing team. A goal cannot be scored directly from a kick-in.
16. No slide tackling is allowed, any slide tackle will result in a foul.
17. Referees have complete jurisdiction during the game. Arguments will not be tolerated against a referee.
18. In cases where two teams have the same amount of points in the group stage, teams with a 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.
19. Cards will be given at the discretion of the referee.
  - a. The 1st yellow card is a warning, the player must sub off and can be subbed back in.
  - b. The 2nd yellow card warrants a red card and ejection from the game and prohibits play in the following game.
  - c. A red card warrants ejection from the game and prohibits play in the following game.
20. Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a yellow card and the possibility of a game suspension:
  - a. Cursing, talking back, or arguing with the officials, supervisors, or opposing players
  - b. Insulting the officials, supervisors, or opposing players
  - c. Mistreat the facility, equipment, or supplies of the tournament space.
  - d. Participating in a fight - this will result in an immediate ejection from the tournament and the player will be removed from the roster
    - i. Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling, or committing any other malicious act toward any other person.

Sisters' Sports Chair: Mariam El Hewaily  
Brothers' Sports Chair: Yousef Soliman  
sports@misttoronto.com



- ii. Use foul or derogatory language, threaten, or verbally abuse any other participant or member at the tournament before, during, or after the game.
- iii. A warning will be used to enforce the sportsmanship policy. Individuals will be issued a warning for unsporting behavior. A second penalty will result in an Ejection and disqualification.
- iv. A red card may be issued without warnings in specific situations, including all those that involve fighting.

## SPORTS: Volleyball

The Volleyball competition offers an excellent team-building opportunity in the form of a fun, athletic competition. Standard volleyball rules and regulations are employed, and competitors must compete in at least one competition from another category in order to qualify as volleyball competitors.

All indoor volleyball rules will govern play with the addition of the following list of rules and procedures. Referees will ensure the rules are followed without reducing the competitiveness of the play. Failure to fulfill these obligations and any violation of them may result in a point loss or disqualification from the tournament.

### Registration Guidelines:

1. A minimum of six (6) and a maximum of ten (10) competitors may register for this competition per school, each for brothers' volleyball and sisters' volleyball, respectively.
  - a. Only one (1) brothers' team and one (1) sisters' team are allowed per school.
  - b. Your school may collaborate with another school to compete in this competition to form a coalition.
    - i. If your team does not meet the minimum number of players, MIST Toronto will form a coalition team on your behalf for tournament day.

### Procedure:

In addition to the standard regulations of volleyball, the following rules/exceptions of MIST also apply:

1. Matches will be played in a best-of-three sets format.
  - a. The first two sets will be played to 21 points (win by 2)
  - b. A third tie-breaker set, if needed, will be played to 15 points (win by 2)
2. Games will be played in a 6 versus 6 format, with substitutions allowed according to standard rules.
3. Rally scoring will be used (a point is awarded on every play).
4. Teams will be divided into groups and play round-robin. The top teams from each group will advance to the knockout stages. Teams will play a minimum of two games.

Sisters' Sports Chair: Mariam El Hewaily

Brothers' Sports Chair: Yousef Soliman

sports@misttoronto.com



5. All MIST rules and regulations, including dress code, also apply.
6. Failure to participate in MIST competitions and/or workshops will result in immediate disqualification.
7. MIST Toronto will run on a tight schedule. All players and coaches must arrive on time for their matches.
  - a. Anyone not present for their set by 5 minutes past the scheduled start time is subject to total disqualification from the competition.
  - b. A maximum 5-minute grace period will be given. After this period, the opposing team will begin the match with a 5-point advantage per additional five minutes of delay, up to 15 minutes, when the match will be considered a forfeit.
8. Each team must have players match in some way through what they wear.

## E-SPORTS: SUPER SMASH BROS ULTIMATE

### Registration Guidelines:

1. A minimum of one (1) and a maximum of two (2) competitors can register for this competition per school.
  - a. Only one team is allowed from each school, and students are eligible to swap between games.
  - b. Teams will play one (1) versus one (1) throughout the tournament.

### Procedure and Game Rules:

1. This competition will be played on Nintendo Switch provided by MIST Toronto on the tournament day.
2. Anyone who is not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition
3. Competitors will be divided into groups and do round-robin. The top teams from each group will advance to the knockout stages.
4. All matches leading to the finals will be played in a best of 3 format.
5. All stages will have hazards turned off.
6. If the time runs out and both characters have equal lives, the character with less damage wins the match.
7. If both characters have equal lives AND damage, sudden death with a 1-stock, 2-minute playoff will determine the result.
8. If the game ends with a self-destruction move, the results screen will determine the winner.
9. The allowed controllers are:
  - a. Switch Pro
  - b. Joy-Con
  - c. SmashBox
10. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:

Sisters' Sports Chair: Mariam El Hewaily  
Brothers' Sports Chair: Yousef Soliman  
sports@misttoronto.com



- a. Use foul or derogatory language, threaten, or verbally abuse any other competitor or official before, during, or after the game.
- b. Participate in a game for which he/she is ineligible.
- c. Mistreat the facility, equipment, or supplies of the tournament space.

#### Game Settings:

- Style: Stock
- Stocks: 3
- Time Limit: 5:00
- Final Smash Meter: Off
- Spirits: Off
- Damage Handicap: Off
- Stage Morph: Off
- Team Attack: Off
- Items: Off and None
- Launch Rate: 1.0x
- Underdog Boost: Off
- Pausing: Off
- Score Display: Off
- % Show Damage: Yes
- Custom Balance: Off
- Radar: Big
- Mii Fighters: all moveset combinations are legal
- Amiibos' are banned

## E-SPORTS: EA SPORTS FC 26 (FIFA)

#### Registration Guidelines:

1. A minimum of two (2) students can register for this competition per school.
  - a. Only one team is allowed from each school and will compete in teams of two (2).

#### Procedure and Game Rules:

1. This competition will be played on PS5 consoles provided by MIST Toronto on the tournament day.
2. Anyone not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition.
3. The tournament will consist of group stages. The top teams from each group will advance to the knockout stages. Competitors will play a minimum of 3 games.
4. Settings are set to default
  - a. Game time: 5 minutes per half

Sisters' Sports Chair: Mariam El Hewaily

Brothers' Sports Chair: Yousef Soliman

sports@misttoronto.com



- b. Difficulty: Legendary
- 5. Group Stage:
  - a. Win: 3 points
  - b. Draw: 1 point
  - c. Loss: 0 points.
  - d. If contestants are equal on points, then goal difference will be considered.
- 6. Playoffs:
  - a. Each series will consist of a home and away matchup.
  - b. If there is a tie, the matchup will be determined by away goals or penalties.
  - c. The final game is one match.
- 7. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:
  - a. Use foul or derogatory language, threaten, or verbally abuse any competitor or official before, during, or after the game.
  - b. Participate in a game for which he/she is ineligible.
  - c. Mistreat the facility, equipment, or supplies of the tournament space.

## E-SPORTS: NBA 2K26

### Registration Guidelines:

- 1. A minimum of one (1) and a maximum of one (1) competitor can register for this competition per school.
  - c. Teams will play one (1) versus one (1) throughout the tournament.

### Procedure and Game Rules:

- 1. This competition will be played on PS5 consoles provided by MIST Toronto on the tournament day.
- 2. The game played will be the Next-Gen version of NBA 2K26
- 3. Anyone not present for their set by 5 minutes past the scheduled start time is subject to a total disqualification from the competition.
- 4. Each game will be 3 minutes per quarter.
- 5. Selecting teams will be done on the current NBA roster.
- 6. 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.
- 7. Each competitor will randomize 3 times and pick the best of 3.
- 8. If needed, a competitor may randomize for a 4th and final time, but they must go with that team.
- 9. If the match ends in a tie, it will go to overtime to determine the winner.
- 10. All-Star teams are not allowed.
- 11. There is no CPU off-balling on defense.
- 12. Fatigue and injuries will be turned off.

Sisters' Sports Chair: Mariam El Hewaily  
Brothers' Sports Chair: Yousef Soliman  
sports@misttoronto.com



13. Unsportsmanlike conduct will not be tolerated. No competitor or team spectator shall:
- a. Use foul or derogatory language, threaten, or verbally abuse any competitor or official before, during, or after the game.
  - b. Participate in a game for which he/she is ineligible.
  - c. Mistreat the facility, equipment, or supplies of the tournament space.

Sisters' Sports Chair: Mariam El Hewaily  
Brothers' Sports Chair: Yousef Soliman  
sports@misttoronto.com



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

[COMPETITIONS@MISTTORONTO.COM](mailto:COMPETITIONS@MISTTORONTO.COM)

All the very best this year at MIST!  
**The MIST Toronto Dream Team**