



2018
COMPETITION MANUAL

TABLE OF CONTENTS

PURPOSE	3
GUIDELINES	3
GENERAL GUIDELINES.....	3
PERSONAL APPEARANCE	4
SPONSORS AND GUESTS:.....	4
REGISTRATION:.....	5
EVENTS	5
JUDGES	5
AWARDS.....	6
1000 ACADEMIC.....	7
1101 - CHECKERS.....	7
1102 - CHESS.....	7
1103 - BIBLE BOWL	8
1200 - CREATIVE COMPOSITION	10
1300 - SCIENCE PROJECTS	12
1400 - SPELLING.....	14
1500 - YEARBOOK	14
2000 PLATFORM.....	17
2100 - SPEECH.....	18
2200 - DRAMATICS	20
3000 ARTS/CRAFTS.....	21
3100 - ART	21
3200 - PHOTOGRAPHY.....	22
3300 – NEEDLE/THREAD	24
3400 – MEDIA	28
4000 MUSIC.....	28
4100 - VOCAL.....	31
4200 - INSTRUMENTAL	31
5000 ATHLETICS.....	32
5100 - TRACK	33
5300 - WEIGHT LIFTING.....	33
5400 - RACQUET SPORTS	35
5500 - BASKETBALL.....	38

Updates 2018:

- Video topic for 2018: “How to...”
- Digital Design topic for 2018: Church event advertisement
- Bible Bowl topic for 2018: 1 Samuel, 1 Corinthians, and Ruth (51 chapters)
- Bible Bowl modification: 1 timeout per team (pg. 9)
- Famous Speech now permits males and females contestants (pg. 18).
- Dramatic Monologue now permits male and female contestants (pg. 19).
- Miscellaneous Sewing was added.
- Rules were modified for the 3-on-3 and 3-point competitions (pg. 38-39).
- Music guideline modifications are marked by underlined text on pages 28-31.

PURPOSE

1. To glorify God. (I Cor. 10:31). Participants should keep this in mind as they plan and prepare for the competition. Selection of material, quality of performance, appearance, attitude, behavior, and attention at services should be such as would honor the Lord.
2. To develop leadership, character, and discipline in young people through thoughtful planning and hard work in preparation for the competition.
3. To give students an opportunity to discover, improve, and put to use God-given talents and abilities.
4. To promote school spirit, sportsmanship, and excitement about Christian education through fun, fellowship, and friendly competition.
5. To encourage churches, schools, and individuals to strive for excellence in programs, projects, and performances (Matt. 5:16). Participation in the SACS Competition should be the climax of months of practice and concentrated effort to produce a high quality entry. Students should consider it an honor and a privilege to be selected to compete at the SACS Competition. Coordinators and sponsors should carefully screen and qualify all potential entries to assure excellence. Avoid the temptation to allow an entry of poor quality in order to be represented in a certain category. The use of the Progress Control Form included in the Appendix can be a great help to contestants and sponsors.

GUIDELINES

GENERAL GUIDELINES

1. Each year from the competition committee, a SACS Competition Coordinator and Assistant Coordinator will be selected by the committee to organize and facilitate the competition. These two individuals will work in conjunction with the host school's principal in order to coordinate the details of the competition.
2. Directors of all categories (not judges) will be invited into the master control room to review with the coordinator and assistant coordinator all of the final tabulations for those categories for which they directed. Scores must be kept confidential, however, with the directors monitoring and reviewing results in each event. This should eliminate surprise results brought about by inaccurate tallying of scores. Having the directors present in the master control room will provide one additional checkpoint before final results are announced.

3. The host principal as well as the SACS coordinator and assistant coordinator will determine overall directors for the competition. The host principal will be in charge of contacting the directors at least four months prior to the competition. The directors and the coordinators of the competition will work together in order to choose judges.
4. **All registration materials must be post-marked no later than March 15 and mailed to the host school.**
5. All compositions are to be mailed with the registration packet that is mailed on or before March 15 to the host school. ****Appropriate judging forms must accompany each composition. Failure to attach judging forms to compositions will result in automatic point deductions.**
6. The SACS Competition is strictly a competition **for senior high school students in grades 9-12 only**. Younger students will not be allowed to participate in either group or individual areas.
7. Additions or changes of contestants will not be permitted unless approved by the SACS coordinator or assistant coordinator. Few exceptions will be granted.

PARTICIPANTS:

Students competing in the SACS Competition must be in grades 9-12 and be a full-time student in good standing with a member school.

PERSONAL APPEARANCE

BOYS: Boys must have standard, conservative haircuts with hair off the ears, out of the eyes, and off the collar. No beards permitted. Boys must wear button shirts and long pants. Knee length athletic shorts are permitted for athletic participants.

GIRLS: Girls must wear dresses, skirts, or culottes which are no shorter than the middle of the knee. Girls will not be allowed to wear slacks, gaucho pants, or shorts. Culottes may be worn for athletic competition. Culottes must be full and have the appearance of a skirt. NOTE: Walking shorts are not allowed as an alternative to culottes. Low or revealing necklines on dresses, white T-shirts, or see-through attire is prohibited. Makeup and jewelry must be conservative and show good taste.

SPONSORS AND GUESTS:

Sponsors are the key to good attitudes among the students and a cooperative spirit at the SACS Competition. Each student must be responsible at all times to a specific sponsor. Sponsors must be at least 21 years of age. In some

cases, a school may need to assume responsibility for students from another school. Sponsors should not bring their own children to the competition unless their children are contestants. Sponsors and guests should also abide by the dress requirements for contestants.

REGISTRATION:

All contestants are to be registered on the Master Registration Form which is to be sent in at the time designated by the SACS Competition Director. It is possible for a student who cannot attend the competition to submit an entry in composition, arts and crafts, or sewing. The student must make all arrangements for transporting and displaying any entries. The student must also pay the registration fee. This fee is to be sent in with the Master Registration Form.

Five copies of all composition entries must be sent in with the Master Registration Form. Each copy must have the name of the contestant and the name of the school on the top of the first sheet. These copies must be sent to the SACS Competition Director at the host school and POST-MARKED BY MARCH 15. Two points will be deducted for no judging form!

Each contestant must have a signed Permission For Medical Treatment Form. This form is found in the Appendix. This form must be turned in before the SACS Competition begins.

EVENTS

1. Students may compete in as many events as they wish, but they cannot enter the same category more than once.
2. Contestants should not expect to be sought out when it is their turn to compete. It is the contestant's responsibility to check in at the beginning of competition in each category entered.
3. All platform and music events must be completely memorized unless otherwise specified in the rules for that event. Failure to meet this specification will result in disqualification.
4. All competitions will be single elimination except Bible Bowl.

JUDGES

1. Judges are reminded that we are dealing with high school students; therefore, judging should be based on an amateur and not a

professional level or even a semi-professional level. A score of below 70, which is failing in many students' eyes, is greatly discouraged.

2. Judges should be as encouraging as possible. Each student should receive helpful, instructive, and encouraging comments from each judge. Remarks, even when constructive, should be positive.
3. Each judge, until the competition for that category, should keep the judging forms for each particular category. Before turning in the judging forms and the final scores to the director, each judge is encouraged to review the results and double-check all scores. Each judge should be satisfied that he has chosen with his scores the 1st, 2nd, and 3rd place choices.
4. Each judge should review and thoroughly familiarize himself with each judging form that he or she will be using during the competition. Each school will be sent two SACS Competition manuals so judges can do this prior to the competition.
5. Judges should not discuss any student or any student's competition piece among themselves or with other student contestants either before or after their performance.
6. The aim of the competition should be to encourage students toward some type of service for the Lord, hopefully in a lifetime capacity. It is crucial that we as directors and judges conduct ourselves in such a way that will encourage students to serve the Lord with the talents given them by Him.

AWARDS

A certificate will be presented to each first and second place winner in each event. For categories that have six or more entries and for major groups (e.g. ensembles), third place will be recognized but only if it has attained a superior rating. There may be one or no winners in a category if there are a limited number of entries, if the judges determine that the entries are not deserving of awards, or if there is only one entry. Students who receive a superior rating will also be recognized during the awards ceremony.

1000 ACADEMIC

1101 - CHECKERS

The object of play is to capture all of the opponent's men or to reduce the opponent to immobility. The loser is the one who is unable to move in regular turn, either because all pieces have been captured or because all remaining pieces are blocked. A game may be terminated as a draw when neither player holds an advantage sufficient to force a win. A player whose position is apparently inferior may call upon the opponent to win the game or show an increased advantage within forty moves. Failure to do so results in a drawn game. Contestants must provide checkers and game boards.

1. Black has the first move. The player receiving black will be determined by a coin flip before the game.
2. A piece that is moved and released by a player must be final. A move is complete when a piece is no longer touched.
3. There is a time of three minutes for each move. The exception is when a player is confronted with a compulsory jump in only one direction. In this case, he must make his move within one minute.
4. All jumps must be completed. The players may choose when there are two possible jumps.
5. When a single piece reaches the crown head of the board, by reason of move, it becomes a king and completes the move.
6. A king can move or jump forward or backward, or both, during a turn.
7. Kings must jump all available opponents if placed in such a position.
8. All books of the rules, technique, or strategy of checker playing which are in the competition area must be in the custody of the judges.

1102 - CHESS

Players designated "white" and "black" sit on opposite sides of the board. Each player begins with 16 pieces, which are placed on the board at the beginning of the game.

Object of play: The game is won by capturing the opposite King. Games may end by resignation of a player who sees that there is no escape from eventual defeat. The capture is never consummated. When a king is in position to be

captured on the next move, he is said to be in "check" and must try to escape. If he is in "check" and cannot escape, he is in "checkmate;" and the game is ended.

Drawn Games: The game may be drawn or abandoned for any of the following reasons: insufficient force, stalemate, perpetual check, agreement by both parties, or the 50-move rule.

Note: a player who is at a disadvantage can call for the 50-move rule at any time. The player in advantage must win within 50 of his own moves or the game is a draw. If the power situation should change as a result of the 50-move rule, then the rule is canceled. If either player reaches the king's row with a pawn at any time in a game, the 50-move rule is canceled.

1. White moves first and thereafter the players move alternately. The player receiving white will be determined by a coin flip before the game.
2. A player may not touch a piece without asking the opponent, unless the piece will be played.
3. After three minutes, time will be called. The player has one minute to finish play or forfeit the game.
4. A player should not disturb the opponent or allow those watching to do so. There shall be no talking by players or spectators in the competition area.
5. Contestants must provide game boards and chess pieces.

1103 - BIBLE BOWL

Topic for 2018: 1 Samuel, 1 Corinthians, and Ruth. Bible Bowl is a quiz game in which accurate Bible knowledge over a predetermined set of books is tested in a competitive atmosphere. Two opposing teams are challenged by the reading of a question. The questions are read for a predetermined time period. The team responding first is given the opportunity to give the correct answer.

Ten points are scored for each correct answer. There are penalties for giving an incorrect answer or when no answer is given. The team with the highest score at the end of the time period wins.

- I. Quiz Panel
 - A. Quiz master
 1. Has general oversight of the contest
 2. Explains rules and procedures

3. Sets the tone for a proper atmosphere
4. Reads the questions clearly and fairly
5. Determines if answers are correct

B. Scorer

1. Serves under the direction of the quiz master
2. Places the names of the two competing team on the scoreboard
3. Adds ten points to the score of the team answering a question correctly
4. Deducts penalty points according to the rules
5. Keeps a cumulative total for each team throughout the contest

C. Timekeeper

1. Serves under direction of the quizmaster
2. Records the beginning time of the contest and calls time at end of the designated time
3. Allows fifteen seconds for an answer to be completed after the question has been read or interrupted. In the situation of a re-read, the fifteen-second time limit begins when the quiz master begins the question. The quiz master has discretion to extend the answer time for long memory verses.
4. Calls time at the end of fifteen minutes from the beginning of the contest

D. Judges (three)

1. Serve under the direction of the quizmaster
2. Determine which team member responds first when mechanical devices are not used
3. Rule on the correctness of any answer referred by the quizmaster
4. Consider and rule on contested decisions

II. Participants

A. Team: Composed of at least two, but not more than four members

B. Coach

1. Each team may have one or more coaches.
2. The coach will direct the team in preparation for the competition.
3. The coach will be responsible for the behavior of the team.
4. The coach may call one timeout per game.

III. Game Procedure

A. Pre-game Preparation

1. Teams are arranged behind tables to the right and left of the quiz master.
 2. The scoreboard is arranged so that team members and audience can see it.
 3. The timekeeper and judges are in front facing the quiz master.
 4. Fifteen minute games are normal, but shorter or longer periods may be decided upon by the judges. The length of the contest period is announced prior to the beginning of the competition.
- B. Play begins
1. A question is selected and read through one time unless interrupted.
 2. The team member who responds first is called to answer the question.
 3. If a correct answer is given, ten points are recorded for that team.
 4. When a question is read in its entirety, the first team member responding will have opportunity to answer. In the event no answer is given or an incorrect answer is given, five points will be deducted from the team score. The opposing team will then receive an opportunity to answer the question in fifteen seconds. In this case, no points are deducted for an incorrect answer.
 5. When a question is interrupted, the team member who has interrupted must answer the question. A correct answer scores ten points. An incorrect answer or wrong answer deducts ten points.
 6. If a wrong answer is given to an interrupted question, the opposing team will hear the entire question read and be given fifteen seconds in which to answer. However, for time constraints, the team may opt to answer without the benefit of repeating the question in its entirety.
 7. Team members may confer on any question prior to a response.
 8. An answer not completed when the timekeeper calls time is considered an incorrect answer. An exception will be in the case of quoting verses; the quizmaster will use discretion in calling time.

1200 - CREATIVE COMPOSITION

1201 - ESSAY WRITING

A copy must be uploaded by March 15 along with an essay judging form.
Two points will be deducted for no judging form!

A contestant in this category chooses one of the following topics and writes a persuasive essay. A good persuasive essay will use facts, arguments, examples, and illustrations that allow the reader to be persuaded of the truth that is written.

The essay must be written after September 1st, and must be the original and authentic work of the student. Plagiarism will automatically disqualify the entry. The sponsor should require the student to write significant portions of the essay during school hours to verify authenticity. Contestants may only enter one essay.

The essay must be no less than 500 words and no more than 700 words in length. The essay must be typed double-spaced on plain white paper. The word count will be calculated as the literal number of words.

Suggested Topics:

1. God's Standard for My Country
2. Others May - I Cannot
3. Giving Without Expecting
4. Steadfast in God's Principles
5. Convictions on Trial
6. Decisions in the Will of God
7. God's Best - Regardless of Opposition
8. Power and Purity
9. Loyalty and Adversity
10. A Standard for the World, or Different from it
11. The Appearance of Evil: How It Affects Others
12. Think on These Things
13. A Matter of Conviction
14. Personal Evangelism: Reaching the Lost
15. To Save A Nation
16. We Hold These Truths. . .
17. Which Way, America?
18. Wake Up, America!
19. Building Walls or Building Bridges
20. My Hero of the Faith
21. The Christian's Marching Orders
22. Rendering Unto God and Caesar
23. If I Were the President
24. The Greatest Fool
25. Where are Today's Minutemen?
26. The Men in the Gap
27. Revival - the Need of Our Nation
28. Christian Education - the Hope
29. Our Country's Christian Heritage
30. Rights vs. Responsibility
31. Whose are the Children?
32. Rebirth of Our Nation

33. The Church - our Only Hope

Other topics may be used that have a similar Christian or Patriotic theme if approved by a sponsor.

1202 - POEM WRITING

The poem must be uploaded by March 15 along with a poem judging form. Two points will be deducted for no judging form!

The contestant must compose and submit in writing an original poetry composition with a Christian or Patriotic theme. The poem must have been started after September 1st. It is important to keep in mind why the poem is written and what effect is desired. The poem may be lyrical, a folk ballad, or a narrative poem. The poem should be no shorter than eight lines nor any longer than thirty lines. Only one poem per contestant is allowed.

*Because this judging form concentrates heavily upon Meter and Rhyme, it is suggested that free verse/blank verse poetry be avoided.

1203 - SHORT STORY WRITING

Short stories must be uploaded by March 15 along with a short story judging form. Two points will be deducted for no judging form!

The contestant writes and submits a composition of 800-1,000 words. The story may be based on a real experience. It must be original and may be purely imaginary or a fictionalized report of an historical happening. The story must have a Christian or Patriotic theme. Plagiarism will automatically disqualify the entry. A significant portion of the story should be written during school hours to verify authenticity. Only one short story per contestant is allowed.

1300 - SCIENCE PROJECTS

1301 - BIOLOGY

1302 - PHYSICAL SCIENCE

1303 - CHEMISTRY

Topic:

Choose a topic in an area of interest. The topic should be one in which there is some familiarity. The topic must be specific.

Poor Topic

1. Blood

Better Topic

1. How is blood typed? How does blood circulate through the body?

- | | |
|-----------|---|
| 2. Snakes | 2. Can snakes see? How do snakes respond to light? |
| 3. Plants | 3. How does a tree grow? Can water loss in a plant be measured? |

Log Book:

The log book (journal) is a careful record of the work done on a science project. It contains descriptions of experimental techniques, results of the experiments, mistakes, accidents and other problems faced. Each entry in the log book should contain date, time, and a listing of the actual work accomplished.

Abstract:

Each exhibit must include an abstract of no more than 300 words. An abstract is a detailed, written summary of the science project. The abstract must be typewritten and submitted as a part of the project.

Rules:

1. The project must be constructed with materials that are 1/8 inch or thicker (i.e. plywood, masonite, or similar materials).
2. The project may be hinged for folding.
3. The project board may be painted.
4. The wording should be kept to a minimum.
 - a. The Title should be in 2-6 inch letters.
 - b. Subtitles should be in 3 inch letters or less.
 - c. Lettering may be purchased.
 - d. Index cards with typed information may be used where necessary.
5. Exhibits must measure no more than 30 inches front to back and 4 feet side to side. Top to bottom dimensions must not exceed 12 feet. Flat table space will be provided for each exhibit, but contestants must provide their own coverings. All exhibits must be self-supporting.
6. Exhibits must be totally prepared by the student who enters the project. Commercially produced materials may be used as parts of the exhibit. Teachers, sponsors, and other professional persons may be used as advisors.
7. Only exhibits prepared during the current school year may be entered.

8. Electricity (110 volts AC) will be furnished upon request. Heavy duty extension cords must be provided by the exhibitor. Electrical apparatus included in the exhibit must not present any hazard and must conform to electrical safety standards.
9. Running water will **not** be provided.
10. Dangerous chemicals, open flames, explosives, highly flammable materials, live poisonous reptiles, or other dangerous items may not be exhibited.
11. Exhibited animals must be fed, watered, and have their cages cleaned daily. A sponsor is responsible for close supervision of treatment for the animals. **Note:** Any project using animals, which in the opinion of the judges, involves infliction of disease or pain will be disqualified. The exhibit will be required to be removed immediately if disqualified.
12. A SACS Exhibit Checklist is available to aid in preparing the project. (Appendix)
13. Every exhibit must be identified with the following:

Student's Name
School Name

(See the judging forms in the Appendix)

1400 - SPELLING

Each contestant is given a piece of paper and is assigned a desk. Contestants must provide pencils or pens. The judge shall give at least two practice words before beginning the competition. The judge will pronounce each word twice and use it in a sentence. Contestants will then write the spelling of the word. Each contestant must write all the words given. Following the last word, judges will collect all papers. Winners will be selected according to accuracy. In the event of a tie, a list of tie breaker words will be given orally in a general session, or the chief judge may request the tied contestants to define any of the words given.

The spelling words will be taken from the *Spell It* booklet. This is the official list for the Scripps National Spelling Bee, and it can be downloaded and printed at www.myspellit.com.

1500 - YEARBOOK

Only the most current yearbook from a school may be entered.

Basic Plan of the Book

Cover: The areas to be considered are design, color use, title and year on the front cover, and if the end sheets are in harmony with the book.

Theme: Is the theme developed effectively and appropriate to the book? Is the theme introduced with clear copy and captioned pictures in the opening section? Is theme development continued on the divider pages?

Organization: Does the book present balanced coverage of academics, clubs, student life, sports, classes, and faculty stories?

Typography: Has there been consistency of type used? Is there uniformity in the use of type sizes? Is the width of columns for body copy and captions satisfactory for the type size used? Is the headline type face and size consistent within a section?

Design Extras: Have gray or black screens been used for contrast? Have special effects been used wisely and effectively? Does the art work used add to the book? Is color photography of sufficient high quality to merit use? Have rules been used to enhance or call attention to layouts?

Layout of the Book

General: Are double page spreads designed as a unit? Is the design pleasing? Is the style consistent within a section? Have uniform margins been established for spacing elements and used consistently?

White Space: Has white space been used wisely? Do layouts avoid holes, inside gaps, too much wasted space or have a crowded look?

Photo Placement: Have dominant photos been used extensively throughout the book? Has picture content been considered in design, size, location, and shape? Have bleeds been used effectively? Are awkward shapes, and actions 'looking off' the spread avoided?

Type Elements: Has a basic column width for body and caption type been established within the section? Are headlines displayed effectively?

Content / Coverage

Writing: Does the body copy show a style which is consistent within a section? Is the writing in student language and interesting to the students in the school? Do the headlines adequately identify the spreads?

Student Life: Have unusual activities been covered as well as the daily routine? Has student life been covered sufficiently to preserve memories of the year? Are photographs realistically action-oriented?

Academics: Does the book give an idea of what goes on in the classroom? Are good action shots used showing students in action? Has the staff avoided using too many similar type shots?

Faculty: Has each faculty member been identified with the subjects that are taught? Are the faculty pictures proportionate to the student pictures?

Organizations: Are strong action shots used to show the club's activities? Have group shots been used subordinate to each class?

Students: Are the classes covered in good portraits or in well-posed group shots? Have candid shots been added to give interest to the presentation? Are first and last names listed for each student? Do headlines interest readers and help to tell the story of each class?

Photography: Posed shots should be held to a minimum. Action shots should be clear, crisp and in focus, with clean black and whites and shades of gray. Is the contrast of the prints used sufficient to give good reproduction? Are photos cropped effectively? Have groups been arranged effectively for easy identification?

Sports: Have the school's overall boys' and girls' sports programs been covered sufficiently so that the organized programs are understood? Do action photos dominate spreads with team posed pictures subordinately displayed?

Personality / Style

Does the book have distinct and definite personality? Does the book appeal to its age group? Have headlines and special effects helped to tell the story and hold the reader's interest?

Advertising

Are ads differentiated from one another and individualized? Have copy or captions been used to help sell the product?

Overall Effect

In this section the judges will consider the yearbook as a total effort. Any special circumstances involved in the production of the book, and any especially outstanding work will be taken into consideration.

Credit may be given for student photography, unusual spirit displayed in writing or coverage, innovative graphics, general layout and organization. Any particularly strong content area of the book may be given additional credit here.

2000 PLATFORM

General Guidelines

1. Contestants entered in any platform competition should observe the following points that enter into the overall judging. Carelessness on these points could lower significantly the scoring on an otherwise exceptional presentation.
2. Students give out their own speech and judging sheets. They then sit down and wait for director to give the go ahead. This will help students to make a proper approach to the platform.
3. Stopwatch starts when actual speech starts, not when name and name of the school is given.

Appearance

Dignity and good grooming should be apparent. Boys must wear a suit or sport coat, shirt and tie. Jeans or tennis shoes are not allowed. Girls should wear 'Sunday dress.'

Poise

Approach: The approach is one of the most important elements in speaking or public reading. Contestants should walk confidently and briskly to the front of the room, establish eye contact, pause for 5-10 seconds, and then begin the presentation.

Eye Contact: The contestant should establish rapport with the audience by good eye contact. The contestant should avoid looking at notes, the Bible, the ceiling, etc. The eyes should move up or down, back and forth over the entire audience, slowly and naturally.

Posture & Gestures: The contestant should stand straight, but not lock-kneed. Points will be deducted for slouching. Gestures should be free and flow naturally from enthusiasm. Natural movements are more effective than forced gestures.

Delivery: The contestant should project the voice with good use of the diaphragm.

Preparation: Preparation and study are prerequisites for all speaking and public reading. Research, organization, outline, and familiarity are the elements of preparation.

2100 - SPEECH

2101 - FAMOUS SPEECH

5 typed copies must be submitted at the time of the competition with five judging forms.

The contestant must choose a reading, speech, article, sermon (males only) or Scripture passage to recite. Each selection must be either patriotic, historical, or spiritual in nature. **NOTE:** Be sure your selection clearly and unquestionably fits these categories; otherwise, points will be deducted under "choice of material" on judging forms.

The time limit for presentations in this category is eight minutes. In the event that a selection would exceed the eight-minute time limit if delivered in its entirety, the contestant must choose an excerpt to present in competition. The excerpt must be presented exactly as delivered in its original form.

Famous sermons may be presented in this category. Excerpts will be allowed, but the contestant is not allowed to edit the excerpt or re-preach the sermon differently from the original. Any excerpts or selected portions must be presented intact within the eight-minute time limit. If using an excerpt, the contestant must submit the entire sermon or speech with the selected portion clearly marked for the judges.

2102 - DEVOTIONAL - Male or Female

5 typed copies of the outline of the devotional must be submitted at the time of the competition with five judging forms.

Each school may enter two male and/or two females in this category.

The time limit for this category is five to eight minutes. Penalties will be given if these time limits are not followed.

Topics should be on evangelism or Christian living. The content should include the following:

1. Scriptural text and introduction of the main idea
2. Illustration of main idea
3. Challenge of listeners that elicits some type of decision

Contestants may use notes, note cards, as well as a Bible.

2103 - POETRY RECITATION

5 typed copies must be submitted at the time of the competition with five judging forms.

The contestant must choose a poem to recite. The selection must be either Patriotic, Historical, or Spiritual in nature. The general guidelines given under "Platform Competition" should be followed closely. The maximum time limit for this competition is six minutes. Be sure your selection clearly and unquestionably fits these categories; otherwise, points will be deducted under "Choice of Material" on judging forms.

2104 – ORATORY AND VISUAL PRESENTATIONS

5 typed written copies of the outline must be submitted at the time of the competition with five judging forms.

The contestant chooses one topic and presents arguments orally, using a visual presentation (e.g. PowerPoint, Keynote) to enhance the speech. Contestants should observe all the guidelines listed under "Platform Competition." Maximum time limit for this category is six minutes.

Topics should cover serious issues about Christianity, politics, etc.

Content in this category must be original and prepared solely by the contestant. Plagiarism of any kind will automatically disqualify the contestant.

2105 - DRAMATIC MONOLOGUE

5 typed copies must be submitted at the time of the competition with five judging forms.

In this category, each male or female contestant writes and performs an original dramatic presentation. The contestant may portray one or more characters, wear a costume, but may not use furniture or props.

The contestant may choose an historical, Biblical, or fictional character(s) and write an original monologue based on how that character might have responded to a particular event or occurrence. The event is similar to Expressive Reading, but all material must be the original work of the contestant.

The maximum time limit for this category is six minutes.

2200 - DRAMATICS

2201 - ONE ACT PLAY/SKIT

5 typed copies must be submitted at the time of the competition with five judging forms

In this category, contestants will present a play or an adaptation involving no more than seven characters. It does not have to be an original play. The skit should depict or illustrate soul winning from a Bible story, a scene relating to our American heritage (1492 to date), or defense of the Christian faith.

Technicians, musicians, and all personnel needed for the production will be counted in the seven contestant limit.

Points will be given for costumes. Costumes may be rented, purchased, or handmade. All costumes must conform to the dress code for the SACS competition.

No pre-recorded voices or music will be permitted. Pre-recorded sound effects (storms, animals, guns, etc.) will be acceptable.

All props (including lights, extension cords, etc.) must be provided and assembled by the contestants. The time limit for the presentation is at least six minutes and not more than twelve minutes.

There will be a maximum of three scene changes allowed during each one-act play or skit with a time limit of one minute each.

2202 - ILLUSTRATED STORY TELLING

5 typed copies must be submitted at the time of the competition with five judging forms.

The contestant tells a **BIBLE-BASED STORY** and uses such items as flannelgraph, visual aids, sound effects, accompaniment, etc. At some point, the story must touch on the plan of salvation. Also, at some point during the story, the Bible must be used. No stories of animals being saved will be allowed. The contestant may not pre-record his voice. No other person may assist except to operate needed sound equipment. All recorded material must be compiled and arranged by the contestant. This is a one-person act. The time limit for this category is eight minutes. Set-up time is limited to two minutes.

In the judging of illustrated story telling, high value will be given for originality and for making the story come alive for the audience. Use of exciting narrative, effective dialogue, props, a smooth flow of ideas, and a

dramatic climax will enhance the score. **Remember—the Bible must be visibly used and there must be a salvation emphasis.**

2203 - PUPPETS/MARIONETTES

5 typed copies must be submitted at the time of the competition with five judging forms.

All puppet entries must have a background to screen the puppeteer(s) from the audience. Backgrounds must be provided by the contestants. No more than four puppeteers may be involved in the performances. The team may be male, female, or a combination of both. The time limit is eight minutes. Homemade or professionally made puppets may be used.

Pre-recorded background music or sound effects may be used, but contestants must perform live all verbal communications. Scripts must be tastefully presented, avoiding slang, questionable language, and mention of worldly practices such as movies, dancing, or mixed swimming.

3000 ARTS/CRAFTS

GENERAL GUIDELINES FOR ALL ARTS AND CRAFTS

1. All work entered must meet all SACS guidelines for dress codes and purpose.
2. No category except mixed media may use more than one media.
3. Each entry must have been completed since the last competition and must not be a revision of a previous SACS entry.
4. Entries shall not be restricted to sacred themes, but entries which reflect sensualism, humanism, or worldliness will be **DISQUALIFIED**.
5. Each entry shall be the original creation of the contestant alone, but the contestant may seek advice or instruction. No “kits” allowed.
6. **NOTE TO SPONSORS:** Be sure the contestant enters the project in the correct category. Review the judging forms to see where points are given so participant may be judged in every area. **THE ENTRY MUST BE CORRECTLY LABELED WITH A 3x5 CARD. FIVE JUDGING FORMS SHOULD BE INCLUDED with EACH ENTRY** provided by the student.

3100 - ART

General Guidelines for Art

1. Refer to the General Guidelines under Arts/Crafts above.

2. Each entry shall be framed, mounted, or displayed. All entries must have a 3x5 card attached with the following:
 Student's name:
 School:
 Category:
 Short description:
3. No "color by number" painting or drawings are allowed.
4. No entry may exceed forty pounds in weight, or exceed more than four feet in its longest dimension.
5. Wood crafting: Power tools may be used. Pieces may be glued together. Wood burning and painting are allowed. Examples: chess and checker boards, quilt racks, toys, puzzles, baby items not to exceed above measurements, shelves, etc.
6. Metal crafting: Entries in this category may be made from any type of metal. The contestant may use any type grinder, nippers, or other tools to form the entry.
7. Miscellaneous sculpture: A variety of materials may be used in free form such as clay, wax, stone, wood, metal, etc. (or combination of any of the above.)
8. This category does not include PREFABRICATED CRAFT items such as miniatures or doll house items, model ships, picture frames, etc. However, the contestant may carve or chisel several objects which, when arranged for display, form an exhibit.

Categories

3101 - OIL PAINTING – oil-based paints/acrylics

3102 - WATER PAINT – water-based media (acrylics not included in this category)

3103 - PENCIL DRAWING

3104 - MIXED MEDIA – any materials on a canvas with potential of being framed

3105 - SKETCHING - charcoal, colored pencil, pastels

3106 - PEN & INK

3107 - METAL CRAFTING/SCULPTURE

3108 - WOOD CRAFTING - 2 or more pieces assembled - furniture, baskets, and the like.

3109 - MISCELLANEOUS SCULPTURE - clay, wax, stone, wood-carvings, non-metal materials, original non-molded ceramics (no pre-formed molds).

3110 - CERAMICS (painting pre-molded forms)

3200 - PHOTOGRAPHY

General Guidelines

1. Entries must have been photographed since the last competition.
2. Entries must be the sole work of the student. This includes selections of film, scene composition, and all camera settings.

3. Entries must be mounted photographs that are no larger than 8x10 and mounted so as not to exceed 13x16.
4. Entries may either be processed by the contestant or processed in a commercial lab. The manner of processing does not affect the judging.
5. Entries must arrive at the competition in satisfactory exhibition condition, matted or framed.
6. Every entry must be labeled on the back with a 3x5 in the following manner:

Student's name:

School:

Category:

Short description:

7. SACS and the host school are not responsible for entries that are lost or damaged in transit.

8. Criteria for Judging:

Originality:	The way the medium expresses the intent, thought, and genuine idea of the contestant.
Content:	The subject matter or central topic must conform to the SACS standard for behavior, dress, etc.
Composition:	The manner in which the subject is arranged in the photograph.
Focus:	The sharpness of essential details in the photograph.
Contrast:	The difference between light and dark used to display the content to the best advantage.
Density:	The accuracy of exposure exhibited by overall tonal quality.
Lighting:	The placement of lighting to best exhibit the subject.
Mounting:	The color, texture, and neatness of the material on which the photograph is exhibited.

Categories

3201 - COLOR CHARACTER PORTRAIT

3202 - COLOR CHURCH BULLETIN

3203 - COLOR PICTURE STORY

3204 - BLACK & WHITE CHARACTER PORTRAIT

3205 - BLACK & WHITE CHURCH BULLETIN

3206 - BLACK & WHITE PICTURE STORY

3207 - COLOR MISCELLANEOUS PICTURE

3208 - BLACK & WHITE MISCELLANEOUS PICTURE

1. Character portrait. In this category the entry must be a studio or environmental portrait of an INDIVIDUAL (not a picture of more than one person) revealing something of the character of that person. This entry should be suitable for a school yearbook. Good lighting will be stressed.

2. Church bulletin. In this category, the entry must be an attractive, artistic composition of scenic or still life that is suitable for church bulletin. While Scripture may be displayed with the entry, the theme must be adequately expressed in the content of the photo.
3. Picture story. In this category, the entry must be a composition of four to six photos which tells a complete story. No captions will be allowed. The photos must be self-explanatory. Photos must be numbered, displayed in order, and may be enlarged to 8x10 each. The picture story must be appropriate material for use in a church school promotion or yearbook. Content and continuity are important criteria.
4. Miscellaneous. This category would include any photography that would not be appropriate for the church bulletin category. All pictures must be appropriate material that could be used in a school yearbook.

3300 – NEEDLE/THREAD

1. Every entry must be labeled with a 3x5 card in the following manner:
 - Student's name:
 - School:
 - Category:
 - Short Description: (A brief description of 1-2 sentences including identifying characteristics, i.e. shape, color)
2. Form V must be included for all projects. A list of materials used is also required. All patterns must be included with the project. Participants are encouraged to be creative and vary from the pattern. Pattern changes must be indicated on Form V so as to score higher in originality of design. NOTE: All judges need to make note of the participants' patterns and changes. If design is original, a written description **and** a graph, pattern or drawing must accompany the entry.

3301 - CLOTHING

General guidelines for CLOTHING:

1. Contestants must make girls' or ladies' garments and must not receive help on their projects other than instruction. All fashions MUST meet SACS dress requirements. *Do not submit mini-skirts, slacks, pantsuits, shorts, bathing suits, or sleepwear. Such entries will be

disqualified. Fashions will be evaluated according to Christian standards as well as sewing skills.

2. The pattern must accompany the finished project if a garment is composed from several patterns, the pieces used from each pattern should be submitted with the entry. Submit only the pattern used, not extra pieces.
3. Students submitting fashions should be prepared to model their garments if requested. It is best for a girl to model her own garment. If the garment is made for another person, that person may model the garment if she is a contestant in the competition.
4. Projects must be completely finished to be eligible. Even though a garment entry may be slightly wrinkled from transporting it to the competition, the correct pressing of each part as it was assembled will be evident to the judges. Neatness of sewing skill will be of utmost importance in final judging.
5. Each school may enter TWO participants in each numbered category. A school could enter FOUR garments under CLOTHING.

3301 - A

Formals: Party dresses, long formals, party skirts with party blouses.

3301 - B

Church/School Wear: Entries must consist of dresses or 2-3 piece ensembles such as skirts **and** blouses or vests, or suits or jumpers **with** blouses.

General rules for categories 3302 - 3311

1. "Boxed" kits are permitted with a 5 point deduction in originality. If enough changes are made, at the discretion of the judges, up to 5 points may be added back to the entry for originality. Five points will be deducted if the original box and pattern are not included with the boxed entry.
2. Each school may enter TWO participants in each section.
3. It is not necessary to see the back of any entry in categories

3301 - C

Miscellaneous Sewing

3302-3306

3302 - CROCHET

Doilies, place mats, handbags, garments, blankets, edging, baby garment, etc.

3303 - NEEDLEPOINT

Handbags, pictures, plaques, chair covers, pillows, rugs, etc.
Pictures must be framed.

3304 - EMBROIDERY

Scarves, pillows, tablecloths, clothing, hand towels, place mats, handkerchiefs, pillows, pictures (samplers), etc. This category is judged not only on the neatness of stitches but the number of different stitches used.

3305 - CROSS STITCH

Entries must be counted cross-stitch.

3306 - CREWEL

Decorating fabric using loosely twisted wool, wool blends or acrylic yarn to make pictures, chair covers, pillows, handbags, etc. *See information in general rules regarding boxed kits.

NOTE: In categories 3307-3311 the general rules continue to apply for the following categories; however, the BACKS of the following items will be judged:

3307 - DOLLS

Costumes for dolls must meet SACS dress requirements. If period or foreign costumes are used, a brief history may be submitted for added interest. A Christian theme and good research will add to the score in this category. Entries will be judged primarily on the doll and costume, not on secondary apparatus (lamp fixtures, etc.).

3307-A HANDMADE DOLLS

The doll must be stitched by hand or machine out of fabric. The garments for the doll must also be made by the student.

3307-B DOLLS (Judging Form U new for 2009)

Any "human-like" baby doll will qualify. Dolls must be assembled and clothes must be made by the student. If porcelain, green ware must be cleaned, sanded, and painted by the student.

3308 - KNITTING

Sweaters, gloves, scarves, pillows, blankets, dresses, baby garments, etc.

3309 - QUILTS

Quilts may be machine or hand constructed. They may be tied or stitch quilted. Entries must be quilts. Preprinted quilt tops will be considered as kits. Pot holders, rugs, tree skirts, etc. should be entered as miscellaneous entries.

3309-A Machine Quilted Quilts

All quilting is to be done by machine, although some work by hand is allowed.

3309-B Hand Quilted Quilts

All quilting is done by hand, although pieces may be put together by machine. If all quilt pieces are stitched by hand, make note of it for the judges on the 3x5 card.

3310 - AFGHANS

Afghans may be knitted or crocheted and must be done by hand, not by machine.

3311 - MISCELLANEOUS NEEDLEWORK

A variety of items may be entered in this category such as smocking, candlewicking, pillows, plastic canvas, hardanger, ribbon embroidery, tatting, etc., BUT NONE OF THE ITEMS LISTED in 3301-3311. Items in this category must include some type of stitched needlework.

NOTE TO SPONSORS:

Be sure the contestant enters the project in the correct category. Review the judging forms to see where points are given so participant may be judged in every area. THE ENTRY MUST BE CORRECTLY LABELED WITH A 3x5 CARD AND FORM V. FIVE JUDGING FORMS SHOULD BE INCLUDED with EACH ENTRY provided by the student.

3400 – MEDIA

3401 – VIDEO

One video per school may be entered. Videos must use an original script (derivative works or parodies will be accepted as long as the re-written script is original to the production team). The length of video should be no more than 3 minutes. Non-original content (music, images, graphics, video, etc.) may be included provided the following:

1. Screen credit is given to the original source (credit screens are acceptable).
2. Use of the material does not violate US copyright law.

Video Topic for the 2017 Competition: Local travel/tourism segment.

Videos should be turned in at the SACS Competition check-in (along with at least three judging forms) on a DVD or USB drive in a playable digital format (.mp4, .avi, .wmv, .mov, etc.). The host school may specify specific file format and codex rules for each competition if necessary.

3402 – DIGITAL DESIGN

Two students per school may submit entries. Original and non-original photographs may be enhanced and manipulated on editing software (e.g. PhotoShop). Multiple photographs or graphics may be used to design a flyer, advertisement, banner, or poster.

The topic for the graphic must be the same topic as the video competition: Travel/Tourism segment.

A slide of the final product must be presented on a CD-ROM or USB drive. The final product must be presented as a jpeg file.

3403 – DIGITAL EDITING

Two students per school may submit entries. Original or non-original photographs may be enhanced and manipulated on editing software (e.g. PhotoShop), and students must submit both a before and after photograph. The final product must be presented on a CD-ROM or USB drive.

4000 MUSIC

General Guidelines

5 copies of all arrangements must be submitted at the time of competition.

1. Music may be selected from any of the following categories:
 - a. Hymn arrangements
 - b. Anthems
 - c. Sacred Classics
 - d. Gospel Songs
 - e. Patriotic Songs
 - f. Traditional Classical (for keyboard).
2. The following styles of music are not permitted:
 - a. Country-western
 - b. Rock of any kind
 - c. Folk
 - d. Ballad
 - e. Jazz
 - f. Pop (patriotic is permitted in some categories)
3. The musical arrangement should be properly balanced in regards to melody, harmony, and rhythm. The beat or rhythm should not overpower the melody and harmony.
4. The presentation must be exactly what is in the arrangement. Any deviation must be notated on the arrangement before presented (chord, note changes, key changes, etc). The judging forms will reflect failures in this area. Vocal contestants will be adjudicated on the technical criteria above style as indicated on the judging forms.
5. All music presented must every 5 measures numbered. Failure to number measures will result in an automatic five-point deduction on the judging forms.
6. Vocal and piano solo contestants must memorize all music prior to the competition. Music may only be used during competition for keyboard duets and instrumental categories.
7. Directors will be allowed in the ensemble, chorale group choir, and instrumental group categories. Introduction of the group and selection may be made by a member of the group or the director.

8. No percussion instruments except in band/orchestra and handbells categories will be allowed.
9. No choreography, extreme or unnecessary body movement will be allowed.
10. No contestant or group shall perform the same selection in two consecutive years of competition. In categories that allow schools to enter more than one group, no groups may share a contestant.
11. Each contestant or group shall be present at the beginning of the competition for the category in which they are entered. It will be necessary to check in and be given the time to perform.

General

1. Maximum performance time is determined by the type of entry. Instrumental soloists, vocal/instrumental (large or small) and handbell ensembles are limited to 6 minutes. Vocal soloists are limited to 5 minutes. Choral groups and youth choirs are limited to 6 minutes.
2. Each performance will be limited to one selection.

Vocal soloists will perform one selection (or medley), not exceeding 5 minutes.

All instrumental soloists, sacred piano/organ duets, vocal/instrumental (large or small) and handbell ensembles will perform one selection or medley within their six-minute allotment.

All choral groups, youth choirs, bands, orchestras, and handbell choirs will perform a selection (or medley) within their six-minute time limits.

***Failure to stay within the maximum time allotments will result in a 5-point deduction from each of the judging scores.**

3. Sound tracks or taped accompaniment will **not** be permitted. No form of rock - hard or soft (including accompaniment) will be allowed. Body-swaying, foot-tapping, rhythmic steps or anything that might be construed as choreography, is prohibited. Failure to comply with this guideline will result in an automatic disqualification. Only one instrument (not percussion) is permitted to provide accompaniment, and piano (unless a cappella) is required for ensemble, chorale, and choir categories.
4. Warm up rooms are available on a sign-up, first-come, first-serve basis. Please be courteous and conscious of time.

5. Five copies or originals of each piece of music to be performed are to be hand-presented to the adjudicators just before each individual/group begins his/its performance. As soon as the individual/group performance has ended, the original piece is to be picked up from the adjudicators. Music should not be mailed in advance to the competition. The music is to be performed as written (cuts in solos should be clearly marked, etc.). In categories with five judges, the top and bottom scores will be dropped, and the middle three will be averaged.

All judge's scores must be numbered (every 5 measures) and the school's name should be clearly indicated. Failure to number your music will result in an automatic five-point deduction on the judging forms.

6. Schools are to fill in their own adjudication sheets and present them to the judges with their judge's music scores.
7. Each entry will be judged according to the SACS Music Adjudication Forms.
8. Piano duets or piano duo may not perform as a small instrumental ensemble.

4100 - VOCAL

<u>Categories</u>	<u>Number Per School</u>	<u>Time Limits</u>
4101-Female solo	2	5 minutes
4102-Male solo	2	5 minutes
4103-Duet	2	5 minutes
4104-Trio	2	5 minutes
4105-Quartet	2	5 minutes
4106-Ensemble (7-12)	1	6 minutes
4107- Large choir (24 & up)	1	6 minutes
4108- Choral group(13-24)	1	6 minutes

4200 - INSTRUMENTAL

4201-Sacred piano solo	2	6 minutes
4202-Classical piano solo	2	6 minutes
4203-Organ solo	2	6 minutes
4204- Keyboard ensemble or duet* (piano/piano or piano/organ)	2	6 minutes
<u>4205-Guitar solo</u>	2	6 minutes
<u>4206-Brass solo</u>	2	6 minutes
<u>4207-String solo</u>	2	6 minutes
<u>4208-Woodwind solo</u>	2	6 minutes

4209-Band/orchestra (13 & up)**	1	6 minutes
4210-Small instrumental groups (2-6)**	2	6 minutes
4211-Large instrumental group (7-12)**	1	6 minutes
4212-Handbell ensemble (2-6)	2	6 minutes
4213-Handbell choir (7 & up)	1	6 minutes

*piano duo included

**denotes number of instruments

Guidelines for Judges:

1. The goal is to have five judges, however, at the discretion of the music director and competition director, fewer judges may be used. The high and low score will be disregarded and the average of the remaining three scores is the final score for each entry.
2. Each judge must meet the following criteria:
 1. Be a Christian
 2. Have a music degree
 3. Be present for the entire competition of that category.
3. There is to be a designated timer for each category of competition whose sole responsibility is to check maximum time allotments.

5000 ATHLETICS

General Guidelines

1. Each school is allowed two entries in each event except for volleyball.
2. It is the responsibility of the contestant to check in at the beginning of each event entered.
3. Contestants will be disqualified if not present when the event begins.
4. Contestants must wear shoes in every event.
5. All measurements must be recorded to the nearest 1/4 inch. Times must be recorded to the nearest 1/100 second.
6. In all events that involve measuring, all ties will be decided as follows: Ties by identical measurements shall be separated by the second best performance of the tying contestants. If the tie still exists, it shall be decided by the third performance.

5100 - TRACK

5101A - 100 YARD DASH - MALE

5101B - 100 YARD DASH - FEMALE

1. Contestants will be divided into heats consisting of six contestants.
2. Qualifiers for the final heat will be the six contestants with the fastest qualifying times.
3. Lane choice in the final heat belongs to the contestant with the fastest time in the preliminary round. Second fastest chooses second, etc.
4. During this event all runners must remain in their lanes for the entire event or they will be disqualified.
5. Starting blocks may be used, but they must be provided by the contestant.

5102 - MEN'S MILE RUN (two male contestants per school)

5103 - LADIES' MILE RUN (two female contestants per school)

5300 - WEIGHT LIFTING

In SACS competition for weight lifting, only the 'Power Style' shall be used. The equipment needed includes a bench press, squat standards, and barbells. Contestants will be divided into two categories:

5301 - LIGHT WEIGHT - Under 140 pounds

5302 - MIDDLE WEIGHT - 141-170 pounds

5303 - HEAVY WEIGHT - Over 170 pounds

*Judging will be based on the contestant's ability to lift the weight selected, 8 complete repetitions each. Anything less will result in a scratch for that lift (i.e. a score of zero). Warm-up will be allowed during the weigh-in time.

Lifts

1. Two Arm Curl:

Position: With feet about shoulder width apart and arms extended at the side, the barbell is held across the thighs with the palms facing forward.

Movement: Keep back and legs straight and curl the barbell upward toward the shoulders until the forearms and the biceps meet. Lower the barbell until the arms are completely extended. Contestants are not allowed to place elbows against the body during the curl. Failure to comply will result in disqualification of the curl.

2. Bench Press:

Position: Arms must be extended straight above the chest.

Movement: Bar is brought down to touch the chest and then raised to the original position.

Instructions: During the lift, the feet must be in contact with the floor, and the back must be in contact with the bench.

Note: The chief judge shall assign a "safety" person at each end of the barbell to catch the weights in the event that the contestant falters.

3. Squat:

Movement: Lower the body into a full squat position. Rise to a fully erect position by extending the knees and hips.

Instructions: The back should be kept straight and the chest high throughout the movement. The arms and the hands are used to maintain balance and hold the weight in position. In order for the squat to be legal, it should be low enough so that the thighs are parallel to the floor. A judge will sit in front of the contestant and signal when a legal squat has been achieved. After receiving the signal, the lifter may return to the upright position.

Procedures

Weigh-in: All lifters must be weighed and have weight recorded on scorecards.

All lifters must be given the opportunity for utmost concentration. Spectators must not be in close proximity to the lifters. Distractions from the spectators will not be allowed.

Sample Score Card:

	John Smith		Jeff Jones
Two Arm Curl	80	Two Arm Curl	85
Bench Press	150	Bench Press	150
Squat	<u>180</u>	Squat	<u>155</u>
total	410	total	348

Body Weight 178
Score 2 . 3

Body Weight 108
3 . 2

5400 - RACQUET SPORTS

5401 - LADIES' TABLE TENNIS

5402 - MEN'S TABLE TENNIS

Order of Play:

The youngest player in each contest shall serve first. The player who returns the rally shall be termed the receiver. The server makes a good service, then the receiver makes a good return; thereafter, server and receiver shall each alternately make a good return.

The period during which the ball is in play is termed a rally. A rally, the result of which is not scored, shall be termed a let. A rally that results in a score shall be termed a point.

Good Service:

The ball is placed on the palm of the free hand. The hand must be stationary and above the level of the playing surface. The server may project the ball by hand only, without imparting spin, and the ball must remain visible to the judge at all times until it leaves the palm. As the ball descends from its trajectory, it shall be struck so that it touches first the server's court and then goes over the net, touching the receiver's court.

Missed Service:

If a player, attempting to serve, misses the ball completely, the player loses the point because the ball is in play from the moment it leaves the hand.

Over or Around the Net:

If the ball in passing over the net, or around the net, touches it or its supports, it shall be considered to have passed directly. If the ball passes between the net and post, it is considered illegal. The net end should be close enough to the post to prevent the ball from passing between the net and the post.

A Good Return:

A ball having been returned or served in play shall be struck so that it passes directly over or around the net and directly touches the opponent's court. If the ball, having been served or returned in play returns from its own impetus over or around the net, it may be struck, while still in play, so that it touches directly the opponent's court.

In Play:

The ball is in play from the moment at which it is projected from the hand in service until any of the following occurs:

1. The ball has touched one court twice consecutively.
2. The ball has, except in service, touched each court alternately without having been struck by the racket intermediately.
3. The ball has been struck by any player more than once consecutively.
4. The ball has touched any player or anything that he wears or carries, except his racket or racket hand below the wrist.
5. The ball has touched any object other than the net, supports or those referred to here.

Table Volley:

If the ball touches any part of the player (his clothing, body, or racket) before clearing the table and going off the end of the table, the opponent receives the point. If, on the other hand, the ball has clearly gone off the end of the table without touching the table and the player catches or hits the ball to prevent it from rolling away, the point is still given to that player. This rule only applies **after** the ball is in play.

Ball Fractured in Play:

If the ball splits, cracks, or becomes otherwise fractured in play affecting a player's return, the rally is a let. It is the judge's duty to stop play, to record a let when he has reason to believe that the ball in play is fractured or is imperfect. The judge must decide when the point should be scored in those cases when the faulty ball is clearly fractured in actually going out of play and in no way handicaps the player's return. In all cases of doubt, the judge should declare a let.

Fixtures:

A moving spectator, a neighboring player, a sudden noise, or any neighboring object in movement should be regarded as an accident not under control, and if interference occurs, the judge shall call a let. A stationary spectator, fixed seating, the judge, the light, a nearby table, a continuous sound of even volume, or any relatively constant or motionless hazard, should not be regarded, and complaint against interference by it during play should be regarded as void.

A Point:

A player will lose a point under the following circumstances:

1. The server fails to make a good service.
2. A good service or a good return having been made by his opponent, if he fails to make a good return.
3. He, or his racket, or anything that he wears or carries touches the net or its supports while the ball is in play.
4. He, or his racket, or anything that he wears or carries moves the playing surface while the ball is in play.
5. His free hand touches the playing surface while the ball is in play.
6. At any time he volleys the ball.

A Game:

A game shall consist of the first player to win with 21 points, unless both players shall have scored 20 points. In this case, the winner of the game shall be he who first wins by two more points than his opponent.

A Match:

A match shall consist of the best of three games (best of five for finals). Play shall be continuous throughout, except that either opposing player is entitled to claim a repose period of not more than five minutes duration between the third and fourth games of the finals.

The Choice of Ends of Service:

Ends: The player who started at one end in a game shall start at the other in the subsequent game, and so on, until the end of the match. In the last possible game of the match, the players change ends when either player reaches the score of 10.

Service: After five points, the receiver shall become the server, and the server shall become the receiver, and so on after each five points until the end of the game or the score is 20 all. The player who serves first in a game shall be receiver first in the subsequent game, and so on until the end of the match.

Out of Order of Ends or Service Ends:

If the players have to change ends when ends should have been changed, the players shall change ends as soon as the mistake is discovered, unless a game had been completed since the error; if so the error shall be ignored. In any circumstance, all points scored before the discovery shall be allowed.

If a player serves out of turn, play shall be interrupted as soon as the mistake is discovered and shall continue with that player serving who, according to the sequence established at the beginning of the match, or at the score 10, should be the server, at the score that has been reached. In any circumstance, all points scored before the discovery shall be allowed.

5500 - BASKETBALL

5501 - MEN'S THREE-ON-THREE BASKETBALL COMPETITION

1. Competition will be played in a round-robin tournament format, with first and second place finishers being recognized. This format demands that all free-throws are shot at the end of each game.
2. Each school may have one 3-on-3 men's team plus one substitute who may be used freely during the contest. Substitutes may enter the contest only during dead balls and must be beckoned to enter the game by one of the officials.
3. All baskets made will count one, two, or three points (depending on the nature of the shot made).
4. Games will be played to 21 or a time limit of 12 minutes with a running clock. Games which remain tied after 12 minutes and after free throws have been shot will result in an overtime period of 2 minutes. Overtime will only be played if the game is still tied after all free throws have been attempted. Games that remain tied after a first overtime will result in subsequent overtimes of 2 minutes each.
5. The clock will remain running at all times unless a team calls for a timeout or unless an official calls for an official timeout for injury or at his discretion to correct a problem.
6. Each player will be limited to a maximum of three fouls before being eliminated.
7. A team that has two players who have been disqualified due to fouls may continue to compete. A team may not continue if it only has one player remaining eligible. A third player becoming disqualified for a team will result in forfeiture of the game.

8. Each team will be granted one 60-second timeout during regulation and one 30-second timeout for each overtime period.
9. Standard high school rules would be enforced including lane violations.
10. On personal fouls (whether common or shooting), teams will be granted possession of the ball out of bounds nearest the point of interruption. All fouls will warrant 1 free throw to be taken at the end of regulation. All fouls will warrant 1 free throw to be taken at the end of regulation.
11. Fouls that are intentional in nature (not necessarily hard fouls) will merit two free throws. In addition, the offended team will receive the ball out of bounds beneath the basket.
12. All free throws will be attempted at the end of regulation time (as necessary). The team that is behind will take all of its attempts first, followed by the team that is ahead at the end of regulation. In the case of a tie, the team with the least number of free throws to be shot will have opportunity to shoot free throws first. If that also results in a tie, a coin flip will determine the first team to shoot. (If a team is ahead by more points than free throws to be attempted, there will be no need to shoot foul shots).
13. The host school will be responsible to furnish a scorer as well as an official book to record fouls committed by each player as well as to document the number of foul shots to be attempted by each team at the end of regulation.
14. Teams may select any eligible players to shoot free throws at the end of regulation. Any number of players may shoot or a team may select only one player to attempt all foul shots. Players who have become disqualified due to 3 personal fouls will be ineligible to shoot free throws.
15. Each school will furnish its players with both home and away jerseys with regulation numbers for each contest.
16. Each school may have two designated coach on its bench and no additional personnel or students. All other students and school representatives must be seated in the stands.

5502 – WOMEN’S THREE-ON-THREE BASKETBALL COMPETITION

All rules for men’s three-on-three basketball should be applied to the women’s three-on-three competition.

5503 – MEN’S THREE-POINT COMPETITION

5504 – WOMEN’S THREE-POINT COMPETITION

Two contestants from each school may participate. A shooter will have 60 seconds to take five shots at five positions (corners, wings, and top of the key)

around the three-point line. The first three balls will be worth 1 point, and the fourth ball (Money Ball) will be worth 2 points. After every contestant has played a round, the top four contestants will play a final round. In the case of a tie for the fourth finisher, each tying contestant will shoot one rack of basketballs to qualify for the final round. In the case of a tie for first or second place, a runoff round should be held.