

## Youth Sport Festival Team Checklist

- Sport Rules
- Equipment/Supplies need
- Volunteers need
- Checking Assigned field or Room for game
- Safety need
- Info/reminder email to participant
- Task Sharing( before and during)

## Who wants to be wise?

Who Wants to Be Wise is inspired by Who Wants to Be a Millionaire TV show. Who Wants to Be Wise is a quiz competition in which the goal is to answer correctly a series of 8 consecutive multiple-choice questions. Each question is worth a specific amount of money, and if the contestant gives a wrong answer to the question, then the game is over, and the contestant will receive the guaranteed amount, which may change based on the correct answer the contestant gives. There will be an elimination process to choose the candidates.

## Soccer Rules Youth Sport Festival

### Team Composition:

- Each team consists of a maximum of 6 players, including a goalkeeper.
- Each team may have up to 4 substitute players.

### Field and Equipment:

- The game is played on a smaller field suitable for the age group participating.
- Goals are smaller in size compared to regular soccer.
- Shin guards are mandatory for all players.
- The ball size should be appropriate for the age group.

### Duration of the Game:

- The game is typically divided into two halves, each lasting 20-25 minutes depending on the age group and tournament format.

### Starting the Game:

- The game starts with a kickoff from the center spot.
- Opponents must remain outside the center circle until the ball is in play.

### Ball In and Out of Play:

- The ball is out of play when it crosses the goal line or touchline, either on the ground or in the air.
- The game restarts with a throw-in, goal kick, corner kick, or free kick depending on the circumstances.

### **Scoring:**

- A goal is scored when the entire ball crosses the goal line between the goalposts and under the crossbar.
- The team with the most goals at the end of regulation time wins the game.

### **Fouls and Misconduct:**

- Players must not use excessive force, engage in dangerous play, or tackle from behind.
- Fouls result in free kicks for the opposing team. Direct free kicks are awarded for serious fouls and penalties are awarded for fouls committed inside the penalty area.
- Yellow cards may be shown for cautionable offenses, and red cards may be shown for serious misconduct, resulting in player expulsion.
- If a goalkeeper handles the ball outside the penalty area, an indirect free kick is awarded to the opposing team from the spot of the infraction.

### **Offside:**

- Offside rules may be simplified or omitted depending on the age group and skill level of the players.

### **Sportsmanship and Fair Play:**

- Players, coaches, and spectators are expected to uphold the principles of fair play, respect for opponents, and sportsmanship.
- Unsportsmanlike behavior, including verbal abuse or dissent, is not tolerated and may result in disciplinary action.

### **Referee and Officials:**

- A referee officiates the game and enforces the rules.
- Assistant referees may be used to assist the referee in making decisions, particularly in tournaments with multiple fields.

### **Tournament Format:**

- The tournament format may include group stages followed by knockout rounds, depending on the number of participating teams.
- Tiebreakers may be used to determine the winner of group stage matches in case of a draw.

### **Tournament Awards:**

- Awards may be given to the winning team, runners-up, top goal scorers, best goalkeeper, and fair play team

### **Yellow and Red Cards:**

- Yellow card: Player leaves for 5 minutes, then can return.
- Two yellow cards: Player is out for the rest of the game, but can play next game
- Red card: Player is out for the rest of the game, but can play next game.

# Volleyball Rules for Youth Sport Festival

## Team Composition:

- Each team consists of six players on the court at a time.
- Teams may have substitutes, but substitutions can only be made during dead ball situations.

## Court and Equipment:

- Use a volleyball court with dimensions adjusted to suit the age group and skill level of the participants.
- The net height may be adjusted based on age group (e.g., lower for younger players).
- Provide volleyballs suitable for the age group and skill level.

## Objective:

- The objective of the game is to score points by successfully hitting the ball over the net into the opponent's court, while preventing the opponent from doing the same.

## Starting the Game:

- A coin toss determines which team serves first. The winning team chooses to serve or receive.
- The serving team rotates clockwise each time they win the serve.

## Scoring:

- Rally scoring is used, meaning points are awarded on every rally regardless of which team served.
- A point is scored when the ball lands in the opponent's court, if the opponent commits a fault, or if the opponent fails to return the ball over the net.

## Service:

- The serving player stands behind the end line and serves the ball over the net to the opponent's court.
- The server must wait for the referee's signal before serving.
- If the serving team wins the rally, the same player serves again; if the receiving team wins, they rotate to serve.

## Ball In Play:

- Each team has three hits to return the ball over the net.
- The same player cannot hit the ball twice in succession, except for blocking at the net.
- The ball may be played off the net during a volley and can contact any part of the body.

## Rotation:

- Players must rotate positions in a clockwise direction after winning the serve.
- The player in the right back position serves when their team wins the serve.

### **Blocking and Attacking:**

- Players may jump and reach over the net to block the opponent's attack.
- Attacking players must make contact with the ball while it is entirely above the net.

### **Fouls and Violations:**

- Common violations include double hits, lifting (carrying or throwing the ball), and touching the net.
- Contact with the net by a player is a foul, except when the ball is driven into the net.
- A ball touching the boundary lines is considered in.

### **Side Switch:**

- Teams switch sides after each set to account for any differences in court conditions or environmental factors.

### **Winning the Match:**

- The match is typically played as the best of three with the first team to win a specified number of sets declared the winner.

### **Sportsmanship and Fair Play:**

- Players and teams are expected to adhere to principles of fair play, respect for opponents, and sportsmanship.
- Unsportsmanlike behavior, including verbal abuse or dissent, is not tolerated and may result in penalties or ejection from the game.

### **Tournament Format:**

- The tournament format may include group stages followed by knockout rounds, depending on the number of participating teams.
- Tiebreakers may be used to determine the winner of matches or rankings in the event of a tie.

### **Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

These rules provide a basic framework for organizing and playing volleyball matches at the **Youth Sport Festival** event. It's important to adapt the rules to the age group and skill level of the participants to ensure an enjoyable and safe experience for all involved.

# **Basketball Rules for Youth Sport Festival**

## **Team Composition:**

- Each team consists of five players on the court at a time.
- Teams may have up to 5 substitutes, but substitutions can only be made during dead ball situations.

## **Court and Equipment:**

- Use a basketball court with dimensions adjusted to suit the age group and skill level of the participants.
- Adjust the height of the basketball hoop based on age group (e.g., lower for younger players).
- Provide basketballs suitable for the age group and skill level.

## **Objective:**

- The objective of the game is to score points by shooting the basketball into the opponent's hoop while preventing the opponent from doing the same.

## **Starting the Game:**

- A coin toss determines which team gets possession of the ball first. The winning team chooses to start on offense or defense.
- Possession alternates between teams after each scored basket or at the start of each quarter.

## **Scoring:**

- Points are scored by successfully shooting the basketball through the opponent's hoop.
- A field goal inside the three-point line counts as two points, while a field goal from beyond the three-point line counts as three points.
- Free throws are awarded for certain fouls and count as one point each.

## **Ball Movement:**

- Players may pass, dribble, or shoot the basketball to advance it up the court and create scoring opportunities.
- Offensive players must move the ball within a specified time (shot clock) to prevent stalling.

## **Defense:**

- Defensive players aim to prevent the opposing team from scoring by blocking shots, stealing the ball, or disrupting passes.
- Defensive players must avoid committing fouls that give the offensive team an advantage.

**Fouls and Violations:**

- Common fouls include personal fouls (illegal physical contact), traveling (taking more than two steps without dribbling), and double dribbling (dribbling with two hands or stopping and starting again).
- Players may foul out of the game after accumulating a certain number of personal fouls.

**Out of Bounds:**

- The ball is considered out of bounds if it touches the ground outside the boundary lines or if a player steps out of bounds while holding the ball.
- Possession is awarded to the opposing team for throw-ins from the sideline or baseline.

**Jump Ball:**

- A jump ball occurs at the beginning of the game and at the start of each overtime period to determine which team gets possession.
- The referee tosses the ball into the air, and players from each team jump to tip the ball to their teammates.

**Timing:**

- The game is typically divided into four quarters, each lasting a specified amount of time (e.g., 8-10 minutes per quarter).
- Stoppage time is added for timeouts, fouls, and other game interruptions.

**Overtime:**

- If the score is tied at the end of regulation time, one or more overtime periods may be played to determine the winner.

**Sportsmanship and Fair Play:**

- Players and teams are expected to adhere to principles of fair play, respect for opponents, and sportsmanship.
- Unsportsmanlike behavior, including trash-talking or excessive physicality, is not tolerated and may result in penalties or ejection from the game.

**Tournament Format:**

- The tournament format may include group stages followed by knockout rounds, depending on the number of participating teams.
- Tiebreakers may be used to determine the winner of matches or rankings in the event of a tie.

**Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

# Basketball 3-Point Contest Rules for Youth Sport Festival

## Team Composition:

- This is an individual competition.
- Each player shoots independently.

## Game Format:

- Each player takes 12 shots.
- Format is best of 12.

## Starting the Game:

- The player starts at the designated shooting spot(s).
- The referee gives the signal to begin.

## Scoring:

- Each successful shot counts as 1 point.
- Missed shots score 0 points.

## Winning:

- The player with the highest score out of 12 shots wins.
- If tied, a tiebreaker round may be played.

## Sportsmanship:

- Players must show respect and fair play.
- No unsportsmanlike behavior.

## Awards:

- Awards may be given to top individual performers and winning teams based on their performance in the tournament.

These rules provide a basic framework for organizing and playing chess matches at the **Youth Sport Festival** event. It's essential to ensure fair play, encourage strategic thinking, and promote a positive atmosphere for all participants.

# Street Basketball Rules for Youth Sport Festival

## Team Composition:

- Each team has 3 players on the court.
- Each team may have up to 3 bench players.
- No coaches are allowed on the court.

## Objective:

- The goal is to score points by shooting the ball into the basket.

## Game Format:

- Games are played to 11 points (win by 2).
- Matches are played in a knockout format.

## Starting the Game:

- A coin toss decides first possession.
- The game starts with a check ball at the top of the arc.
- The game cannot start without 3 players on each team.

## Scoring:

- 1 point: Shot inside the arc
- 2 points: Shot outside the arc
- 1 point: Free throw

## Playing Time:

- Game time is 10 minutes.
- The first team to reach 11 points (win by 2) wins.
- If tied, overtime is played:
  - First team to score **2 points wins**

## Ball Possession Rules:

- After a score:

- The other team resumes play **under the basket**
- After a rebound or steal:
  - The ball must go **behind the arc** before scoring
- All restarts use a **check ball**.

### **Fouls and Free Throws:**

- Team fouls are counted.
- After 6 team fouls, free throws are awarded.
- Serious fouls may result in free throws and possession.

### **Gameplay Rules:**

- Players must attempt to score (no stalling).
- Players must stay behind the arc to reset play.

### **Substitutions:**

- Substitutions are allowed during dead ball situations.
- Players enter from behind the baseline.

### **Timeouts:**

- Each team has 1 timeout.

### **Winning:**

- The first team to 11 points (win by 2) wins.
- Or the team leading at the end of time wins.

### **Tournament Format:**

- The tournament is played in a knockout format.
- The losing team is eliminated.

### **Sportsmanship:**

- Players must show respect and fair play.
- No unsportsmanlike behavior.

## **Pickleball Rules for Youth Sport Festival**

### **Team Composition:**

- Pickleball will be played as doubles (2 vs 2).

- Each team has 2 players on the court.

### **Court and Equipment:**

- The game is played on a pickleball court
- Use a pickleball paddle and a plastic ball with holes.
- The net is set at the proper pickleball height.

### **Objective:**

- The objective of the game is to score points by hitting the ball over the net and into the opponent's court without them returning it.

### **Starting the Game:**

- The game starts with a serve from behind the baseline.
- The serve must be hit underhand and diagonally into the opponent's service area.
- Only the serving team can score points.

### **Scoring:**

- Points are scored only by the serving team.
- Games are typically played to 11 points, and a team must win by at least 2 points.

### **Serving Rules:**

- The serve must be made underhand and below the waist.
- The ball must land in the diagonal service box.
- Each player on a team gets a chance to serve before the serve goes to the other team (in doubles).

### **Double Bounce Rule:**

- After the serve, the ball must bounce once on each side before players can hit volleys (hit the ball in the air).

### **Non-Volley Zone (Kitchen):**

- Players cannot hit the ball in the air while standing in the non-volley zone (kitchen).
- Players may enter the kitchen only after the ball has bounced.

### **Faults:**

- A fault occurs when:
  - The ball is hit out of bounds
  - The ball does not clear the net
  - A player volleys in the kitchen
  - The double bounce rule is not followed

**Out of Bounds:**

- The ball is out if it lands outside the court lines.
- The opposing team wins the point or serve.

**Winning the Game:**

- The team that reaches 11 points first (win by 2) wins the game.
- Matches are played in a best of 3 rounds.

**Sportsmanship and Fair Play:**

- Players are expected to show respect, honesty, and good sportsmanship.
- No arguing, bad language, or unsportsmanlike behavior.
- Violations may result in warnings or removal from the game.

**Referee and Officials:**

- A referee may be used to oversee the game and make decisions.
- In casual games, players may call their own lines.

**Tournament Format:**

- The tournament may include group stages and knockout rounds.
- Tiebreakers may be used if needed.

**Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

## **Badminton Rules for Youth Sport Festival**

**Team Composition:**

- Badminton is played as 1 vs 1 (singles).
- Each side has 1 player on the court.
- No substitutes are allowed.

**Court and Equipment:**

- The game is played on a badminton court with a net in the center.
- Players use a badminton racket and a shuttlecock (birdie).
- The net height and court size should be appropriate for the age group.

## Objective:

- The objective is to score points by hitting the shuttlecock over the net and into the opponent's court so they cannot return it.

## Starting the Game:

- The match starts with a serve from the right service court.
- The serve must go diagonally into the opponent's service box.
- A coin toss or decision determines which team serves first.

## Scoring:

- A point is scored on every rally (rally scoring system).
- Games are typically played to 21 points, and a team must win by at least 2 points.

## Serving Rules:

- The serve must be hit underhand and below the waist.
- Both feet must remain on the ground during the serve.
- In doubles, players take turns serving.

## Rally Rules:

- Players hit the shuttlecock back and forth over the net.
- A rally continues until a fault is made.

## Faults:

- A fault occurs when:
  - The shuttlecock lands outside the court lines
  - The shuttlecock does not cross the net
  - A player hits the shuttlecock more than once
  - A player touches the net with their body or racket

## Out of Bounds:

- The shuttlecock is out if it lands outside the boundary lines.
- The opponent wins the point.

## Winning the Game:

- The team that reaches **21 points first (win by 2)** wins the game.

## Sportsmanship and Fair Play:

- Players must show respect and good sportsmanship.

- No arguing, bad language, or unsportsmanlike behavior.
- Violations may result in warnings or removal from the game.

#### **Referee and Officials:**

- A referee may be used to manage the game and make decisions.
- In casual play, players may make their own calls.

#### **Tournament Format:**

- The tournament is knockout rounds.
- Tiebreakers may be used if needed.

#### **Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

These rules provide a basic framework for organizing and playing basketball games at the **Youth Sport Festival** event. It's important to adapt the rules to the age group and skill level of the participants to ensure an enjoyable and safe experience for all involved.

## **Foosball Rules for Youth Sport Festival**

#### **Team Composition:**

- Foosball is played as 2 players per team.
- Each team controls their rods together.

#### **Objective:**

- The objective is to score goals by hitting the ball into the opponent's goal.

### **Game Format:**

- Each game is played to 10 points.
- Matches are played in a best of 3 games format.

### **Starting the Game:**

- The ball is placed at the center of the table to start play.
- Players must wait for both teams to be ready before starting.

### **Gameplay Rules:**

- Players control the rods to pass, defend, and shoot.
- Spinning the rods excessively is not allowed.

### **Scoring:**

- A point is scored when the ball enters the opponent's goal.
- The game continues until a team reaches 10 points.

### **Winning the Match:**

- The team that wins 2 out of 3 games wins the match.

### **Tournament Format:**

- The tournament is played in a knockout format.
- The losing team is eliminated, and the winner advances.

### **Sportsmanship:**

- Players must show respect and fair play.
- No arguing or unsportsmanlike behavior.

### **Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

## **Dodgeball Rules for Youth Sport Festival**

### **Team Composition:**

- Each team has 6 players on the court.
- Each team may have up to 3 substitute players.
- Substitutes stay outside the court.
- Substitutes may retrieve out-of-play balls and pass them to teammates.

### **Playing Court:**

- Games are played on a volleyball court.
- Players must stay inside the court lines.
- Stepping on or outside the lines results in elimination (out).

### **Game Format:**

- Matches are played in 3 sets.
- Each set lasts 5 minutes.
- The team that wins 2 sets wins the match.

### **End of Time Rule:**

- When time ends:
  - The team with **more players remaining** wins the set.
  - If equal, the game continues.
  - The team whose **next player gets out first loses**.

### **Starting the Game:**

- Balls are placed at the center of the court.
- Players start at the back line.
- On the signal, 3 players run to collect the balls.
- The first player who takes a ball cannot throw it directly at opponents.

### **Ball In and Out of Play:**

- Balls that go out of play can only re-enter from the back line or designated area.
- Balls cannot be returned from the sidelines.

### **Gameplay Rules:**

- Players throw balls to eliminate opponents.
- Players may block using a ball.

### **Elimination Rules:**

- A player is out if hit by a ball that touches the ground.
- If a player steps out of bounds or on the line, they are out.

### **Catching Rule:**

- If a ball is caught before it touches the ground:
  - The **thrower is out**.
  - The hit player is **safe**.

- One eliminated teammate may **return to the game** (max 6 players on court).

### **Multiple Hits:**

- If a ball hits multiple players, **all are out**.
- If the ball is caught:
  - No players are out.
  - The thrower is out.
  - One player may return (if under 6 players).

### **Blocking Rules:**

- Players may block using a ball.
- If the blocking ball drops, the blocker is out.
- If the ball hits:
  - Fingers or lower wrist → not out
  - Upper body → out
- If the blocked ball hits a teammate, that player is out.
- If caught by a teammate, the thrower is out.

### **Center Line Rule:**

- Players cannot step on or cross the center line.
- If violated:
  - The throw is invalid
  - The player may be out

### **Face Hit Rule:**

- Throws aimed directly at the face are not allowed.
- Such throws are invalid.

### **Substitutions:**

- Substitutions are allowed between sets only.
- Substitutions during a set are allowed only for injury.

### **Yellow & Red Cards:**

#### **Yellow Card:**

- Given for minor violations or behavior.
- Repeated violations may lead to penalties.

**Red Card:**

- Given for serious violations → player is out of the game.

**Examples:**

- Arguing with the referee
- Aggressive behavior
- Not leaving the court when out

**Sportsmanship and Safety:**

- Players must show respect and fair play.
- Player safety is the top priority.
- Unsportsmanlike behavior may result in penalties or removal.

**Tournament Format:**

- The tournament is played in a knockout format.

**Awards:**

- Awards may be given to the winning team, runners-up, and individual players for outstanding performance or sportsmanship.

These rules provide a basic framework for organizing and playing basketball games at the **Youth Sport Festival** event. It's important to adapt the rules to the age group and skill level of the participants to ensure an enjoyable and safe experience for all involved.

## **Penalty Kick Rules for Youth Sport Festival**

**Team Composition:**

- This is an individual competition.
- Each player takes their own shots.

**Game Format:**

- Each player takes 3 shots.

- The player with the most goals wins.
- Format is best of 3.

### **Starting the Game:**

- The ball is placed on the penalty spot.
- The player shoots when the referee gives the signal.

### **Scoring:**

- A goal is counted when the ball crosses the goal line.

### **Winning:**

- The player with the most goals out of 3 shots wins.
- If tied, additional shots may be taken to decide the winner.

### **Sportsmanship:**

- Players must show respect and fair play.
- No unsportsmanlike behavior.

These rules provide a basic framework for organizing and playing basketball games at the **Youth Sport Festival** event. It's important to adapt the rules to the age group and skill level of the participants to ensure an enjoyable and safe experience for all involved.

## **Chess Rules for Youth Sport Festival**

### **Board Setup:**

- Use a standard 8x8 chessboard with alternating light and dark squares.
- Place the board so that each player has a light square on the right-hand corner.

### **Piece Setup:**

- Each player starts with 16 pieces: one king, one queen, two rooks, two knights, two bishops, and eight pawns.
- Place the pieces as follows:
  - Rooks in the corners.

- Knights next to the rooks.
- Bishops next to the knights.
- Queen on her own color square.
- King on the remaining square.
- Pawns in the row in front of the other pieces.

### Objective:

- The objective of the game is to checkmate your opponent's king, where the king is in a position to be captured and cannot escape capture.

### Movement of Pieces:

- Each piece moves according to specific rules:
  - King: One square in any direction.
  - Queen: Any number of squares horizontally, vertically, or diagonally.
  - Rook: Any number of squares horizontally or vertically.
  - Bishop: Any number of squares diagonally.
  - Knight: Moves in an L-shape, two squares in one direction and then one square perpendicular.
  - Pawn: Moves forward one square, but captures diagonally. On its first move, it has the option to move forward two squares.

### Capturing:

- Pieces capture opponents' pieces by moving to the square occupied by the opponent's piece, removing it from the board.

### Special Moves:

- En passant: If a pawn moves two squares forward from its starting position and lands beside an opponent's pawn, the opponent has the option to capture the pawn as if it had only moved one square forward.
- Castling: The king moves two squares towards a rook on its initial square, and that rook moves to the square adjacent to the king. This move is allowed only if neither the king nor the rook has moved before, and if there are no pieces between them.

### Check and Checkmate:

- When a player's king is under attack, it is said to be in check.
- If a player's king is in check and there is no legal move to remove the threat, it is checkmate, and the game ends.

### Draws:

- Draws can occur if:
  - The game reaches a stalemate where one player has no legal moves, and their king is not in check.
  - There is insufficient material to force a checkmate.
  - The players agree to a draw.
  - The same position is repeated three times with the same player to move.

### Time Control:

- A time control system may be implemented to regulate the duration of games, typically using chess clocks to allocate a specific amount of time to each player.

#### **Fair Play and Sportsmanship:**

- Players are expected to adhere to principles of fair play, honesty, and good sportsmanship.
- Cheating, such as consulting external sources or receiving assistance during games, is strictly prohibited.

#### **Tournament Format:**

- The tournament format may include individual or team competitions, with players competing in multiple rounds against different opponents.
- Pairings can be determined using Swiss pairing or round-robin systems.

#### **Awards:**

- Awards may be given to top individual performers and winning teams based on their performance in the tournament.

These rules provide a basic framework for organizing and playing chess matches at the **Youth Sport Festival** event. It's essential to ensure fair play, encourage strategic thinking, and promote a positive atmosphere for all participants.

## **Table Tennis Rules for Youth Sport Festival**

#### **Team Composition:**

- Table tennis is played as 1 vs 1 (singles).
- Each match has 2 players.

#### **Game Format:**

- Matches are played in a best of 3 games.
- Each game is played to 21 points (win by 2).

## Starting the Game:

- The game starts using the hidden ball method.
- The referee hides the ball behind their back, and the opponents guess which hand holds the ball.
- The player who guesses correctly chooses to serve first.
- Players switch sides after each game.

## Serving Rules:

- The server must toss the ball straight up at least 6 inches from an open palm.
- The serve must be made behind the table.
- The ball must bounce once on each side.
- If the ball touches the net on a good serve, it is a let and replayed.
- Players alternate serving every 2 points.
- If a serve is faulty, a second serve is allowed.

## Gameplay Rules:

- Players hit the ball back and forth across the net.
- The ball must bounce once on the table before being returned.

## Faults:

- A fault occurs when:
  - The ball does not clear the net
  - The ball goes out of bounds
  - The ball bounces twice before being returned
  - A player hits the ball before it crosses the net
- The **edges of the table are in**, but the **sides are out**.

## Scoring:

- A point is scored when the opponent:
  - Fails to return the ball
  - Commits a fault
- Points are scored **on every rally**.

## Winning:

- A game is won by the first player to reach 21 points (win by 2).
- The match winner is the first player to win 2 games.

## **Tournament Format:**

- The tournament is played in a knockout format.
- The losing player is eliminated, and the winner advances.

## **Sportsmanship:**

- Players must show respect and fair play.
- No arguing or unsportsmanlike behavior.

## **Awards:**

- Awards may be given to top individual performers and winning teams based on their performance in the tournament.

These rules provide a basic framework for organizing and playing chess matches at the **Youth Sport Festival** event. It's essential to ensure fair play, encourage strategic thinking, and promote a positive atmosphere for all participants.

## **Track (100 Meter) Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual event.
- Each race has individual runners.

### **Event Format:**

- The race distance is 100 meters.
- Runner competes in a designated running path.

## **Starting the Race:**

- Runners start from the starting line.
- The race begins on the starter's signal.
- False starts may result in a warning or disqualification.

## **Race Rules:**

- Runners must follow the designated running path.

## **Timing and Results:**

- Each runner's time is recorded.

## **Winning:**

- The runner with the best (fastest) time is the winner.

## **Sportsmanship:**

- Runners must show respect and fair play.
- No unsportsmanlike behavior.

## **Awards:**

- Awards may be given to top individual performers and winning teams based on their performance in the tournament.

# **Standing Board Jump Rules for Youth Sport Festival**

## **Team Composition:**

- This is an individual event.
- Each participant competes individually.

## **Event Format:**

- Each participant performs a standing jump from a fixed starting point.
- No running start is allowed.

## **Starting the Event:**

- The participant stands behind the starting line with both feet.
- The jump begins when the participant is ready.

## **Rules:**

- Both feet must remain behind the line before jumping.
- Participants must jump forward using both feet.
- Stepping over the line before jumping results in a foul.

## **Measurement:**

- The distance is measured from the starting line to the nearest landing point(heel).
- Each participant has 3 attempts.

## **Winning:**

- The participant with the longest jump distance wins.

## **Tournament Format:**

- Results are based on ranking (distance achieved).

## **Sportsmanship:**

- Participants must show respect and fair play.
- No unsafe or unsportsmanlike behavior.

## **Mancala Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual game (1 vs 1).
- Each player plays on one side of the board.

### **Objective:**

- The goal is to collect the most seeds in your store.
- The player with the most seeds at the end wins.

## **Game Setup:**

- Each player has 6 pits and 1 store.
- Place 4 seeds in each pit at the start.
- Each player controls the pits on their side.

## **Game Format:**

- Games are played as a single matchup.

## **Starting the Game:**

- Players take turns picking up all seeds from one of their pits.
- Seeds are placed one by one in the next pits in a counter-clockwise direction.
- Players may place seeds in their own store, but not in the opponent's store.

## **Gameplay Rules:**

- Use one hand only.
- Once a player touches seeds in a pit, they must play that pit.
- Players continue taking turns.

## **Special Rules:**

- If the last seed lands in your store, you get another turn.
- If the last seed lands in your empty pit, you capture:
  - That seed
  - All seeds from the opposite pit
  - Place them in your store

## **Ending the Game:**

- The game ends when one player has no seeds left in their pits.
- The other player collects all remaining seeds on their side into their store.

## **Winning:**

- The player with the most seeds in their store wins.

## **Tournament Format:**

- The tournament is played in a knockout format.
- The losing player is eliminated, and the winner advances.

## **Sportsmanship:**

- Players must show respect and fair play.
- No cheating or unsportsmanlike behavior.

## **Arm Wrestling Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual competition (1 vs 1).

### **Objective:**

- The goal is to pin your opponent's hand to the table.

## **Game Format:**

- Matches are played in a best of 3 rounds.
- The player who wins 2 rounds wins the match.

## **Starting the Match:**

- Both players place their elbow on the table and grip hands.
- The match begins on the referee's signal.

## **Gameplay Rules:**

- Elbows must stay on the table at all times.
- Hands must remain gripped during the match.
- The non-competing hand must hold the handle or stay off the table.

## **Fouls:**

- Lifting the elbow off the table
- Slipping the grip intentionally
- Using body weight unfairly
- Starting before the signal

## **Tournament Format:**

- The tournament is played in a knockout format.
- The loser is eliminated, and the winner advances.

## **Sportsmanship and Safety:**

- Players must show respect and fair play.
- No dangerous or aggressive behavior.
- Matches are supervised to ensure player safety.

## **Cornhole Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual game (1 vs 1).
- Each player has 4 bags.

### **Objective:**

- The goal is to score points by landing bags on the board or in the hole.

### **Court Setup:**

- Boards are placed 27 feet apart (front edge to front edge).
- Players stay in their designated lane (left or right).

### **Game Format:**

- Matches are played in a best of 3 games.
- Each game is played to 21 points.

### **Starting the Game:**

- Players start at one board and alternate throwing bags.
- Each player throws all 4 bags per round (frame).
- After each round, players move to the opposite board.

### **Scoring:**

- 1 point (Woody): Bag lands on the board
- 3 points (Cornhole): Bag goes into the hole
- Bags touching the ground do not count

### **Scoring System:**

- Uses **cancellation scoring**:
  - Players' points cancel each other out
  - Only **one player scores per round**

### **Gameplay Rules:**

- Bags must be thrown underhand.
- Players must stay behind the front of the board (foul line) when releasing.
- The player who scored in the previous round throws first next round.
- If no one scores, the previous starting player keeps first throw.

### **Special Rule:**

- If bags block the hole, a player may request to clear (“rake”) the hole.

### **Winning:**

- The first player to reach 21 points wins the game.
- The player who wins 2 games wins the match.

### **Tournament Format:**

- The tournament is played in a knockout format.
- The losing player is eliminated, and the winner advances.

### **Sportsmanship:**

- Players must show respect and fair play.
- No unsportsmanlike behavior.

## **You Got Talent Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual event.
- Each participant performs individually.

### **Objective:**

- The goal is to showcase talent and performance skills.

### **Game Format:**

- Each participant performs in a single matchup (one performance).

### **Performance Rules:**

- Each participant presents a talent performance (e.g., singing, dancing, acting, etc.).
- Performances should be safe and appropriate.

### **Judging Criteria:**

- Participants are evaluated based on:
  - **Creativity**
  - **Skill level**
  - **Performance quality**
  - **Audience engagement**

### **Winning:**

- Winners are determined based on scores or rankings.

### **Tournament Format:**

- Results are based on ranking.
- Top performers receive awards.

### **Sportsmanship:**

- Participants must show respect and support for others.
- No inappropriate or unsafe performances.

## **Art Workshop and Competition Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual event.
- Each participant works independently.

### **Objective:**

- The goal is to create artwork and express creativity.

### **Event Format:**

- The event includes both a workshop session and a competition.
- Participants create their artwork during the event.

### **Workshop:**

- Participants may receive guidance and instruction during the workshop.
- Basic techniques and ideas may be demonstrated.

### **Competition Rules:**

- All artwork must be created during the event.
- Materials will be provided.
- Artwork should be original and appropriate.

### **Judging Criteria:**

- Artwork is evaluated based on:
  - **Creativity**
  - **Skill and technique**
  - **Effort and presentation**

### **Winning:**

- Winners are selected based on ranking by judges.

### **Tournament Format:**

- Results are based on ranking.
- The event includes both workshop participation and competition evaluation.

### **Sportsmanship:**

- Participants must show respect and creativity.
- No copying or inappropriate content.

## **Food Contest Rules for Youth Sport Festival**

### **Team Composition:**

- This is an individual event.
- Each participant competes independently.

## Objective:

- The goal is to finish the food as quickly as possible within the time limit.

## Event Format:

- Each round lasts 3 minutes.
- Participants compete in groups.

## Starting the Contest:

- Food is placed in front of each participant.
- The contest begins on the referee's signal.

## Gameplay Rules:

- Participants must eat only their assigned food.
- Participants must remain in their designated area.

## Winning:

- The winner is the participant who:
  - **Finishes first**, or
  - Eats the **most within 3 minutes**

## Tournament Format:

- The contest is played in groups (best of group).
- Winners from each group be ranked.

## Sportsmanship and Safety:

- Participants must follow safety guidelines.
- No dangerous behavior.
- Respect other participants.

# Master Chef Rules for Youth Sport Festival

## Team Composition:

- This is an individual event.

- Each participant cooks independently.

### **Objective:**

- The goal is to prepare a dish based on the assigned category.

### **Event Format:**

- Each participant has 30 minutes to complete their dish.

### **Meal Categories:**

- **Elementary:** Smoothie
- **Middle School:** Sushi
- **High School:** Hamburger

### **Competition Rules:**

- All food must be prepared during the event.
- Participants must use provided ingredients and equipment.
- Dishes should be safe, clean, and properly presented.

### **Judging Criteria:**

- Dishes are evaluated based on:
  - **Taste**
  - **Presentation**
  - **Creativity**
  - **Cleanliness and organization**

### **Winning:**

- Winners are determined based on judges' rankings.

### **Tournament Format:**

- Results are based on ranking.