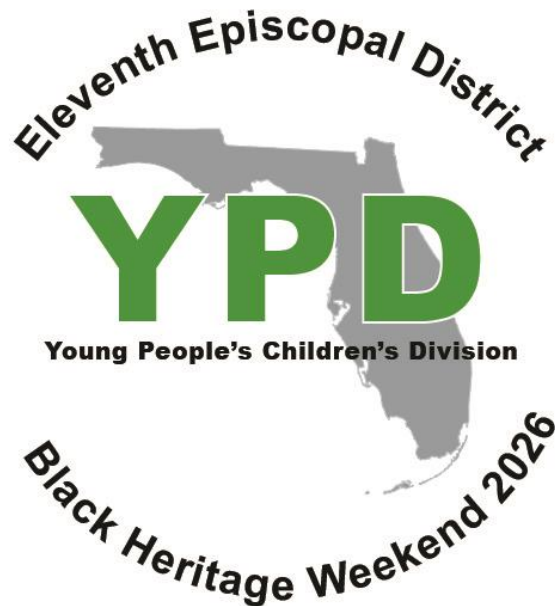


**Eleventh Episcopal District**  
**YOUNG PEOPLE'S AND CHILDREN'S DIVISION**  
of the  
**Women's Missionary Society**  
**African Methodist Episcopal Church**  
  
**CRITERIA AND GUIDELINES**



**Theme: A Chosen Generation – #GameChangers**  
**Scripture: 1 Peter 2:9**

**February 13-15, 2026**

Bishop Marvin Clyde Zanders II, Presiding Prelate  
Mrs. Winifred Houston Zanders, Episcopal Supervisor of Missions  
Mrs. Laurastine Lemon King, Episcopal WMS President  
Ms. Timika Fountain-Coney, Episcopal YPD Director  
Ms. Alexis Roberson, Episcopal YPD President

## Table of Contents

Most Frequently Asked Questions		3
Schedule of Events		5
Individual and Ensemble Competitive Events		7
Creative Drawing	Ages 2-6	7
Poster Contest	Ages 2-12	7
Fine Arts Photography	Ages 13-26	8
Black Poetry	Ages 2-26	10
Black Monologue	Ages 2-26	11
Oratorical	Ages 7-26	12
Essay Writing	Ages 7-26	14
Chess Tournament	Ages 7-26	16
Spelling Bee Guidelines (spelling words are on the website)	Ages 8-12	17
Music	Ages 2-26	18
• Liturgical, Expressive or Pantomime Dance		
• Instrumental		
• Vocal		
Conference Competitive Events		
BrainBowl (study questions and answers are on the website)	Ages 7-26	20
Cheerleading	Ages 2-26	23
Drama	Ages 2-26	23
Athletic Events		
• Basketball	Ages 13-20	24
• Co-Ed Volleyball	Ages 13-26	26
• Co-Ed Kickball	Ages 7-12	27
• Flag Football	Ages 13-18	29
Conference NON-competitive Events		
• Obstacle Course	Ages 2-6	36
• Step Show	Ages 2-26	36

## **MOST FREQUENTLY ASKED QUESTIONS ABOUT THE BLACK HERITAGE WEEKEND**

### **1. What is the Black Heritage Weekend?**

The Black Heritage Weekend is an activity sponsored by the 11<sup>th</sup> Episcopal District Young People's and Children's Division (YPD) of the Women's Missionary Society of the African Methodist Episcopal Church. It is a weekend of activities designed to promote high self-esteem, academic achievement, and spiritual growth, while focusing on our African-American and Bahamian heritage.

This event was initiated in 1987, under the leadership of Ms. Sanjena V. Clay with 600 young people participating. Since that time the number of participants has increased to over 3,000, and the event has been held in many places across the state of Florida.

Traditionally, during a weekend in February, young people exhibit their talents in poetry, monologue, spelling, visual art/poster, oration, vocal/instrumental/dance performances, chess and essay writing. Competitive events are divided into age categories with first, second, and third place winners selected from each event and age category. Conference team competitions include drama, cheerleading, brain bowl, basketball, volleyball, kickball, and flag football.

The weekend culminates with Sankofa (service of praise and thanksgiving).

The service is planned and carried out by members of the YPD.

### **2. Who is eligible to participate?**

Any YPDer between the ages of 2 and 26 is eligible to participate in the Black Heritage Weekend competitive events. **The competitor's age category is based on his or her age on the competition day.**

### **3. When and where will the Black Heritage Weekend convene?**

This year's activities will be held on Friday, February 13, 2026, through Sunday, February 15, 2026, on the campuses of Edward Waters University and James Weldon Johnson in Jacksonville, FL.

### **4. What must I do to register for participation?**

The local YPD Director must register ALL competitors, chaperones and observers during the **registration period: November 23, 2025, through December 23, 2025.**

- a. Visit [www.blackheritageweekend.com](http://www.blackheritageweekend.com) and click on the "Black Heritage Weekend" link to see the Criteria and Guidelines, Hotel Accommodations, Spelling Bee Words, Brain Bowl Questions, Medical Authorization form and the Registration form.
- b. **Remit NON-REFUNDABLE payment of \$35.00 for each competitor, chaperone, and observer through the online registration process. Provide the completed and notarized medical authorization and photo release forms for each person age 2-26 to the Conference YPD Director by January 10, 2026.**

5. **How many events may I compete in?**

No one should sign up for more than 3 events (at least ONE must be academic).

**You will not be allowed to compete in team sporting events if you do not participate in one of the academic events.** The Conference Director must approve your participation in the conference/team sporting events, Brain Bowl, Drama and/or Step Team.

**When selecting events, PLEASE be mindful of time conflicts.**

6. **Where should I make hotel reservations?**

Hotel Accommodations will be listed on the website. When making your reservation, please call the hotel's direct number, and identify yourself as a participant with the Eleventh Episcopal District Black Heritage Weekend. **Be sure to ask the hotel about their policy of accepting checks and/or tax-exempt certificates.**

7. **What should I wear?**

Remember, this is a church event and clothing should be appropriate for young Christian males and females. Please do not wear back outs, short shorts, sagging pants, daisy dukes, or doo rags.

On Friday, February 13, 2026, you are encouraged to wear casual clothing with your Episcopal District or Conference T-shirt. On Saturday, February 14, 2026, you are encouraged to wear casual clothing. The YPD colors (forest green and white or black and white) are strongly encouraged to show our unity; however, Conferences may use alternate colors for the Conference competitions. Please consider weather conditions. On Sunday, February 15, 2026, African or Bahamian garb should be worn for the Sankofa Service.

8. **What does the registration fee include?**

The registration fee includes an ALL-ACCESS pass to BHW events, official BHW souvenir, name badge, and your Black Heritage Weekend competition schedule for competitor's.

Observers will only have access to the following: Friday night service, Brain Bowl competition, Saturday night event, and Sunday service. Participants are responsible for all of their meals. NO meals will be provided; however, food trucks/concessions will be available.

9. **Will I receive an award if I win?**

All participants will receive a certificate of participation. The First, Second, and Third place winners from each room, based on age category, will receive award medallions. Award medallions will be given to Conference Team winners.

Awards will be given immediately following the Sunday, Sankofa service.

**IMPORTANT!!!**

Youth are expected to conduct themselves in a disciplined manner. NO profanity or disrespectful behavior or comments will be tolerated. This event is sponsored by our youth organization, and we expect all young people in attendance to represent the AME Church in a positive, disciplined, and Christian manner. Remember, we do not limit the number of youths who attend, but we do encourage and prefer **QUALITY AS OPPOSED TO QUANTITY.**

# BLACK HERITAGE WEEKEND

## TENTATIVE SCHEDULE OF EVENTS

---

**SATURDAY, JANUARY 3, 2026** -- 10:00 a.m. – Final Planning Meeting --Working Meeting for Coordinators, District Executive Board Members and Conference YPD Directors

**FRIDAY, FEBRUARY 13, 2026**

Time	Activity	Place
3:00 p.m. – 5:30 p.m.	Registration	Adams/Jenkins Sports & Music Center – Front Desk
7:00 p.m.	Contemporary Worship featuring our Episcopal Leadership, the EWC Marching Band, EWC Purple Thunder, and much more... and dancing	Adams/Jenkins Sports & Music Center (EWU Gym)

**SATURDAY, FEBRUARY 14, 2026**

Time	Activity	Place
8:00 a.m. – 9:00 a.m.	Registration	Adams/Jenkins Sports & Music Center – Front Desk
8:45 a.m. – 9:30 a.m.	Drop Off Posters Drop Off Photographs	Adams/Jenkins Sports & Music Center Lobby
8:00 a.m. – 8:45 a.m.	Judges' Orientation	TBA
8:00 a.m. – 8:45 a.m.	Volunteers' Briefing	TBA
9:00 a.m. – 9:30 a.m.	Morning Inspirations, YPD Elections Introduction of Special Guests Review of Schedule	Adams/Jenkins Sports & Music Center (EWU Gym)
<b>COMPETITIONS</b>		
10:00 a.m. – 12:00 p.m.	Drama	JWJ Classroom
10:00 a.m. – 12:00 p.m.	Spelling Bee	EWU Milne Auditorium
10:00 a.m. – 5:00 p.m.	Black Monologue	Classroom
10:00 a.m. – 5:00 p.m.	Black Poetry	JWJ Classroom
10:00 a.m.—5:00 p.m.	Vocal Solo	EWU Classrooms
10:00 a.m.—5:00 p.m.	Vocal Ensemble	EWU Chorus Room
10:00 a.m. – 5:00 p.m.	Instrumental Solo	EWU Band Room
10:00 a.m.—5:00 p.m.	Instrumental Ensemble	EWU Chorus room
10:00 a.m.—5:00 p.m.	Dance/Pantomime Solo	EWU Warming Rooms
10:00a.m.— 5:00 p.m.	Dance/Pantomime Ensemble	EWU Gym

10:00 a.m. – 5:00p.m.	Oratorical	JWJ Classrooms
10:00 a.m. – 5:00 p.m.	Essay Writing	JWJ Cafeteria and JWJ Classrooms
11:00 a.m. – 12:00 p.m.	Creative Drawing	Classroom
12:00 p.m.—3:00p.m.	Chess Tournament	Classroom
10:00 a.m.—12:00p.m.	Poster Judging Fine Arts Photography Judging	Adams/Jenkins Sports & Music Center Lobby
2:00 p.m.—5:00 p.m.	Brain Bowl	EWU Milne Auditorium

<b>ATHLETIC EVENTS AND STEP SHOW AND MORE</b>		
11:30 a.m.	Conference Team Coaches and/or Conference Representative meet to draw for competition times	Basketball – JWJ Gym Cheerleading – JWJ Gym Field events – EWU/JWJ Field
12:00 noon	Basketball – Male and Female	James Weldon Johnson Gym
12:00 noon	Co-Ed Volleyball	EWU/JWJ Field
12:00 noon	Co-Ed Kickball	EWU/JWJ Field
12:00 noon	Flag Football	EWU/JWJ Field
12:00 noon	Obstacle Course	EWU/JWJ Field
12:00 noon	Cheerleading Competitions	James Weldon Johnson Gym
	Volleyball Championship Game	EWU/JWJ Field
	Female Basketball Championship Game	James Weldon Johnson Gym
	Male Basketball Championship Game	James Weldon Johnson Gym
6:30 p.m.—6:55 p.m. 7:00 p.m.	Pep and Praise Christian Step Show and more...	Adams/Jenkins Sports & Music Center (EWU Gym)

## **SUNDAY, FEBRUARY 15, 2026**

<b>Time</b>	<b>Activity</b>	<b>Place</b>
10:00 a.m.	Sankofa (Worship Experience)	Adams/Jenkins Sports & Music Center (EWU Gym)
12:00 noon	Awards Presentation	Adams/Jenkins Sports & Music Center (EWU Gym)

**CHAPERONES MUST PROVIDE STRICT SUPERVISION OF THEIR YOUTH AT ALL TIMES.**

## INDIVIDUAL AND ENSEMBLE COMPETITIVE EVENTS

### CREATIVE DRAWING CONTEST

(Ages 2-6)

Young people will be read a story about a Black person(s). After hearing the story, each child will be asked to draw and color a picture which pictorially relates to the story they have heard.

The creative drawings will not be judged. Each participant will receive a special award medal.

---

### POSTER CONTEST

(Ages 2-12)

**Theme: A Chosen Generation**

**#GameChangers**

**Scripture: 1 Peter 2:9**

**FINISHED PRODUCTS MUST BE AGE APPROPRIATE.**

Participants will bring their posters with them. All posters will be received in the designated area of the EWC Gym lobby area, Saturday morning, February 14, 2026 (10:00 – 10:30 a.m.). It is the participant's responsibility to ensure that his or her poster is received on time by the coordinator or her designee.

**Posters must have the participant's name, age, church, name of pastor and conference director listed on THE BACK OF THE POSTER.** The participants will be given a number to affix to his or her poster.

The posters will be displayed for judging in the area designated for the Poster Contest. Posters will be judged on:

• Adherence to the theme	40 points
• Color contrast	25 points
• Form and space	25 points
• Neatness	10 points
Total	100 points

**FINE ART PHOTOGRAPHY**  
**(Ages 13-26)**

**Theme: A Chosen Generation**  
**#GameChangers**  
**Scripture: 1 Peter 2:9**

Fine Art Photography is defined as photographic compositions created solely to express the aesthetic vision of the artist. Photographs will be judged for their beauty, composition, meaningfulness and technical skill.

Participants will bring their pictures with them. All framed photographs will be received in the designated area of the EWC Gym area, Saturday morning, February 14, 2026 (9:30 a.m.—10:00 a.m.). It is the participant's responsibility to ensure that his or her photograph is received on time by the coordinator or his designee.

**Pictures must have the participant's name, age, church, name of pastor and conference director listed on THE BACK OF THE FRAMED PHOTOGRAPH.** The participants will be given a number to affix to his or her picture.

All photo entries must be framed. Framing choice is one criterion considered by judges in the award judging process. Black frames with white mates are HIGHLY RECOMMENDED. Simple framing is required for this competition.

The pictures will be displayed for judging in the area designated for Fine Art Photography.

Due to space limitations, size limits are strictly enforced.

Rectangular Images:

Minimum Size: 11 inches X 14 inches

Maximum Size: 24 inches X 28 inches Square

Images:

Minimum Size: 9 inches X 9 inches

Maximum Size: 24 inches X 24 inches Panorama

Images:

Minimum Size: 9 inches X 9 inches

Maximum Size: 24 inches X 24 inches

**Framing with Plastic or Plexiglas is Required.** Artists framing their entry with glass assume responsibility for damage to their own artwork and the artwork of others should the glass break. The Black Heritage Weekend coordinators and judges will use extreme care in handling artwork but assume no responsibility for damage.

Any entry not meeting framing requirements will not be accepted.



**Photographs will be judged on:**

**Technical criteria**

- Exposure Focus/sharpness
- Depth of field
- Color and/or tonal rendition
- Contrast
- Lighting

**Visual and aesthetic criteria**

- Framing and choice of viewpoint
- Background
- Design elements and principles
- Appropriate application of photographic and/or manipulative techniques
- Visual impact

**Content**

- Information
- Emotion
- Mood
- Feeling
- Denotative and connotative content, symbolism, metaphor
- Meaning
- Communication through the language of photography and visual art
- The moment
- Relevance
- Subject impact

**Viewer's response**

- Visual
- Aesthetic
- Intellectual
- Emotional
- Excitement
- Interest

**General characteristics**

- Originality
- Style
- Context
- Photographic vision
- Empathy
- Insight

## BLACK POETRY CONTEST (Ages 2-26)

Contestants **will memorize and recite a poem written by a Black or Bahamian author**. Contestants may also write, memorize and recite their own poems. The recitation should not exceed three (3) minutes.

Some suggested authors:	Paul Lawrence Dunbar	Maya Angelou
	Countee Cullen	Mona Lake Jones
	Langston Hughes	Gwendolyn Brooks
	Arna Bontemps	James Weldon Johnson

### Age Categories

Ages 2-4	Ages 5-7	Ages 8-10	Ages 11-13	Ages 14-17	Ages 18-26
----------	----------	-----------	------------	------------	------------

### Guidelines

1. Each contestant will be given a number and will be called by his or her number.
2. Each contestant will be judged on the following:

• Voice Delivery	30 points
• Speaker audience contact	20 points
• Enunciation	20 points
• Pronunciation	10 points
• Originality of delivery	10 points
• Poise	5 points
• Overall appearance	<u>5 points</u>
Total	100 points
3. Each contestant must respect and acknowledge the judges.
4. An automatic 5 points will be deducted if:
  - a. The contestant recites the poem over or starts over.
  - b. The contestant exceeds the time limit.

**Three (3) copies of the contestant's poem must be submitted to the judges in the room. Failure to provide copies of the poem will result in a penalty (i.e., 20 points deducted from total score). The contestant's name, age, church, pastor's name, and Conference YPD Director's name must be located on the back of each copy of the poem.** There are no exceptions to the rule.

Props may be used to enhance the delivery, such as an old woman's dress, walking cane, baby dolls, brooms, dishes, shawl, head tie, scarves, or whatever it takes to get your poem over to the judges.

## BLACK MONOLOGUE CONTEST (Ages 2-26)

### Description

Contestants **will memorize and recite an excerpt from a literary composition written by a Black or Bahamian author.** Contestants may also write, memorize and recite their own work. The recitation should not exceed three (3) minutes. **All monologues performed by contestants ages 2-10 must recite a monologue that is up to 3 minutes in length. Contestants ages 11-26 must recite a monologue that is between 3-4 minutes in length.**

**Please note the difference between a monologue and a poem and classify the contestant accordingly.**

**A Monologue is a prolonged talk or discourse by a single speaker. In other words, a monologue is a speech presented by a single character set within the context of a play.**

**Age Categories -** Ages 2-4      Ages 5-7      Ages 8-10      Ages 11-13      Ages 14-17      Ages 18-26

### Guidelines

Each contestant will be given a number and will be called by his or her number.

Each contestant will be judged on the following:

• Voice Delivery	30 points
• Speaker audience contact	20 points
• Enunciation	20 points
• Pronunciation	10 points
• Originality of delivery	10 points
• Poise	5 points
• Overall appearance	5 points
Total	100 points

Each contestant must respect and acknowledge the judges.

An automatic 5 points will be deducted if:

The contestant recites the monologue over or starts over.

The contestant exceeds the time limit.

The contestant fails to recite a monologue in the minimum time stipulated.

**Three (3) copies of the contestant's monologue must be submitted to the judges at the time of competition. Failure to submit copies of the monologue will result in a penalty (i.e., 20 points deducted from total score). The contestant's name, age, church, pastor's name, and Conference YPD Director's name must be located on back of each copy of the monologue.** There are no exceptions to the rule.

Props may be used to enhance the delivery, such as an old woman's dress, walking cane, baby dolls, brooms, dishes, shawl, head tie, scarves, or whatever it takes to get your monologue over to the judges.



## ORATORICAL CONTEST (Ages 7-26)

Black Heritage Theme and Scripture

**Theme: A Chosen Generation**  
**#GameChangers**

**Scripture: 1 Peter 2:9**

The scriptures remind us that God has chosen you to be a generation of young people who are set apart and distinct from others. You are called out to be royal and holy because you are special in God's sight. When you live your life with this understanding you do not try to fit in and do things by following the crowd. As chosen royalty, your actions stand out and help you change the game as a Christian.

You have an opportunity to learn and become wiser about how to act in life by reading and studying God's word, which will allow you to be closer to who God called you to be and to ultimately change the game.

### **1 Peter 2:9 (NIV)**

**9** But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

### **GUIDELINES**

1. Contestants will write and recite an oration in response to the question posed in the appropriate age category. Our theme this year is focused on the following phrase, "Game Changers"
2. ALL ORATIONS MUST BE MEMORIZED. No notes are allowed.
3. Contestants will deliver a speech in a formal and dignified manner. The contestant must start and complete the oration on or within three minutes.
4. Orations will be judged on the following (100 points total).

Content (30 pts)		Clarity (20 pts)	
Expression (10 pts)		Adherence to Time Limit (10pts)	
Memorization (20pts)		Poise (10 pts)	
TOTAL POINTS (100 pts)			

**ORATORICAL CONTEST (Ages 7-26) Make sure that you use these prompts as a guide**

**ORATION PROMPT FOR AGES 7-10**

1 Peter describes believers' identity in Christ; they are a chosen group, a royal priesthood, a chosen nation, and a people for God's own possession who have been called out of darkness into God's light. The passage emphasizes that this new identity is not for their own benefit, but so they can proclaim the excellencies of God who has called them to live holy lives and declare God's goodness to the world. How do you feel knowing that when you believe in Jesus Christ that you become a part of a special group that are set apart to be good? When you find yourself in places that are not filled with God's light, how do you talk to God to guide you in the right ways?

**ORATION PROMPT FOR AGES 11-13**

1 Peter 2:9 says we are a chosen generation, a royal priesthood, a holy nation, and God's special possession. That means we're not just ordinary—we're set apart to show the world God's goodness. But what does that look like for someone your age? If God has called you out of darkness into His marvelous light, how can you shine that light in your school, your home, and your community? Share a story, example, or vision of how you can live differently because you belong to God.

**ORATION PROMPT FOR AGES 14-17**

As a student in high school, your teachers give you daily and sometimes weekly assignments. Being the wonderful student that you are, you use all your educational resources to complete your assignments with the hope of earning an excellent grade. The term "Chosen Generation" in 1 Peter 2:9 signifies that you are chosen for a special purpose. Imagine God handing you an assignment as part of God's "holy nation." What mission would God give you as a #GameChanger? What course of action would you use to complete God's assignment?

**ORATION PROMPT FOR AGES 18-26**

Have you ever thought of being a game changer who shifts how the direction that the world is going? You know a person who acts as a representative or promoter of a specified activity. You have been through many stages in life. How can your understanding as a royal and holy person shift your mindset into how you approach challenges at work, in your family, and life overall? You have heard the good news about "I can do all things through Christ which strengthens me." Philippians 4:13.

\*\*\*\*\*

SUGGESTED SCRIPTURES - Others may be used. You may also have a favorite scripture.

**1 Peter 2:9-12 (NIV)**

<sup>9</sup> But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. <sup>10</sup> Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have

received mercy. <sup>11</sup> Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. <sup>12</sup> Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

**2 Corinthians 5:17 (NIV)**

<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

**Colossians 3:2 (NIV)**

<sup>2</sup> Set your minds on things above, not on earthly things.

**Philippians 4:13 (NIV)**

<sup>13</sup> I can do all this through him who gives me strength.

**Three (3) typed copies of the contestant's oration must be submitted to the judges at the time of competition. The contestant's name, age, church, pastor's name, and Conference YPD Director's name must be located on the back of each page of the oration. There are No exceptions to the rule.** Failure to submit copies of the orations will result in a penalty (i.e. 20 points deducted from total score).

Local YPD directors, please encourage your young people to start writing now and getting ready to present. They have 2 months to learn the material that they write.

**ESSAY WRITING CONTEST**  
(Ages 7-26)

**Theme: A Chosen Generation**  
**#GameChangers**  
**Scripture: 1 Peter 2:9**



Competitors, ages 7-26, will write an expository essay in response to a prompt. This competition can be done in-person during the Back Heritage Weekend or submitted online prior to Black Heritage Weekend. **Please find the online submission instructions detailed below.**

**Directions for electronic submission for the Essay Competition:**

- All essays must be written legibly or typed to be scored.
- Typed essays must be submitted using Word or as a PDF.
- Handwritten essays may be scanned and submitted as a clear and easy to read PDF or JPG.

- The prompts will be made available on the BHW website Thursday, February 12, 2026, from 6:30 PM until 9:00 PM EST.
- You will have one hour to complete your essay from the time you access the prompt.
- Please include your name, church and city, conference, and your start and end times at the top of your essay.
- Your essay must be submitted no later than 9:15 PM Thursday, February 12, 2026 in order to be scored.
- Your essay must be submitted to [bhwessays@gmail.com](mailto:bhwessays@gmail.com).
- You may not bring your written essay with you to Black Heritage Weekend. If you do not submit by the deadline, you must write your essay in person during your assigned session time.
- **All essays must be the competitor's original writing. Essays that are plagiarized or use artificial intelligence will receive no score and be disqualified from the essay competition.**

**• ALL PARTICIPANTS REGISTERED FOR THE ESSAY COMPETITION MUST CHECK IN DURING THEIR SESSION TIME. IF YOU HAVE SUBMITTED YOUR ESSAY ELECTRONICALLY, PLEASE LET THE ROOM MONITOR KNOW UPON ARRIVAL. YOU WILL NOT HAVE TO STAY FOR THAT ESSAY SESSION.**

The essay should respond to the prompt with an organized, on-topic essay that has correct grammar and conventions (spelling and punctuation).

#### **Age Categories**

Ages 7-10

Ages 11-13

Ages 14-17

Ages 18-26

All competitors will be given 45-60 minutes to write their essay.

The Scoring Rubric that follows will be used to judge essays and reward competitors. Essays will be scored on a scale of 1-6.

## BHW Essay Writing Competition Rubric

PURPOSE, ORGANIZATION, AND SUPPORT (4 POINTS)		CONVENTIONS OF STANDARD ENGLISH (2 POINTS)	
<b>Does the competitor's writing have...</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> an introduction paragraph</li> <li><input type="checkbox"/> a conclusion paragraph</li> <li><input type="checkbox"/> clearly formed body paragraphs that use mature words (for age group) to express thoughts</li> <li><input type="checkbox"/> a logical order that includes transition words or phrases</li> </ul>		<b>Does the competitor's writing...</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> use sufficient capitalization</li> <li><input type="checkbox"/> use sufficient spelling</li> <li><input type="checkbox"/> use sufficient punctuation</li> <li><input type="checkbox"/> make sense when read aloud</li> </ul>	
Superior writing = 4 points Excellent writing = 3 points Satisfactory writing = 2 points Fair writing = 1 point Unsatisfactory writing = 0 points	Total points:	Zero to very few errors = 2 points Some errors = 1 point Many repeated errors = 0 points	Total points:
<b>FINAL SCORE:</b>			

Judges: Please use this rubric as a guide to score competitor's essays.

- Total points in each category will be combined for the Final Score.
- Essays can receive a whole number score of 0, 1, 2, 3, 4, 5, or 6.
- You will score the essay one time. An additional judge will give a second score. The two scores will be averaged together.

**All essays must be the competitor's original writing. Essays that are plagiarized or use artificial intelligence will receive no score and be disqualified from the essay competition.**

## CHESS TOURNAMENT (AGES 8-26)

**Chess board set and chessboard** will be provided at the tournament. If you bring your own **chess set, your chessboard** can be made from wood, cardboard or vinyl. The board should be at least 14 1/8 inches wide. The chess pieces should be made of wood or plaster. The king should stand at least 2 3/4 inches.

You will play three games. Each game will be twenty minutes.

If you do not finish the game in twenty minutes, the winner is the player who has the most **points** left on the board when the time expires. Example of **points**:

King = 0  
 Queen = 9  
 Rook = 5  
 Bishop = 3  
 Knight = 3  
 Pawn = 1

A draw will be determined if you and your opponent make the same move on your respected squares at the same time during the course of the game. The third move is a draw if you capture all of your OPPONENT'S PIECES on the board. You have to checkmate your opponent in fifty moves or less. If you do not the game is a draw.



Before each game, shake your opponent's hand and wish him or her good luck. After the game is over, shake your opponent's hand and acknowledge their win.

There is no talking during the games.

Think before you move your chess piece. Once you touch a chess piece, you will have to move it.

If you have a question, raise your hand, a T.D. (Tournament director) will come to your aid.

You will compete against players within your age group.

Group # 1: Ages 8-10

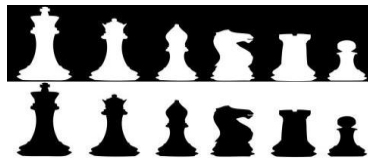
Group #2: Ages 11-13

Group #3: Ages 14-16

Group # 4: Ages 17-18

Group #5: Ages 19-26

Must have at least four (4) players or this group will play



### **SPELLING BEE COMPETITION (Ages 8-10 and 11-12)**

1. Participants must meet two basic requirements to qualify: (a) they must be a member or an affiliated member of an A.M.E. Church at the time of the Spelling Bee; (b) they must be in the age category of 8-12.
2. The BLACK HERITAGE WEEKEND Spelling Bee will be oral and is a **single** elimination contest.
3. In competition, after the announcer gives the contestant a word, the contestant is encouraged to pronounce the word before spelling it and after spelling it. The judges may not disqualify a contestant for failing to pronounce the word either before or after spelling it.
4. The contestant may ask the announcer to say the word again. The announcer shall grant the request. In the case of a homonym the announcer will use the word in a complete sentence prior to the contestant's turn to give the spelling. The contestant may also ask for the definition of the word.
5. The role of the announcer is to correctly pronounce the word and repeat the word at the speller's request. The role of the judges is to determine whether the contestant has spelled the word correctly. The role of the contestant is to spell the word correctly.

6. Having started to spell a word, a contestant may stop and start over; retracing the spelling from the beginning, but in retracing there can be no change of letters or their sequence. If changed in the respelling, the contestant will be eliminated.
7. The contest shall be conducted in rounds. Each contestant remaining in the Spelling Bee at the start of a round shall spell one word in the round, except as provided in Rule 9.
8. Upon missing the spelling of a word, a contestant is dismissed from the contest at the end of the round, except as provided in Rule 9.
9. When the contestants are reduced to two, the elimination procedure changes. At that point, when one contestant misspells a word, the other contestant shall be given an opportunity to spell that same word. If the second contestant spells the word correctly, plus the next word on the announcer's list, then the second contestant shall be declared the champion.
10. If one of the last two spellers misses and the other, after correcting the error, misspells a new word submitted to him/her, then the misspelled new word shall be referred to the first speller. If the first speller succeeds in correcting the error and correctly spells the next word on the announcer's list, then he/she shall be declared the champion. If both spellers misspell the same word, both shall continue in the contest, and the one who first misspelled the word shall be given a new word to spell.
11. Questions or concerns must be given to the assigned runner to pass directly to the coordinator. The coordinator will consult with the judges. The judges are in complete control of the Spelling Bee, and their decision shall be final on all questions.
12. The winners will be comprised of 1st, 2<sup>nd</sup>, & 3<sup>rd</sup> place winners.
13. NO CELL PHONES or PAPER will be allowed in the reserved competitors' seating area of the Spelling Bee Competition.

## **MUSIC COMPETITIONS**

### **(Ages 2-26)**

Dance routines, song selections and costumes should be in good taste and in keeping with our overall Christian theme. Competitors will exhibit their musical talent by performing (individually or in an ensemble) in the following areas of competition:

#### **Dance:**

- **Liturgical Dance – dance incorporated into liturgies or worship services as an expression of worship.**
- **Mime/ Pantomime – performance in which a story is told without words by using body movement and facial expressions.**
- **Creative/Expressive Dance – dance which stresses versatility and improvisation (includes: Tap and Jazz, Lyrical, Modern, Hip-hop, Musical Theatre and Swing)**

#### **Musical Performance:**

- **Instrumental Performance**
- **Vocal Performance**

#### Guidelines

1. Competition in each category is limited to a maximum of four (4) minutes. A designated timekeeper will signal to inform the contestant when one (1) minute remains.
2. Solo and ensemble competition will be categorized as follows: 2-6; 7-12; 13-17; 18-26. The age group is determined by the oldest member of the group. Each contestant is responsible for providing his or her own accompaniment. A piano will be located in the classroom where the competition will take place.
3. **Ensembles (dance OR musical) are limited to ONE GROUP PER CHURCH and NO MORE THAN SIX (6) members.** Points will be deducted for (1) lack of proper equipment (i.e., music player); (2) lack of a music track/CD; (3) chewing gum during performance; and (4) large or dangling earrings, necklaces or other types of jewelry (for dancers' safety).

**DANCE-----SOLO AND ENSEMBLE** will be rated on the following criteria:

Physical characteristics (body alignment, strength, endurance)	10 points
Movement (sense of rhythm, ease of movement, flexibility)	10 points
Precision/Rhythmic Accuracy (level of difficulty)	10 points
Creativity	10 points
Appearance (points deducted for large and dangling earring or necklaces)	10 points
Expression	10 points
Adherence to Time Limit	10 points
Level of Preparation (x3)	30 points
9-10    High level of preparation	
7-8    Above average level of preparation	
5-6    Average level of preparation	
2-4    Below average level of preparation	
0-1    Not prepared	
	<b>Total   100 points</b>

**MUSICAL PERFORMANCE -----SOLO AND ENSEMBLE** will be rated on the following criteria:

Pitch Accuracy	10 points
Rhythmic Accuracy	10 points
Tone Quality (Characteristic for instrument)	10 points
Expressiveness (dynamics, phrasing, tempo, articulation)	10 points
Technique (fluency, fingering)	10 points
Musical Effect (interpretation, artistry, stage presence, appearance)	10 points
Adherence to time limit	10 points
Levels of preparation (x3) see above	<u>30 points total</u>

**Three (3) copies of the instrumental music must be submitted to the judges in the room.** Failure to provide copies will result in a penalty (i.e. 20 points deducted from total score). The contestants name, age, church, pastor's name, and Conference YPD director's name must be located on the back of each page of the. There are no exceptions to the rule.

**VOCAL -----SOLO AND ENSEMBLE** will be rated on the following criteria:

Pitch Accuracy	10 points
----------------	-----------

Rhythmic Accuracy	10 points
Tone Quality	10 points
Expressiveness (dynamics, clear enunciation, phrasing, tempo)	10 points
Technique (posture, breath management)	10 points
Musical Effect (interpretation, artistry, stage presence, appearance)	10 points
Adherence to time limit	10 points
Levels of preparation (x3) see above	30 points
Total	100 points



## CONFERENCE COMPETITIVE EVENTS

The events detailed in this section are only for CONFERENCE COMPETITION. If you are interested in competing in one of the following categories, you must contact your Conference YPD Director.

### BRAIN BOWL COMPETITION AGES 7-12 AND 13-26

**Each Conference will sponsor one team ages 7-12 and one team ages 13-26 consisting of not more than five members and three alternates (eight members total).** Alternates will be used to replace team members if illness or other emergencies arise prior to or during the competition. At the discretion of the team coach, they may be substituted into the competition between rounds, or they may not be utilized at all.

Each Conference will appoint a captain and co-captain before the competition. The team captain and coach should arrive prior to the start of the event, as the randomizer will determine the team order (location details will be provided).

#### ***New set-up for Black Heritage Weekend Brain Bowl Competition***

The Black Heritage Weekend Brain Bowl competition has been revamped to create a fun, friendly, and exciting experience for all participants. The goal is for each team to participate in all three rounds. The randomizer will determine the order of play, and a lockout buzzer system will be used.

#### **Match Format**

- Each Match will consist of three rounds.

- ❖ **Round One “Lightening round”:** Team (Collaborative) Questions. Each Team will have 2 minutes (uninterrupted) to answer questions in this round. Each team should strive to answer as many questions as possible in the allotted 2 minutes.
- ❖ **Round Two “Tossup Questions”:** Each team will be able to answer tossups by signaling with their buzzer. Five (5) seconds will be given at the allotted time to respond/answer a question in round two. Any team member can answer questions in this round but must **wait** to be **recognized** by the moderator. This round will last for 5 minutes.
- ❖ **Round Three “Bonus Question”:** All teams will submit their answers on a provided answer sheet to record their final team response. This round will last for 2 minutes.
- There are no timeouts unless deemed necessary by the moderator.
- When the clock sounds the round is over. The moderator can continue asking the question and the team(s) will be allowed to answer.

### **Basic Scoring**

- Team Questions in Round One will be worth 5 points each.
- Tossup Questions in Round Two will be worth 10 points each.
- Team Bonus Question in Round three will be worth 15 points each.

### **Game Play**

- In Round One – Team (Collaborative) Questions will only be read once. The team member must begin his/her answer within 10 seconds after the reading of the question. The team captain can request to pass and move to the next question.
- In Round Two - After the moderator has finished reading a tossup question, players from both teams will have 5 seconds to buzz. The player who buzzed in is to wait until the moderator has called their name (each player should have a name tent) before saying their answer. If one team gives an incorrect answer at this point, the other team has another 5 seconds in which to answer. The 5 seconds will be timed mentally by the moderator, and he/she will use their discretion on when to call “time”.
- A player may signal (“buzz”) to answer a tossup at any point after the moderator has begun reading the question. The moderator will stop reading the question as soon as a player has buzzed.
- Only the player who has buzzed in and is recognized by the moderator may give an answer. The buzzing player must begin answering within 5 seconds after having been recognized. The moderator will use their discretion for how long 5 seconds is before calling “time”.
- If a player’s answer to a tossup is incorrect, or the 5-second period has expired, the moderator will, if necessary, finish reading the question for the other team. That team will have 5 seconds to answer. If a player on the second team answers correctly, the second team earns the points. If the second team’s player gives an incorrect answer, or no player on the second team answers, the tossup goes dead AND the moderator will provide the correct answer and move on to the next question.
- The moderator will ask for additional information (also called a “prompt”) if an answer is correct but less complete than what is required. Generally, last names of persons, or other commonly used names (“Obama,” “Beyoncé”) are sufficient.

### **What To Do When a Player Answers Who Did Not Buzz In?**

If a player who has not signaled gives a response, then the following situations may occur:

- If no other player has signaled, the response shall be treated as illegal by the player who gave it.
- If the player who responds is not on the same team as a player who did signal, the moderator will ignore the response (even if it is correct) and will recognize the player who signaled. Only that team’s player will have a chance to respond, the other team will not get an attempt at the question even if the signaling team’s answer is incorrect as the non-signaler has disqualified his team by illegal conferral.

- If the player who responds is a teammate of the player who did signal, and the responses are given simultaneously, the moderator will ignore the player who did not signal and evaluate the response from the player who did. No illegal conferring is called in this case, and the determination of simultaneity is not able to be protested.
- If a teammate of the player who signaled gives a response before the player who signaled gives a response, the moderator will treat that response as illegal conferring by the player who had not signaled.
- If a teammate of the player who signaled gives a response after the player who signaled gives a response, the moderator will ignore the player who didn't signal and evaluate the response from the player who did. No illegal conferring is called in this case.

### **Miscellaneous Notes**

- ✓ If the moderator inadvertently reveals the answer to a tossup question after one team has given an incorrect answer, but before the other team has had a chance to answer, the moderator will read a replacement tossup for the second team only, off the clock. If neither team has had a chance to answer, the tossup question is thrown out and replaced off the clock.
- ✓ If the score is tied at the end of the game, three tiebreaker questions (with no bonuses) will be played. If the score is still tied, sudden-death tossups will be read.
- ✓ The moderator can stop the game clock at their discretion to handle any matter that inhibits the match.
- ✓ The stage setup should be two rectangular tables for the two teams facing each other with a 3rd table between the two teams for the timekeeper, moderator, and scorekeeper. The three tables should be set up in an inverted U shape.
- ✓ The winner for the younger and older competitions will be decided by record first. If there is a tie at the top, then those two teams will face off in a tie-breaking match to determine the champion.
- ✓ Coaches will be provided score sheets to keep track of their team's score. Players will have scratch paper, and pencils furnished. A round-by-round tracking sheet will be posted outside the competition rooms.

NO CELLPHONES are allowed in the Brain Bowl Competitions.

6 Teams - 3 Rounds

Teams	Round 1	Round 2	Round 3	Final Score
1.				
2.				
3.				
4.				
5.				
6.				



## **CHEERLEADING COMPETITION—AGES 2-12 AND 13-26**

**Participants must be registered as a competitor in at least one of the academic categories in order to perform.** Each Conference may have one Junior Team (Ages 2-12) and one Senior Team (Ages 13-26). Judging of the competition will occur during the allotted time ranges given in the schedule. **Teams are limited to a maximum of fifteen (15) participants for each team—points will be deducted if you exceed maximum #.**

**The following cheers must be executed within the established time frame of 2 ½ minutes:**

**Sideline cheer    Spirit cheer    Floor cheer with changing of formation**

**Each team will be rated on team Spirit (10 points), Unity (10 points), and Precision (10 points).** A routine cannot be lengthened if the opponents are not prepared to participate. Teams will receive a five-point (5) deduction for failure to report to the floor when called by the announcer, a five-point (5) deduction for exceeding the time limit, a ten point (10) deduction for exceeding the maximum # of participants allowed.

All cheers must have a Christian theme. The Conference Director or her designee must attend a dress rehearsal and authorize the performance.

## **DRAMA COMPETITION**

**Theme: A Chosen Generation**  
**#GameChangers**  
**Scripture: 1 Peter 2:9**

**Participants must be registered as a competitor in at least one of the academic categories in order to perform.** A Conference Drama Team should not have more than eight (8) members. The dramatic presentation may be an original composition or must be written by an African-American or Bahamian author. Props will be limited to items that can be carried onto the stage in a shoebox. Participants may be dressed appropriately for the character being portrayed.

**Each dramatization will be judged on overall presentation (10 points), interpretation (10 points) and audience appeal (10 points).**

The Conference Director or her designee must attend a dress rehearsal and authorize the performance. The dramatic presentation must have a Christian theme.

## **ATHLETIC COMPETITION**

**In order to participate in any of the sports competitions, the player must have registered online and be in attendance as a competitor in at least one of the academic categories.**

Competitors will compete in the athletic events of **Basketball, Volleyball, or Kickball**. These Conference athletes will be obligated to follow the rules and regulations established. This list of rules/regulations is the only notification any team will receive of Black Heritage Weekend rules.

**Know these rules. They will be strictly enforced. New Rules & Guidelines are underlined!**

---

**BASKETBALL Ages 12-20  
Rules and Regulations**

1. Prior to the game, the Conference YPD Director or her designee may add (**only if player registered online and has competed in an academic event**) or delete names from the roster. Once rosters are set there will be no additions, except as specified in number 9 below. Coaches, referees, and scorekeepers are asked to be present in the **JWJ gym** at 11:30 a.m. for a pre-game briefing.
2. Each team is required to have a spiritual leader who will be responsible for spiritual directions. Before and after the game, each spiritual leader will read a scripture and lead both teams in devotion and prayer. The spiritual leader who reads the scripture before the game will pray after the game and vice versa.
3. Female Basketball Team (Ages 12-20) \*Grades and age requirement may be adjusted as needed– Girls Only  
Male Basketball Team (12-20)  
**Proof of age must be shown for all players over 18 (Driver's Licenses or Passports)**  
**Middle School Students Grades (6-8th) or ages 12 to 15 year olds to play 1<sup>st</sup> and 3<sup>rd</sup> quarters and High School Students (9 -12<sup>th</sup> Grade) or age 16 to 20 year olds to play 2<sup>nd</sup> and 4<sup>th</sup> quarters.**
4. Rules established by the **Florida High School Athletic Association (FHSAA)** will be followed with Modifications:
  - a. **Four 7-minute Quarters running time, last minute regulation time. 1<sup>st</sup> and 3<sup>rd</sup> Quarters will be played by Middle School Students grades 6<sup>th</sup> -8<sup>th</sup> or Ages 12 to 15 years old**
  - b. **All Teams and Coaches must be present five minutes before the game or will receive a forfeit.**
  - c. **The tournament is a single elimination tournament, if a team loses, they are out of the tournament.**
  - d. **There will be no 45-second clock**
  - e. **Black Heritage Weekend officials will be certified by the FHSAA & reserve the right to change FHSAA Rules.**
5. Black Heritage Weekend officials reserve the right to adjust game times due to availability of the gym, pending notification of the coaches involved.
6. All teams in the league will have one (1) time out per game with one additional time out given in overtime.
7. Five additional minutes (regulation time) will be allotted for overtime.
8. The maximum number of players on your roster for trophies is 12 players. **Teams must be comprised of BHW Registered Middle School and High School Students.**
9. If an eligible player becomes injured and not able to play, the coach may add one player to the roster after the deadline by notifying the athletic director (only if the player has been pre-registered, has competed in an academic event and **age appropriate**).



10. **The coach and team must report five (5) minutes before game time. If the coach and/or players have not reported by game time, the game will be forfeited, or player will not be allowed to compete.**
11. Coaches, umpires, referees, individual team scorekeepers, timekeepers, and the announcer must be present in the gym at 11:00 a.m. for a pre-game briefing.
12. Participants are asked to wear non-pocket shirts and trousers when playing. This is for safety reasons to prevent injuries. **All shorts must be worn at the waist and shirts must be tucked.** (FHSAA Regulations)
13. Absolutely no jewelry will be worn when playing. A two (2) shot technical foul will be charged to the team of the player(s) violating this rule.
14. No dunking or grasping the rim during pre-game or half time. A technical foul will be charged to the head coach for this violation.
15. Only the team coach is allowed at the score table during a game to:
  - a. Request a time out, to discuss a rule or scoring discrepancy.
  - b. Request a time out to prevent or rectify timing or a scoring mistake or an alternation Possession mistake. Coaches whose time out results in a non-discrepancy decision will be charged with a time out. The penalty for violating this rule is a two-shot technical charge to the coach/team in violation.
  - c. All teams should have a scorekeeper at the score table. Official Black Heritage Weekend Scorekeepers cannot answer any coach or player question about the number or fouls, time outs, etc. during a game.
16. Unsportsmanlike conduct fouls receive two (2) technical foul shots. Examples are:
  - a. Using profanity, physical contact or violence (results in automatic ejection from all games).
  - b. Baiting an opponent
  - c. Disrespect or physical contact with an official or players (contact is an automatic ejection). Two (2) technical fouls automatically disqualify a player or coach.
17. PROFANE language and vulgar/obscene gesturing are not permitted. This violation also constitutes an automatic two (2) technical fouls. Any person ejected for such a violation shall not be allowed to play for the remainder of the game or of the tournament.
18. No smoking or alcoholic beverages are allowed in the gym or on the grounds at any time.
19. There is to be no unnecessary carousing outside the gym during a game.
20. All coaches are responsible for the conduct of their players, players' families, and friends.
21. Any violation of a rule is subject to forfeiture of games in which the violation occurs.
22. Any player or spectator who does not submit to authority with regards to disobedience, disrespect, rudeness, unbecoming character, etc. will be suspended, dismissed and/or asked to leave the premises.
23. All teams are responsible for cleaning their bench areas after their game.

24. Black Heritage Weekend will not be responsible for any lost or stolen basketballs at any given gym site. It is commended that personal basketballs be kept out of the game.

### **CO-ED VOLLEYBALL AGES 13-26**

#### **Rules and Regulations**

1. Prior to the game, the Conference YPD Director or her designee may add (**only if player registered online and has competed in an academic event**) or delete names from the roster. Once rosters are set there will be no additions, except as specified in number 9 below. Coaches, referees, and scorekeepers are asked to be present in the JWJ Gym at 11:00 a.m. for a pre-game briefing.
2. Each team is required to have a spiritual leader who will be responsible for spiritual directions, as well as scripture readings. Before and after the game, each spiritual leader will read a scripture and lead both teams in prayer. The spiritual leader who reads the scripture before the game will pray after the game and vice versa.
3. Rules established by the Florida High School FICA with modifications will be followed.
4. Black Heritage Weekend officials reserve the right to adjust game times due to availability of the playing area, pending notification of the coaches involved.
5. Substitutions are to be made only from the middle right position on a nine ((9) member team and the back left on a six (6) member team. Substitutions will only occur during a side out when the serving team is in possession.
6. Teams are to rotate on side out only when the serving team is in possession.
7. Black Heritage Weekend game rules:
  - a. Service is made from the right back position. The server must remain behind the line until the ball is over the net.
  - b. All points are given only to the serving team
  - c. In volleyball, any ball served or volleyed which touches the boundary line is considered in bounds. If the ball touches the net on a serve, a violation results.
  - d. No other teammate may assist the ball over the net on a serve.
  - e. Hands in the net constitute a violation.
  - f. Catching and throwing the ball in volleyball is a violation.
  - g. In volleyball, the ball can be volleyed no more than three times before going over the net.
  - h. All other violations constitute a time out.
8. If an eligible player becomes injured and not able to play, the coach may add one player to the roster after the deadline by notifying the athletic director (only if the player is pre-registered and has competed in an academic event).
9. Teams will consist of no more than twelve (12) players.
10. If a Conference team has less than nine (9) members, the opposing team must adjust its court size to the equivalent number. If a Conference team has five (5) or less members, the game is forfeited.

11. The modified score for Black Heritage Weekend Volleyball is thirteen (13). A team must win by two (2) points.
12. Absolutely no jewelry will be worn when playing. Any person violating this rule will not be allowed to play.
13. Unsportsmanlike conduct will result in disqualification and a side out. Three violations of unsportsmanlike conduct will result in forfeiture of the game.
14. Additional rules to player conduct, safety and decorum are as specified under the rules for BHW basketball.

### **CO-ED KICKBALL ---AGES 7-12**

#### **Rules and Regulations**

1. Each Conference may have **ONE ages 7-12 kickball team**. Prior to the game, the Conference YPD Director or her designee may add (**only if player registered online and has competed in academic event**) or delete names from the roster. Once rosters are set there will be no added names, except as specified in number 9 below. Coaches, referees, and scorekeepers are asked to be present on the kickball field at 11:00 a.m. for a pre-game briefing.
2. Each team is required to have a spiritual leader who will be responsible for spiritual directions as well as scripture reading. Before and after the game, each spiritual leader will read a scripture & lead both teams in prayer. The spiritual leader who reads the scripture before the game will pray after the game and vice versa.
3. **Each team is allowed up to twenty (20) members per team**. Each team member is allowed one kick.
4. Each team will have one member to pitch to their team.
5. Pitched balls must be rolled to home base.
6. All pitched balls must be kicked or the batter is out.
7. Any ball kicked in foul territory is considered an out.
8. The pitcher is not allowed to interfere with the kicked or thrown balls. The batter is out when this violation occurs.
9. If an eligible player becomes injured and not able to play, the coach may add (only if the player is preregistered and has competed in an academic event) one player to the roster after the deadline by notifying the athletic director.
10. There is absolutely no exception to the one kick per player per game ruling.
11. Games will be forfeited if there are less than nine (9) players per game ruling.
12. If a Conference team has less than twenty (20) players, the opposing team must adjust its field size to the equivalent number.

13. The pitcher of both teams will be the last kicker. Any player may substitute pitch to the last kicker.
14. No one is allowed to stand on base or in the base line to impede the runner's progress.
15. For safety reasons, no player is to be tagged at any time. Players need only throw the ball ahead of the runner, tag the base, and the player is out.
16. No runner can leave the base before the ball is kicked or the runner is out. Stealing bases is not permissible.
17. The defense cannot throw the ball and hit a runner for an out. The runner will be given an extra base for this penalty.
18. All runs count when a player reaches each base without being tagged or forced out.
19. There is no sliding or the runner is out.
20. All scores made before the defense gets the ball to home plate of the last kicker will count.
21. Absolutely no jewelry will be worn when playing. Any person violating this rule will not be allowed to play.
22. All rules relating to conduct, decorum, and safety as outlined when Black Heritage Weekend Basketball and Volleyball apply, also to kickball.
23. Teams and Coaches or representative are to report to the field at 11:30 a.m. to draw for bracket placement at 11:40 a.m. The first game will begin at 12:00 noon.
24. The competition brackets will be set as follows:
  - a. A coach or representative of each team present for the drawing will draw a blind number that will determine the bracket and game time for his/her team.
  - b. In the event there is an odd number of teams, then one team will receive a bye and automatically advance to the next round.
  - c. A copy of the brackets will be available in a common area for team coaches and supporters will view.
  - d. Games will consist of 3 innings and 3 outs.
  - e. The 3rd inning may have additional outs to ensure that every player has a turn to kick.
  - f. The bottom half of the bracket will be the home team.
  - g. The losing team in each bracket is eliminated from the competition. (Single elimination)
  - h. In the event of a tie after three innings, extra innings may be played.
  - i. The game ends if the visiting team is ahead and the home team fails to tie or go ahead during their half of the inning.

This process is designed to eliminate forfeits and confusion about playing time and will result in a smoother running event.

## **FLAG FOOTBALL Rules and Regulations**

Ages (13-15 and 16-18)

\*The officiating will be done by officials (referees) who are in absolute control of the game.

\*Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials.

\*The officials and or event coordinators (**LaMone, Ronnika, or Dzestinee**) have the power to make decisions on any matters or questions not specifically covered in the rules.

\*Each team is required to provide a scorekeeper and down marker operator, which will be assigned by the Conference Director or Team Coach.

\*The NIRSA Flag Football Rules will govern play for any rules not mentioned in the following rules:

### **1. Team Requirements**

- All players must be pre-registered for BHW and have participated in at least one academic event.
- Each Conference is allowed to have no more than two co-ed teams.
  - Junior Varsity Team Ages 13-15
  - Varsity Team Ages 16-18
- A team shall consist of no more than fifteen (15) players. No more than seven (7) active players shall be on the field at a time. A team can play with a minimum of 5 players.
- **The offensive team must have any 4 players on the line of scrimmage at the time of the snap.**
- Substitutions are allowed between plays and during time outs.
- All players must be recorded on the roster and waiver form (with personal and parental signatures) before they are allowed to participate.
- The designated team area is located between the 20-yard lines, two yards off the sideline. This area is for all players and a maximum of two coaches including the Conference Director.
- The spectator area is designated as at least five yards from the sideline. Spectators are not allowed in the team area or on the field.

### **2. Equipment and Facilities**

- All players must wear shoes.
- Rubber cleated shoes will be allowed. Open toe, open heel or hard soled shoes will NOT be allowed. No metal cleats.
- Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his or her shorts inside out or tape his or her pockets in order to play.
- Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- **Covering Flags: A team will get 1 warning, then a 10-yard penalty will be assessed. (No Further Warnings will be given.)**
- All flag belts must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
- Each team must provide their own football. There are no requirements regarding ball pressure and markings. All Footballs shall be the regular size. No intermediate, youth, or junior size footballs will be allowed. The Officials or Event Coordinators shall be the sole judge of any ball offered for play and may change the ball

during play at his or her discretion. During the game each team must use a legal ball of its choice when in possession.

- Equipment such as helmets, billed hats, bandana's, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Soft knee braces and gloves may be worn.
- Teams must use flags provided by the 11<sup>th</sup> District YPD. All team members must wear the same color shirt. Shirts must be fully tucked in the pants or shorts at all times. Shirts may not have pockets and may not be tied in visible knots. No hooded sweatshirts...if wearing a hooded sweatshirt this will result in an illegal equipment penalty of 10 yards.

### **3. Start of the Game and Timing**

- Toss of the Coin-Three minutes before the start of the game, the officials will conduct a captain's meeting in which he or she will designate which captain shall call the toss of the coin. **The captain winning the toss will have a choice of options for the first half or shall defer his/her option to the second half:**
  - to choose whether his or her team will start on offense or defense.
  - to choose the goal his or her team will defend
    - The captain, not having the first choice of options for a half, shall exercise the remaining option.
- Two 60 second time-outs a half are allowed per team.
- The ball must be put into play no more than 25 seconds after the official has placed the ball.
- Games will consist of two 20-minute halves with a three-minute half time. Timing will be continuous for the first half, and the first 18 minutes of the second half. Only coach and official time-outs can stop the clock. Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the time left on the clock. The clock will restart on the snap.
- **2-minute Warning** (NIRSA 2009 & 2010 Rule Book Rule 3 Section 2 Article 7 pages 28 – 29)  
During the final two (2) minutes of the second half the clock will stop for a:
  - Incomplete legal or incomplete illegal forward pass – clock starts on the snap.
  - Out-of- bounds – clock starts on the snap.
  - Safety – clock starts on the snap.
  - Team time-out - clock starts on the snap.
  - First down – dependent on the previous play.
  - Touchdown - clock starts on the snap (after the Try).
  - Penalty and administration – dependent on the previous play. (EXCEPTION: Delay of game – clock starts on the snap).
  - Referee's time-out – clock starts on his/her discretion.
  - Touchback – clock starts on the snap.
  - Team A (offense) is awarded a new series – dependent on the previous play.
  - Team B (defense) is awarded a new series – starts on the snap. (ie. Interception)
  - Either team is awarded a new series following a legal punt - clock starts on the snap.
  - Team attempting to conserve time illegally – clock starts on the ready.

***PLAY:*** Team A, losing, is de-flagged with 10 seconds remaining in the game. They line up quickly and snap the ball prior to the Referee making it ready for play. There are 2 seconds on the clock. ***RULING:*** Delay of game penalty. The Referee will start the game clock on the ready as Team A is attempting to conserve time. Prior to sounding the whistle, the Officials will inform Team A captain that the game clock will start on the ready.

- Team attempting to consume time illegally – clock starts on the snap.

**PLAY:** During the second half, Team A leads Team B 14-12 with the game clock running. Player A false start with 50 seconds remaining on the game clocks. **RULING:** Enforce false start, if accepted. The Referee will order the game clock to start on the snap due to Team A attempting to consume time.

- Inadvertent whistle – clock starts on the ready.

#### **4. Game Rules**

- Profane language and vulgar/obscene gestures are NOT permitted. This violation also constitutes an automatic 10-yard penalty and ejection from the game.
- All coaches and conference directors are responsible for the conduct of their players, parents and spectators.
- Any player or spectator who does not submit to authority with regards to disobedience, disrespect, rudeness, unbecoming character etc. will be suspended, dismissed and/or asked to vacate the premises immediately.
- All coaches and players are responsible for their own belongs and assume the risk of participation in such activities.
- Field dimensions are 80 yards by 40 yards with 10-yard end zones, yard markings every 10 yards.
- The ball will be placed on the 14-yard line after every touchdown.
- A team shall have four consecutive downs to advance to the next zone line to gain (and earn a first down).
- The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain.
- A new series of downs will be awarded when a team moves the ball into the next zone.
- Flag Belt Removal
  - When the flag belt is taken from the runner, the down shall end, and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
  - If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees constitutes a capture.
  - A player may leave their feet to remove a flag. However, a play may not cause another player to leave their feet when attempting to remove their flag or stop them from scoring. This will result in a 10-yard penalty.
  - The ball becomes dead when:
    - a legal de-flagging occurs.
    - the ball carrier touches the ground with any part of their body other than their hands or feet.
    - a fumble hits the ground.
    - a snap from the center touches the ground. (Officials discretion on the call.)
- Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
- The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker. The ball may be moved with approval by the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of scrimmage during a scrimmage play and 1 yard from the line of scrimmage for a punt. Penalty: Illegal procedure.
- Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
- For a legal catch, a pass receiver must come down with at least one foot in bounds with possession or control of the ball.

- Rush-The defense must line up at least 1 yard from the line of scrimmage. This is true even when the offensive team is less than one yard from the end zone or the zone line to gain.
- All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven active offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays. These plays will result in a 10-yard penalty for illegal participation.
- Fumbles
  - Fumbles are dead when the ball touches the ground.
  - The ball is put into play at the point where the ball first touched the ground.
  - Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
  - A ball fumbled into the offensive team's end zone will result in a safety. If the ball is fumbled into the opponent's end zone the result is a touchback (opponent's ball on their 15-yard line).
- **The ball is placed on the 14-yard line after a safety. The team receiving the 2 points for the safety will put the ball into play with a series of downs.**
- The ball is placed on the 14-yard line after a touchback. The team puts the ball into play with a series of downs.
- Extra Point Attempts- **A try for three points will be taken from the 20-yard line.** A try for two points will be taken from the 10-yard line. If the defense should intercept a pass, they may return it for a score. A score will equal **three** points, regardless of whether or not the attempt is for **two, or three points.**
- Tie score at the end of the game - The field captains shall be brought together, and a coin toss will be conducted. The overtime format will be repeated until a winner is declared. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices. Each team will be given 4 downs from the same 20-yard line to score a touchdown. If the first team scores, then the second team will still have 4 downs to attempt to win or tie the game. If the defense intercepts the ball and returns it for a touchdown, the game will be over. If not, the ball will be placed at the 20-yard line to begin the series of four downs. Conversion attempts will be held as in regulation play. Each team is entitled to one time out per overtime period.

## Scoring

**Points can be scored in the following manner:**

**Touchdown = 6 points**

**Extra point = 3 points (if successful from the 20-yard line)**

**Extra point = 2 points (if successful from the 10-yard line)**

**Safety = 2 points**

**A safety is called when an offensive player is down with the ball in his own end zone.**

## 5. Screening

Blocking, as in regulation tackle football, is PROHIBITED! A screen block shall take place WITHOUT PHYSICAL CONTACT. The screen blocker shall have his or her hands behind his or her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is ILLEGAL!!!! A blocker may use his or her hand or arm to break a fall or retain his or her balance. A player must be on his or her feet before, during, and after screen blocking. Penalty-personal foul, 10 yards.

## 6. Flag Belt Removal

- In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his or her hands ONLY. A defensive player may NOT hold, push or knock the ball carrier down in an attempt to remove the flag. Penalty – Personal foul, 10-yards.



- No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. Penalty: personal foul, 10-yards (flagrant offenders will be ejected from the game and possibly suspended from future BHW games).

## **7. Kicking the ball**

- 7.2 Protected scrimmage kicks (Punts)-**NO RUSHING FROM DEFENSE!!!!!!!**
- a. Punts must be announced before the ball is ready for play. The kicking team (offensive team that is kicking the ball) must have 4 players on their line of scrimmage. Punts must be snapped from the center. The punter must be at least two yards off the line of scrimmage upon receiving the snap and must punt the ball immediately. There will be no movement by the offensive players until the ball is kicked. Penalty-5 yards.
- b. Defensive players may not enter the neutral zone until the ball is kicked.
- c. The ball may be advanced by the receiving team after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at that spot.
- d. Quick kicks and fake punts are illegal.
- e. Once the ball is punted, any player on the kicking team or receiving team may block the punt. If the blocked punt is caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the blocked punt anywhere in the field of play.

## **8. Clarification**

8.1 A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Illegal flag belt removal, 10-yards.

8.2 A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. Penalty: defensive pass interference, 10-yards and automatic first down.

8.3 A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he or she touches the ball, it is roughing the passer. Penalty: 10-yards and automatic first down.

8.4 A player may not fasten his or her flags to his or her uniform or belt other than prescribed in the rules. Penalty: 10-yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. **(Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.)**

8.5 Pushing or chucking a receiver/defender is NOT allowed. Penalty: Illegal use of hands. 10-yards.

8.6 An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.

8.7 Any dead-ball penalty occurring after a touchdown will be assessed on the extra point. Any dead ball penalty occurring after a conversion will be assessed on the next play from scrimmage at the 15-yard line.

8.8 An offensive player may NOT stiff arm or guard his or her flags by blocking them with their hands or the ball.

8.9 When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.

8.10 All players on the field must wear flags. Failure to do so will result in a five-yard penalty, if noticed prior to the ball being snapped. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).

8.11 The offensive team is responsible for retrieving the ball after a play. The offensive team, if they choose, may bring the ball into the huddle.

8.12 The 25 second clock begins when the official signals "ready for play."

### **SUMMARY OF FOULS AND PENALTIES**

#### ***Loss of 5 yards:***

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal Snap.
4. False start.
5. Encroachment.
6. Illegal Procedure.
7. Illegal forward pass (5 yards from point of pass and loss of down).
8. Intentional grounding (5 yards from point of pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

#### ***Loss of 10 yards:***

1. Delaying the start of either half.
2. Two or more consecutive encroachments during same interval between downs. The initial encroachment 5 yards.
3. Illegal participation.
4. Offensive pass interference. (Loss of down)
5. Defensive pass interference. (Automatic 1st down)
6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down)

7. Unsportsmanlike Conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier. 2nd offense is unsportsmanlike conduct (disqualification).
10. Hurdling.
11. Unnecessary contact of any sort.
12. Roughing the passer. (Automatic 1st Down)
13. Defensive use of hands.
14. Guarding the flag belt (and stiff arming).
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant unsportsmanlike conduct. (Disqualification)
19. Flagrant personal fouls. (Disqualification)
20. Intentionally tampering with flag belt. (Disqualification)
21. Illegal equipment.

\*\*The 11<sup>th</sup> Episcopal District YPD, the Flag Football Coordinators and all staff/volunteers promote and encourage good sportsmanship. Unsportsmanlike conduct will not be tolerated in any form.

## **NON-COMPETITIVE EVENTS**

### **OBSTACLE COURSE---AGES 2-6**

Youth will participate in a series of challenging physical obstacles which they must navigate while being timed. The course may include running, walking, jumping, pulling, pushing, and balancing, with the aim of testing speed and endurance.

After completing the course, ALL participants will receive a prize medal.

### **STEP SHOW**

*(Non-Competitive Conference Event)*

**PARTICIPANTS MUST BE REGISTERED AS A COMPETITOR IN AT LEAST ONE OF THE ACADEMIC CATEGORIES IN ORDER TO PERFORM IN THE STEP SHOW.**

Conferences are limited to ONE team and must adhere to the following guidelines:

- There is no limit to the number of participants.
- The Step Show is limited to five (5) minutes.
- No vulgar or inappropriate language or dress will be allowed.
- All chants must have a Christian theme.
- All participants MUST practice with their Conference YPD Director or her designee prior to the Black Heritage Weekend
- NO HARD-BOTTOMED SHOES ARE ALLOWED WHEN PERFORMING IN THE SCHOOL GYMNASIUM.
- Canes must have rubber tips on them.

