

# LEST 2019 MANUAL



CONCORDIA  
UNIVERSITY

-PORTLAND, OREGON-

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## **HISTORY**

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The first LEST was held in 1962 with four Portland area schools (St. Paul-Sherwood, Trinity-Oregon City, Trinity-Portland, and Martin Luther-Portland). This first gathering involved a boys basketball tournament, and a few years later a volleyball competition was added for the girls. As word of the tournament spread, schools from outside of the Portland area (Idaho, Montana, California, Southern Oregon, Nevada, and Washington) began traveling by car, train, plane, or bus to participate in the LEST. In the early years, Luther Hall was transformed from a classroom building to a dormitory for visiting teams. Over the years additional activities and competitions (now including over 20 individual and/or team events) were added. Concordia University is proud to host close to 1000 participants from as many as 21 Lutheran elementary schools from around the Pacific Northwest and northern California. Schools from British Columbia, Canada, and Nebraska have recently attended LEST.

## **PHILOSOPHY STATEMENT**

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The LEST is a ministry of Concordia University-Portland in partnership with elementary schools of the Lutheran Church-Missouri Synod. The LEST is based on the value of Christian education that emphasizes the love and praise of God, thankful use of personal talents and service to others. The primary goal of the LEST is to provide an organized structure to promote fun, skill development, fair play, and fellowship among Lutheran elementary school youth through academic, athletic, and recreational activities.

The tournament offers a variety of individual and team events that facilitate participants' emotional, intellectual, physical, and spiritual growth. Participation and maximal involvement for each school is encouraged. It is the position of the LEST that participation in competition can facilitate optimal growth and development. By focusing on doing ones best, instead of overemphasizing winning, it is hoped that competition will promote a positive feeling of self-worth, as well as lifelong participation in academic and recreational activities.

## **GENERAL GUIDELINES**

A majority of the services and facilities provided for the tournament are donated. There are, however, rental fees, special contest adjudicator's honorariums, and miscellaneous expenses associated with the tournament. To help defray some of these expenditures a 'Participation Fee' is assessed to each school participating in the LEST which is based on the number of students participating from each school.

Schools may be permitted to enter two separate teams in the basketball tournament. Entry of a second team is dependent upon the number of schools entering and availability in the schedule. A second team will not be permitted to enter if it eliminates the participation of a team from another school.

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## **General Guidelines (continued)**

To be eligible to enter a second basketball team a school must:

1. pay an additional \$50 per extra team.
2. enter teams that play separate schedules throughout the year.
3. submit team rosters with two distinct lists of players (switching or floating players back and forth between the two teams does not meet the intention of the third criteria).

If any of the above criterion are not met, schools may still be permitted to participate in exhibition games (not advancing in brackets) to fill out tournament brackets.

A determining factor in bracket placement for schools entering multiple teams is based on enrollment in the 5<sup>th</sup> - 8<sup>th</sup> grades of the entering school. A breakdown of the criteria for divisions is further described in the basketball section of the tournament manual.

Guidelines for participation in academic and athletic events, as well as criteria for contest evaluation, are also detailed in the pages that follow. Schools may make application for participation in the LEST by completing the **Registration Form**. The following dates are set to expedite the registration process:

- December 7, 2018 - Application deadline
- Mid-January - Tentative schedules & basketball brackets will be emailed and posted on the LEST website
- Early February - Final schedules & brackets will be emailed & posted on the LEST website

## **SCHEDULE OF EVENTS**

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The tournament is held on the weekend before the third Monday of the month in February. The 2019 LEST will be held February 14 - 16, 2019. The basketball tournament begins on Thursday morning and continues all day Friday and Saturday. Academic competitions, art displays, music competition, and other athletic events take place at multiple locations throughout the three days. **Since many activities occur simultaneously, schools are encouraged to involve as many different students as possible in events and help students make choices between events that could have conflicting schedules.**

Hours for the Concordia University Dining services will be announced in January.

## **SUPERVISION**

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Each school is responsible for supervision of their students during all LEST events. Parents and/or school administrators of unsupervised youth will be contacted and appropriate discipline measures will be implemented. Administrators are requested to secure appropriate health forms and emergency information for each participant. Emergency numbers for the tournament director and site supervisors will be provided on the LEST website.

# ART DISPLAY

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## DESCRIPTION/REGULATIONS

The art display provides recognition for each student's contribution. There are no permanent criteria for this activity but all artwork must be original designs (nothing copied from magazines, cards, pre-packaged craft projects, etc.). Each contribution must also carry with it an identification label with the artist's name, grade level, and school.

## SCHEDULE

***To give judges plenty of time to evaluate each piece of artwork, schools should mail/deliver as much artwork as possible to Concordia University by February 1. It is much more likely that artwork delivered by February 1 will have personal comments to the artist rather than just a ribbon.*** The remainder of the artwork should be delivered to SEAC on the second floor of the Hagen Center by 11:00 AM on Thursday, February 14 (the first day of the LEST). The art will be on display in SEAC throughout the tournament. Art needs to be picked up before closing ceremonies or it will not be returned. A ribbon and possibly comments and evaluations will appear on each work. Acknowledgement of the art display is made at the awards ceremony on Saturday. Announcement of the following year's "LEST LOGO DESIGN" is also made at the awards ceremony (see below for further explanation).

## HOW TO PARTICIPATE

There is no prior registration for the art display. Each school should mail or deliver as much flat artwork as possible to Concordia University by February 1 and bring the remainder of its contributions to SEAC on the second floor of the Hagen Center by Thursday morning of LEST. Please observe a limit of **15** total artworks per school, one piece of art per student, and no more than five additional LEST logo entries per school. Remember to take your artwork home with you when you leave! Concordia University will not be able to store or return artwork left behind.

## LEST LOGO DESIGN

The LEST logo design was begun in 1989. Each school is limited to five entries for this event. One design will be chosen for the following year's LEST and a brief presentation will be made at the awards ceremony. Recommendations are that the design is simple and that some religious wording and/or artistry be used in the entry. The design is to be done in pencil or black ink on white 8 ½ x 11 inch paper. Logo designs should be submitted with the art entries. The LEST reserves the right to make any changes or modifications to the design chosen for the logo.

## **BASKETBALL (BOYS AND GIRLS)**

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**OVERVIEW:** The basketball tournament is one of the original events of LEST. There is a boys tournament and a girls tournament each year, with the number of divisions determined by how many teams submit entries. Schools are asked to commit themselves to repeated participation in the tournament rather than one-time or occasional play.

**TOURNAMENT BRACKETING:** Team placement into divisions is typically determined by the school's student enrollment in grades 5-8. Schools may request to have more than one team in the tournament if they have a second team at their school that plays an independent schedule during their season. Schools with a second team cannot have players play on both of their teams. A second team may advance in the bracket unless it is classified as an exhibition team, which is a non-advancing team. It is not the goal of the LEST to do intensive seeding and research on teams prior to the tournament. Avoiding having teams play first round games against teams they play during the regular season as well as previous year LEST tournament results are taken into account for tournament seeding purposes.

**REFEREES:** The referees are volunteers from the Portland Basketball Officials Association and other selected volunteer officials. These individuals come under the supervision of the LEST Director. Full cooperation from all schools and fans during the basketball competition is expected. Schools should specifically address the issue of Christian sportsmanship with their teams and supporters prior to attending the LEST.

**SCHEDULE:** The tournament brackets are completed in January, with the final official brackets being published in the tournament program. Larger, poster-type brackets are posted and filled out during the tournament. Typically the tournament is double elimination, with each team being guaranteed two games.

**RULES:** All games will be regulated by the rules of the Oregon Schools Activities Association (OSAA) with the following exceptions:

1. Quarters will be 6 minutes long.
2. No full court press will be permitted after a 20 point lead is attained. After the first infraction the team will be warned. Every following infraction will result in a technical foul.

Schools are required to bring a scorebook and have their starting line-ups posted in the book prior to the game's beginning. The designated home team will provide someone to keep the official scorebook and the visiting team will provide someone to run the clock. The home team is responsible for having someone say the opening prayer.

**HOW TO PARTICIPATE:** Each school must register their team(s) by indicating a commitment to participate on the LEST Registration Form no later than December 7. A copy of each team roster is to be submitted by January 18. A draft of the tournament bracket and schedule will be released in late December or early January. Review, input, and feedback by the school's Athletic Director and/or Basketball Coaches within 4 days of posting this draft will help improve the final tournament schedule and enhance the experience of all participants.

# CHAMPIONS OF CHARACTER AWARD

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## ***DESCRIPTION***

As part of LEST, each participating school is invited to nominate one student from their school that models and strives to live as a Champion of Character. The Champions of Character representative from each school must be a sixth, seventh, or eighth grade student participating in at least one LEST event. As part of the LEST opening or closing ceremonies the LEST Champion of Character recipient will be given an award and will be recognized by Concordia University for their positive leadership.

## ***CHAMPIONS OF CHARACTER QUALITIES:***

***Integrity***

***Respect***

***Responsibility***

***Sportsmanship***

***Servant Leadership***

## ***NOMINATION PROCESS***

Each school participating in the Champions of Character Award should:

- Select one LEST participant from grades six through eight. The selection process is determined by each school's LEST coordinator and/or faculty.
- List the LEST events/competitions in which the student is participating on the Champions of Characters Nomination Form.
- Write a description (no longer than 50 words) that tells how the selected student models the Champions of Character values in their life.
- Submit the Champions of Characters Nomination Form to the LEST director by January 18, 2019.

# CHEERLEADING COMPETITION

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## **CHEERLEADING DESCRIPTION/REGULATIONS**

The Cheerleading Competition is conducted with two divisions, "A" and "AAA." The "A" division is for schools with an enrollment of less than 75 students in the 5<sup>th</sup>-8<sup>th</sup> grade and the "AAA" division is for schools with an enrollment of 75 or more students in the 5<sup>th</sup>-8<sup>th</sup> grade. Squads are comprised of 5<sup>th</sup> - 8<sup>th</sup> grade students (male or female). Team trophies will be awarded for no more than half of the number of teams registered in each division (i.e. 4 teams = 2 trophies). The LEST may also provide outstanding performance awards for individual or group demonstrations.

**SQUADS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS with an advisor in attendance. They must also have been in existence through the basketball season, cheering at home and/or away games. No school may have more than one Cheerleading squad competing at LEST.**

## **HOW TO PARTICIPATE**

1. Cheerleading squads must send in the **fully completed Cheerleading Registration form no later than December 7**. Please be sure to use the proper form available online at the LEST website.
2. Each cheer team is **required** to submit an in-order outline of their routine with a list of all stunts, stacks, dismounts, and tumbling that they plan to use for their LEST routine. Please include photocopies of the pages in the NFHS Spirit Rules Book where these stacks/stunts/dismounts/tumbling are shown to be legal. **This outline must be received no later than January 18**. Squads may eliminate stunts that they cannot perfect by the LEST but will not be allowed to add any new ones. Please send a list of any deleted items by February 1. The Judges will use these outlines as part of their scoring tools.

**Each participating school should refer to the NFHS website for the National Federation of High Schools Spirit Rules Book:**

<http://www.nfhs.com/searchadv.aspx?IsSubmit=true&SearchTerm=spirit>

## **SCHEDULE**

The individual Cheerleading squads will cheer at their school's basketball games, as desired. The LEST Cheerleading Competition date and time will be given in the LEST schedule, which will be distributed in January. It will run in conjunction with the Dance Competition. Schools that have a Dance Team and a Cheerleading squad will be properly spaced so that no school will have their Cheerleading squad perform right before or right after their Dance Team.

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## **CHEERLEADING (continued)**

Even though the two competitions are run simultaneously, they are judged separately and on different criteria. Please pay close attention to the judging forms (available on the LEST website) for the respective competitions. Scoring is based on the fundamental skills listed on the judging forms. The judges scoring criteria is also available on the LEST website.

A performance schedule for the Cheerleading and Dance competitions will be posted on the LEST website in early February.

### **Major requirements for Cheerleading team routines:**

1. Squads must consist of 4 or more members, with a maximum of 20 cheerleaders on the floor at one time.
2. Total routine time limit is 3 minutes, with no more than half of the routine done to music. Time begins with the first note of music or the first organized motion. Time ends when all team members have cleared the floor completely. Teams that exceed the total time limit will receive a 10 point deduction. Teams that exceed the one and one-half minute music limit will receive a 10 point deduction.
3. Music is required to be on a CD, thumb drive, cell phone, or MP3 player (not provided). All music must be properly registered on the Dance/Drill Registration form listing Song, Artist, Album, and Recording label for each piece of music. This is due to copyright laws. **No music with inappropriate language or theme will be allowed, even if it has been edited out!**
4. Competition routines shall contain at least one chant/sideline cheer and one floor/crowd cheer. (Leading the crowd will increase your score as per the score guidelines.)
5. **All stunts must be performed on mats.** Mats will be available by request (see Cheerleading Registration Form). You are responsible for placing and removing the mats for your performance.
6. Additional information can be found in the Cheerleading Competition Rules located on the LEST website.

### **Judges/ Timers**

There will be both Standard Judges and Technical Judges for the Cheerleading Competition. Judges will be seated in the upper section of the East side of the gym. Keep this in mind when preparing your routines. There will be two timers for the competition. One timer will be seated with the Judges and one will be on or near the floor. In the event that one timer finds a timing violation and the other does not, a time violation will be taken.

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## **CHEERLEADING (continued)**

### **Score Sheets and Awards**

Teams will receive their score sheets after the LEST has concluded. Usually they will be emailed within a few weeks after LEST has concluded. In addition to their own score sheets, they will receive a copy of all score sheets from each team in their division. Team awards will be given out on Saturday at the awards ceremony

**LEST WILL BE NOT BE VIDEOTAPING THE CHEERLEADING/DANCE-DRILL COMPETITION.**

# CHESS TOURNAMENT

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## DESCRIPTION/REGULATIONS

The LEST Chess Tournament is a competition conducted using the United States Chess Federation (USCF) National Scholastic Chess Tournament Regulations ***as a guide***. There are four divisions to the tournament (5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grades), with a limit of one student from each school for each division. The registration form will allow you to also supply the name of an alternate for each grade in case the first person is unable to participate at the LEST Chess Tournament. There will be team awards for the three teams that score the highest number of cumulative points among their school's chess participants. To facilitate the team scoring, an alternate will be allowed to play a match if the original player cannot attend a subsequent match because of conflicting events. Any points that the alternate earns will not go toward the individual player for whom they are filling in, but any points they earn will go toward the team award. A player missing a match because of a conflicting LEST event will be at a significant disadvantage as far as earning an individual chess award. Allowing alternates to fill in for a player who has a time conflict will give the opportunity for more students to participate and give more of a "team" feeling for all of the team members from each school.

The following General Regulations apply:

1. All games will be played with standard tournament chess sets which will be supplied by Concordia University.
2. Clocks will not be used, except at the referee's discretion.
3. A referee will be present who will adjudicate or clock games when necessary or at the referee's discretion. The referee's decisions will be final.
4. Each school must have an advisor present at the start of round one to insure that players understand and follow all instructions.
5. Coaches/parents will be allowed in the competition room as long as they are silent and stand only behind their student/child - not facing them - and refraining from emoting/gesturing, whispering, etc. After each game finishes, players will immediately leave the tournament room to review their game with coaches, parents, and/or teammates outside of the competition room.
6. Standard Chess Etiquette (behavior) is expected from all players, including:
  - a. Don't talk except to say "check," "adjust," "resign" and other necessary chess statements.
  - b. If you have questions about moves or feel a mistake has been made, call the referee **IMMEDIATELY**. It is impossible to make corrections once other moves are made.
  - c. If you touch a piece, except by accident, you must move it.
  - d. Be sure your board is set up correctly: with a black square on your **LEFT** corner, the white queen on her white square, the black queen on her black square.

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## **CHESS (continued)**

Winners should notify the chess tournament director after their match has concluded to have their victory registered on the tournament bracket.

## **SCHEDULE**

The first rounds of the LEST chess tournament will begin Friday afternoon and the final rounds will be held on Saturday morning. All participants must be present at the check in time (which will be indicated on the official schedule in January) so that play can begin on time. All participants will be scheduled to play five games. The tournament should finish before the closing awards ceremony. This tournament will follow the Swiss System, using computer software to make the pairings, keep the scores, and calculate any necessary tie-breaking.

**The official time schedule for the chess tournament will be published in January.**

## **HOW TO PARTICIPATE**

Prior registration is required for this event. Please use the registration form to enter the participants by December 7. Alternates are permitted and can fill in for a participant who has a time conflict due to another LEST event, but they must also be pre-registered.

On the Friday morning of LEST, the lists of participants from the participating schools will be posted on the wall outside the room where the chess tournament will be played. It will be very helpful if this information could be updated with any changes before check-in time for the first round (Chess coaches may write in changes on the posted lists). Also, if changes are known before the LEST begins, those changes can be emailed to the LEST Director so that they can be updated before being posted.

# DANCE COMPETITION

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## ***DANCE DESCRIPTION/REGULATIONS***

The Dance Competition is conducted with two divisions, "A" and "AAA." The "A" division is for schools with an enrollment of less than 75 students in the 5<sup>th</sup>-8<sup>th</sup> grade and the "AAA" division is for schools with an enrollment of more than 75 students in the 5<sup>th</sup>-8<sup>th</sup> grade. Squads are comprised of 5<sup>th</sup>-8<sup>th</sup> grade students (male or female). THE DANCE COMPETITION IS ONLY FOR DANCE ROUTINES. NO SCHOOL MAY HAVE MORE THAN ONE GROUP COMPETING IN THIS COMPETITION.

**TEAMS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS with an advisor in attendance. It is expected that they will have performed at school functions prior to LEST.** Trophies awarded will be based on the number of entries. The LEST may also make outstanding performance awards for individual or group demonstrations.

## **HOW TO PARTICIPATE**

Dance teams must pre-register **using the Dance Registration form. This form is available on the LEST website and must be fully completed and received no later than December 7.** Teams should submit a printed copy of any introduction that they would like read with the registration form.

## **SCHEDULE**

The individual Dance teams may perform at the half time of their school's LEST basketball games, as desired, and as time allows.

The LEST Dance Competition date and time will be given in the LEST schedule, which will be distributed in January. It will run in conjunction with the Cheerleading Competition. Schools that have a Dance Team and a Cheerleading squad will be properly spaced so that no school will have their Cheerleading squad perform right before or right after their Dance Team.

Even though the two competitions are run simultaneously, they are judged separately and on different criteria. Pay close attention to the judging form (on the LEST website) for the respective competitions. Scoring is based on the fundamental skills listed on the judging form. The judges scoring criteria is also available on the LEST website.

A performance schedule will be posted on the LEST website in early February.

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## **DANCE (continued)**

### **Major characteristics of the Dance routines:**

1. The team must consist of 4 or more members. **TEAMS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS, WITH AN ADVISOR IN ATTENDANCE, AND IT IS EXPECTED THAT THEY WILL HAVE PERFORMED AT SCHOOL FUNCTIONS BEFORE LEST.**
2. Total routine time limit is 5 minutes. Time begins with the first note of music or as soon as the first dancer crosses the court line or the first motion (whichever comes first). Time ends with the last note of music or when all team members have cleared the floor completely (whichever comes last). Teams that exceed the total time limit will receive a 10 point deduction.
3. Music is required to be on a CD, thumb drive, cell phone, or MP3 player (not provided). All music must be properly registered on the Dance Registration form listing Song, Artist, Album, and Recording label for each piece of music. This is due to copyright laws. **No music with inappropriate language or theme will be allowed, even if it has been edited out!**
4. Props may be used to compliment the theme of the performance. Please wait until instructed by the "On Deck" monitor to place props and then do so in a timely manner so that the event stays on schedule.
5. Judges will score teams in the following categories: Execution, Choreography, Performance, and Christian Values. Judging may begin as soon as the team is asked to 'take your position.' Judging must end when the last member crosses the boundary line at the end of the routine. Please see the Dance score sheet and Dance Competition rules available on the LEST website for more details.

### **Judges/Timers**

The Judges for the Dance Competition will be seated in the upper center section of the East side of the Gym. Keep this in mind when choreographing your routine.

There will be two timers for this competition. One will be seated with the Judges and one on or near the floor. In the event that one timer finds a timing violation and the other does not, a time violation will be taken.

### **Score Sheets and Awards**

Teams will receive their score sheets after the LEST has concluded. Usually they will be emailed within a few weeks after LEST has concluded. In addition to their own score sheets, they will receive a copy of all score sheets from each team in their division. Team awards will be given out on Saturday at the awards ceremony

### **LEST will not be videotaping the Dance Competition.**

# DRAMA COMPETITION

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LEST offers an opportunity for schools to prepare and present scenes or one-act plays in juried competition. The schools that achieve a certain point level on the judging forms will receive an "Outstanding Performance" award, presented at the LEST Closing Ceremony. In addition, the director of each drama presented will receive comments from the jury to share with his or her students. These comments will be contained on the judging forms.

## LOGISTICS

The Drama Competition will be held in the Fine Arts building, following the schedule that will be sent to schools in January. The area for the performance should measure no larger than 20 ft. wide by 15 ft. deep. The area will be lit with a general wash, which may be brought up or blacked out. There will be no special or spot lighting available.

## HOW TO PARTICIPATE

Each school should indicate on the LEST Registration Form their intention to participate in the Drama Competition. Each school may also submit a program page which lists the title of the play, the cast list, the school's name, etc. You are encouraged to use student artwork on this sheet. Concordia will create an electronic program from these program pages for the drama performance. The program will be available on the LEST website.

## REQUIREMENTS

1. Schools must clear royalty issues with the play's agent. Concordia University is not responsible for any royalty infractions or royalty payments. We strongly encourage you to contact the publishing house (Samuel French, Anchorage Press, etc.) to determine whether royalties are applicable. Be sure to inform them that this is a juried competition with educational outcomes and that no admission will be charged.
2. Bring any props or costumes needed for the production, remembering that each school will be limited to 5 minutes of set up and 5 minutes of take down time before and after the performance.
3. You are encouraged to use understudies for any actor or actress who may find themselves in the position of needing to decide between performing on the stage or participating in another LEST event. **THE SCHEDULE WILL NOT BE ABLE TO BE CHANGED BECAUSE OF EVENT CONFLICTS!!!!**
4. It would be very helpful if you can bring two extra scripts to your LEST performance - one for the judges and one for the person controlling the lighting.

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## **DRAMA COMPETITION (continued)**

### **GUIDELINES FOR THE SELECTION OF SCENE OR ONE-ACT:**

1. It should be a contemporary script (post-1930).
2. It must be no longer than 20 minutes in length. (The performance will be halted at 20 minutes.)
3. No musicals or original scripts are allowed.
4. There will only be 5 minutes to set up and 5 minutes to take down the set for the performance. Choose and plan accordingly.

### **CRITERIA FOR JURIED COMMENTS AND JUDGING**

The jury will consider the following when writing comments and when choosing the recipients of the awards:

1. Voice/Projection
2. Blocking and Movement
3. Preparation/Improvisation
4. Facial Expression/Body Language
5. Characterization
6. Ensemble
7. Set/Costumes/Technical Elements

The judging form, available on the LEST website, explains in more detail on what the judges will be basing the scores.

# KNOWLEDGE BOWL

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## DESCRIPTION/REGULATIONS

The Knowledge Bowl allows academically gifted students the opportunity to match their intellectual skills against others of comparable ability and provides an avenue for fellowship among LEST participants.

Details:

1. Each school is allowed one team of no more than 5 members. Each team may have two 8<sup>th</sup> graders or two 7<sup>th</sup> graders, but not two of each of those grade levels (two 7<sup>th</sup> graders **and** two 8<sup>th</sup> graders may not be on the team at the same time). Alternates may be used as substitutes, but may be substituted only between matches, not during a match.
2. Tournament format (bracket, pool play, etc.) will be determined by the number of schools entered in the Knowledge Bowl. Typically, matches will last approximately 10 minutes with 5 minutes between matches. Each round includes 10 questions or a 10-minute time limit, whichever comes first. The championship match will be 15 minutes in length with no question limit. The Knowledge Bowl schedule will be published in January.
3. Questions will be selected from any of the following categories, but **NOT** necessarily from all: ***Fine Arts, Language Arts, Math, Religion, Science, Current Events, and Social Studies.***
4. All questions will be worth 10 points and each team will be given the question simultaneously. The teams will have 20 seconds to write their responses. When time is up, the answer must be displayed to the judge or the team will be ineligible to receive points for that question. If a wrong answer is written the team will not receive any points. If there is a tie at the end of a round, additional questions will be asked until the tie is broken (up to 5 additional questions). If there is still a tie, a question with a number answer will be asked, and the team that is closest (either above or below the answer) will be the winner.
5. All answers will be written. Calculations may be necessary, but no calculators will be allowed. Writing surfaces and pens will be provided for each team.
6. Each team will have an appointed captain who will act as the writer for each answer. The captain will be seated in the center of his/her team.
7. Each team is to have an adult "coach" who will be present at the competition. Coaches are responsible for their team's promptness to the competition and for their team's behavior at all times.
8. If a scoring error is believed to have been made, the coach must notify the judge immediately. The judge can call time-out to bring the error to the attention of the moderator to be resolved.

# **MATHEMATICS COMPETITION**

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## **DESCRIPTION/REGULATIONS**

### ***INDIVIDUAL COMPETITION BY GRADES***

The LEST individual mathematics competition is conducted in four different divisions, one division for each grade level, grades five through eight. The examination of all contestants is conducted at one time. Each exam consists of mathematical problems with a specified time limit for completion. Students should bring their own pencils to the competition - paper will be provided. No calculators or other computing devices will be permitted. Spectators are not allowed to observe the proceedings. Awards will be given to the top finishers in each grade level.

### ***TEAM COMPETITION***

Each school team consists of four competitors, one from each grade (5-8). The groups will be given a number of problems to solve as a group. The score from this exam will be added to the individual scores of team members to determine the winner of the team competition, and the top three scoring teams will receive awards. There will be a specified time limit for the completion of the team competition.

The math department at Concordia University will develop the test that will be used for the competition.

### ***SCHEDULE***

The Date, Time, and Location of the Math Competition will be published in the LEST schedule in January.

### ***HOW TO PARTICIPATE***

All competitors must pre-register on the LEST Registration Form. Each school may enter a total of four students, one for each of the four grade levels of competition (5-8). Alternates are permitted but must also be pre-registered. Alternates will only participate if the first designated competitor is not able to participate in the competition. A school may enter less than four students in the math competition if they do not have students at a particular grade level to compete in math.

# **MUSIC COMPETITION (GENERAL INFORMATION)**

## **GOALS FOR ALL MUSIC COMPETITIONS:**

1. To give honor and praise to God for the wonderful gift of music.
2. To encourage the study of music among our young people.
3. To encourage mastery of performance and musical technique.
4. To provide a unique forum for the sharing of music with peers.
5. To give recognition to, and praise God for, those who excel in this gift.

## **GENERAL DESCRIPTION/REGULATIONS**

The music competition is open to piano, instrumental, vocal, choral and ensembles. An 'ensemble' is defined as two or more performers. An accompanist will be allowed if needed.

Contestants will be judged in the following categories.

1. Accuracy
2. Rhythm
3. Musicianship
4. Technique
5. Other Performance Factors

## **AWARDS FOR MUSIC COMPETITIONS**

<u>Points</u>	<u>Placement</u>	<u>Award</u>	<u>Division Rating</u>
22-25	First	Blue	I
17-21	Second		II
10-16	Third		III

Students are judged on their own performance, not compared to other performers. Awards will be given for blue ribbon winners. The judges' rating sheets, with valuable comments, will be given to each school at the closing of LEST.

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## **PIANO, INSTRUMENTAL, AND INSTRUMENTAL ENSEMBLES:**

### **1. Regarding the use of Arrangements**

Literature played must be written for the instrument and not an arrangement from a different genre (i.e. theme from a piano concerto, movie theme, etc.). Contestants may play an arranged piece and be evaluated, but they will not be eligible for an award. Transcriptions of music after the year 1900 are allowed, but these entrants should realize that they are competing against other students who play Bach, Mozart, Haydn, Clementi, etc. The decision of the judges is final. The LEST reserves the right to make adjustments on requirements for this competition from year to year.

### **2. About the Schedules**

Due to the many unforeseen events, all scheduled times are subject to change. At LEST, multiple events are usually proceeding simultaneously. Outcomes are often unpredictable. The music judges will do their best in preparing and maintaining a schedule. If someone comes early and is prepared to play, they may be requested to appear before someone who is late or is delayed by another LEST event. It is very important that the individual registration forms be filled out completely with particular attention being paid to the part where a listing is given of other LEST events in which the individual will be participating. This can help prevent potential conflicts in scheduling performances.

3. Pianos will be provided for the competition. If a piece is written with a piano part, a piano must be used. All other instruments must be brought by the student/school.
4. Music stands and chairs will be provided for instrumentalists.
5. There is **NO EXIT** or **ENTRANCE** during a performance. This behavior is discourteous and disturbing to the performers. Do not bring food or drink into the performing areas.
6. There is **NO TALKING** during a performance. Please keep small children as quiet as possible. We are here to help build everyone up, not provide interference with them doing their best.
7. Contestants must provide an original piece of their music for the judge.  
**NO PHOTOCOPIES.** This is illegal and would violate U.S. Copyright Laws.
8. Instrumentalists must provide their own accompanist (if needed). Instrumental pieces, which were written with an accompaniment, must be heard that way. Only pieces which were truly written as "solo" may be heard without accompaniment.
9. Arrive at least 10 minutes early before your scheduled time.
10. Memorization of music is strongly encouraged.
11. Upon acknowledgement by the judge, each contestant should begin with the announcement of his or her name, their school name and location, followed by the title and composer of their piece.
12. Total time for each performance may not exceed six (6) minutes.

*(continued on next page)*

## PIANO, INSTRUMENTAL, AND INSTRUMENTAL ENSEMBLES (continued)

### HOW TO PARTICIPATE

Pre-registration is necessary for proper planning of this event. Please list performers on individual registration forms. **PLEASE FILL THE REGISTRATION FORM OUT COMPLETELY.** The registration for Ensembles has a different registration form than individual performers. ***Because of limited time and facilities, there is a limit on the number of entries from each school.*** The following formula for the 5th and 6th grade competition in piano, instrumental, vocal, and ensembles, and the 7th and 8th grade competition in piano, instrumental, vocal, and ensembles will be used:

- Schools with enrollment of 75 students or less in grades 5 - 8 = 8 participants in each grade combination (ie - 8 in 5<sup>th</sup>/6<sup>th</sup> and 8 in 7<sup>th</sup>/8<sup>th</sup>) for instrumental, 8 participants in each grade combination for piano, and 4 ensembles for grades 5 - 8
- Schools with enrollment of more than 75 students in grades 5 - 8 = 10 participants in each grade combination (ie - 10 in 5<sup>th</sup>/6<sup>th</sup> and 10 in 7<sup>th</sup>/8<sup>th</sup>) for instrumental, 10 participants in each grade combination for piano, and 5 ensembles for grades 5-8

Individual adjudication forms should be filled out on the top half and sent in with the LEST Registration Form by December 7. Changes to the name of the piece to be played can be made by sending the name of the new piece to the LEST Director.

1. Any adjudication forms received after December 7 might not be able to be included in the final schedule for participation in the LEST.
2. The top of the adjudication form needs to be completely filled out.

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## **SOLO VOCAL AND VOCAL ENSEMBLES:**

The vocal competition is open to solo and small vocal ensembles (groups). “Ensembles” are made up of two or more singers. Music for the Vocal Ensemble groups should be written in two or more voice parts, (i.e., soprano and alto, etc.), not just in unison. If a piece is written with a piano accompaniment, a piano accompanist must be used.

Contestants will be judged in five categories:

1. Intonation and Musical Accuracy
2. Diction (pronunciation)
3. Breath Control
4. Vocal Quality (clear tone)
5. Stage Presence (posture, presentation, facial expression)

## **SPECIAL REGULATIONS:**

1. Singers should choose music of good quality written primarily for the voice and avoiding contemporary ‘**pop**’ literature. The music should be memorized and the use of a piano accompanist is required if the music is written for piano and voice. Music given to the judge must be copied in a front/back/booklet format in the running order of the song selection – adding pages to this booklet (if applicable) to avoid any turning back for any repeats that the piece may contain. The LEST reserves the right to adjust requirements for this competition from year to year.
2. **Regarding Scheduling:** Scheduled times and performance rooms may need to be adjusted since multiple events will be running concurrently. Singers may appear out of order due to schedule conflicts; please **communicate with the judge prior** to any performance change so that the events may continue on time. It is very important that the individual registration forms be filled out completely with particular attention being paid to the part where a listing is given of other LEST events in which the individual will be participating. This can help prevent potential conflicts in scheduling performances.
3. Because of limited time and performance spaces, the number of participants from each school is limited as follows:
  - Schools with enrollment of 75 students or less in grades 5 - 8 = 8 participants in each grade combination (ie - 8 in 5<sup>th</sup>/6<sup>th</sup> and 8 in 7<sup>th</sup>/8<sup>th</sup>) for vocal solos and 4 vocal ensembles for grades 5-8
  - Schools with enrollment of more than 75 students in grades 5 - 8 = 10 participants in each grade combination (ie - 10 in 5<sup>th</sup>/6<sup>th</sup> and 10 in 7<sup>th</sup>/8<sup>th</sup>) for vocal solos and 5 vocal ensembles for grades 5-8

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## **CHORAL FESTIVAL**

### DESCRIPTION/REGULATIONS

Participants will be judged in four categories.

1. Quality of Sound
2. Technique
3. Musicality
4. Other Performance Factors

Each choir is judged on its own performance, not compared to other choirs. There may be more than one Blue Ribbon winner. The judges' rating sheets, with valuable comments, will be given to each participating school at the closing of the LEST.

### SPECIAL REGULATIONS

1. **Regarding** the use of "Arrangements," literature sung must be written for choral performance. **Each choir is required to sing at least two songs.** The LEST reserves the right to make adjustments on requirements for this competition from year to year.
2. Piano, music stands, choir risers, and chairs (extra instrumentalists) will be provided.
3. There is **NO EXIT** or **ENTRANCE** during a performance. This behavior is discourteous and disturbing to the performers. Do not bring food or drink into the performing areas.
4. There is **NO TALKING** during a performance. Please keep small children as quiet as possible. We are here to help build everyone up, not to provide interference with them doing their best.
5. Each choir must provide an original piece of music for the judge. **NO PHOTOCOPIES.** This is illegal and would violate U.S. Copyright Laws.
6. Each choir must provide their own accompanist. Choral pieces which were written with an accompaniment must be heard that way. Only pieces which were truly written as "A Cappella" may be heard without piano.
7. Arrive at least 10 minutes before your scheduled time.
8. Memorization of music and ensemble "uniform dress" is strongly encouraged.
9. Upon acknowledgment by the judge, each choir should begin with the announcement of their school's name and city, followed by the title and composer of their piece.
10. Total time for each performance (all individual pieces together) may not exceed 12 minutes.

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## **CHORAL FESTIVAL (continued)**

### **SCHEDULES**

Time and location of the Choral Festival will be announced in the LEST schedule published in January.

### **HOW TO PARTICIPATE**

Pre-registration is necessary for proper planning of this event. Send a list of choir members with the registration forms that are due on December 7. Please indicate whether any choir members are involved in other LEST activities so potential conflicts might be avoided.

## **FESTIVAL BAND**

### **DESCRIPTION**

The Festival Band is an event, first held at LEST 2018, which will give wind and percussion instrumentalists an opportunity to practice and perform together in a larger band setting. It is open to any wind or percussion instrumentalist participating at LEST (this band will not be open to string instrumentalists). Prior to arriving at LEST, participants will be sent several musical pieces to practice before LEST begins and will have the opportunity to practice with other participants as a band several times during LEST. The Festival Band will then perform during the closing LEST Award Ceremony. Time and location of practice sessions will be announced when the other schedules are published in January. It is hoped that participants will be able to attend each of the practice sessions during LEST, but they will still be able to participate in the final performance even if they are not able to attend every practice session.

### **HOW TO PARTICIPATE**

Pre-registration is necessary for proper planning of this event. Send a list of those students who are interested in participating in the Festival Band with the registration form that is due on December 7, 2018. Include on the registration form the instrument the participant will be playing and how long they have played that instrument.

# ROBOTICS COMPETITION

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Participating students must design, build and program a qualifying robot on their own entirely out of Lego parts. The tournament consists of multiple rounds where two LEGO robot contestants try to push each other out of a circular ring. The first robot to touch the table/floor outside of the ring loses. The last robot remaining in the ring wins.

The competition format will be decided by LEST organizers based upon number of registered participants as well as the amount of time and space available for the competition. Available competition slots will be distributed equally among participating schools with any empty slots filled by those who can field additional teams. At the end of the competition, awards will be given for 1st, 2nd, and 3rd Place teams.

## A. Team Specifications & Rules

- All teams must be pre-registered by the deadline.
- A team may only consist of students from a LEST participating school.
- The number of teams per school and team size will be designated by LEST Organizers based upon the event format, number of registered participants, and space available for the competition.
- A member of one team cannot also be a member of another team.
- Each team must have a designated adult coach responsible for managing the behavior of their team.
- All design, building, and programming must be **entirely** performed by team members. Parents, coaches or teams observed violating this rule are subject to immediate disqualification at the discretion of tournament officials. All teams must be able to explain their robot design and the operation of their programs.
- Each team will be assigned a pit area.
- Only team members and their coach may be in the pit area.
- There is no food or drink permitted in the pit area.
- No bluetooth connections may be used at the venue.
- By registering for the tournament, participants agree to follow the Sumobot Event Code of Conduct listed at the end of the rules.

## B. Playing Field Specifications

- The playing field is a raised circle with the following dimensions:
  - Diameter: 36 inches
  - Border line: 1.25 inches
  - Elevation: 1 ½ inches off the supporting surface.
- The surface will be flat BLACK in color.
- The outer borderline of the field will be gloss WHITE in color.

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- Starting lines may or may not be used depending upon venue. Starting lines may be two parallel lines centered on the field, or two intersecting lines. If used:
  - Starting lines are RED in color
  - Starting line width: 0.5 inches
  - Starting line length: 4 inches

### **C. Robot Specifications**

- The robot must fit inside a 20 cm x 20 cm square box with no height limit.
- The robot's weight limit is 1 Kg.
- The robot must be made ENTIRELY out of LEGO pieces in original factory condition. If a piece is questionable, the teams must be able to specify the official Lego ID or Part Number. If not able to do so, the part may not be allowed.
- The robot cannot be held together by any means other than standard LEGO construction methods.
- All parts must be attached to the robot using standard LEGO construction methods.
- A maximum of 1 Control Brick may be used.
- A maximum of 3 motors wired by use of cable to the Control Brick may be used - 2 for locomotion and 1 for an optional weapon or defense.
- Additional motors may be attached to the robot as long as they are not wired by use of cable to the Control Brick.
- There is no limit on the number of sensors used.
- All robot actions must be entirely pre-programmed so that it runs autonomously.
- The use of any form of remote control or bluetooth connection is prohibited.
- The robot must not include any parts that might damage the playing field.
- The robot may not have any part that attaches the robot to the playing field.

### **D. Programming Requirements**

- All programming must be done by the student team members.
- The robot must be programmed to wait five (5) seconds and blink Red or Yellow after the referee starts the game.
- All programs are subject to inspection by tournament officials.

### **E. Match and Game Principles:**

- A standard match consists of 3 individual games.
- Each game lasts up to 2 minutes each.
- A game that ends with no winner is restarted.
- If after 1 restart there is no winner, a tie is declared for that game.

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## F. Game Procedure:

### 1. Inspection:

- Prior to the start of the tournament, the robot must pass inspection.
- After the initial inspection, robots may be reinspected at any time during the tournament.
- Robots are required to be reinspected if physical changes are made during the tournament.
- Robots that fail inspection after the start of a tournament are subject to the following sanctions at the discretion of the officials:
  - disqualification from match with points awarded to their competitor,
  - forfeiting all previous points earned, or
  - disqualification from the tournament.

### 2. The Game:

- Placement:
  - The referee will declare **“Place Robots.”**
  - The contestants place their robot at the center of the table in contact with each other, or if starting lines are used, separated, touching their respective lines.
  - The robot must be positioned so the initial movement towards the white perimeter is away from their opponent.
  - It is expected that contestants place their robots at the same time; however, if there are disagreements, placement order may be determined by “Rock, Paper, Scissors” or other suitable method at the referee’s discretion.
  - Once placed, the robot may not be moved.
    - If a robot is repositioned after being placed, the referee may issue a warning, or declare a **“Fault.”**
    - If a Fault is declared, both contestants remove their robots from the play field until directed by the referee to “Place Robots” again.
    - If 2 Faults occur within the same game, a WIN may be awarded to the non-offending contestant and a LOSS to the offending contestant.
  - The referee will declare **“Robots Ready.”**
- Program Selection
  - Once “Robots Ready” is declared, contestants may select the Launch Program from those available on the Brick.
  - Once selected, teams will signal the referee “Ready”
  - The Referee will declare **“Programs Set.”**
  - No further program selections may be made.

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- Program Activation & Game Start
  - The Referee will countdown “**3, 2, 1, GO!**”
  - Upon “Go!” the contestants press a single button on the Brick to activate their robot.
  - The game begins five seconds after the referee’s signal.
  - The contestants must exit the playing field during this five second period.
  
- Game Play
  - The robot must cross the white perimeter of the playing field before touching its competitor or commencing an attack.
  - The game ends when the referee declares the winner, tie, or a restart.
  - The referee’s decision is final. Any questions regarding the decision may only be made by a team member. No video replays will be used for review.
  
- False Start
  - A “**False Start**” may be declared under the following conditions:
    - If one or both robots fail to move after the 5 second delay,
    - If the robot touches its competitor or commences an attack before crossing the white perimeter of the playfield.
  - If a False Start is declared, the referee will recommence the game.
  - If 2 False Starts occur within the same game by the same team, a WIN may be awarded to the non-offending contestant and a LOSS to the offending contestant.

### 3. Restart:

- A game will be stopped and a restart declared under the following conditions:
  - There is no winner upon expiration of the game clock.
  - The robots are locked together in such a way that no more action appears to be possible, i.e. they have rotated in circles without advancing the orbit towards the outer edge.
  - Both robots touch the exterior of the playing field at the same time.
  - Any other condition under which the referee determines no winner.
- If a restart is declared, no maintenance or repair of a robot is permitted.
- Unless a tie is declared, Robots must be immediately returned to the playing field for a new starting procedure.

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## G. Win & Loss:

- One (1) point is awarded for a WIN. No (0) points are awarded for a TIE or a LOSS.
- The following conditions define a WIN:
  - When a robot ejects an opponent from the playing field with a fair action.
    - The robot is considered ejected the moment ANY part of the robot touches the exterior supporting surface of the playing field.
    - A robot hanging over the edge of the playing field or only touching any part of the cylindrical side of the playing field is not considered ejected, and the robot is still in play.
    - During the game, pieces that physically detach or disconnect from the robot are no longer part of the robot.
  - When the opponent's robot leaves the field on its own for any reason.
  - Disabled Robot:
    - When the opponent's robot stops moving for more than 30 seconds before the game clock expires.
    - A robot may be "saved by the bell" if the game clock expires before the end of the 30 seconds.
    - A disabled robot may still win the game if their opponent is ejected from the field or leaves the play field on its own.
  - If two FAULTS are declared by the referee within the same game against the same team.
  - If two FALSE STARTS are declared by the referee within the same game against the same team.
  - If the opponent's operator or teammate interferes with either robot or the playing field during the match.
- A Tie will be declared if there is no winner after one restart.

## H. Conduct Violations:

- Contestants who take any of the following actions will be disqualified from the game:
  - A contestant does not attend the appointed playing field when called at the beginning of the game.
  - A contestant does not exit the playing area upon start of a game.
  - A contestant interferes with or disrupts the game, such as by intentionally breaking, damaging, or defacing the playing field.
  - A contestant's robot does not meet the robot specifications.
  - A contestant displays unsportsmanlike behavior as determined by a tournament official.
- Egregious violations of the Sumobot Event Code of Conduct may result in disqualification at the discretion of tournament officials.

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## The Sumobot Event Code of Conduct:

Be kind and courteous to one another.  
Be friendly to those around you.  
Be willing to work with others.  
Be willing to share your experience with others.  
Be willing to help those who are struggling - even your competitors.  
Be willing to take turns with others.  
Be willing to explore different ideas.  
Be willing to try new things – especially if it seems hard.  
Be willing to embrace your failures.  
Always take care of your equipment.  
Do not interfere with another team's work.  
Do not tamper with another's design without permission.  
Do not alter another's program without permission.  
Do not exclude others from your group or team.  
Have fun!!!!

### **I. Further Information**

Feel free to contact the LEST Robotics consultant with any questions:

**Neil Bowman-Davis**

St. John's Lutheran Robotics, Napa, CA

[SJLSRobotics@gmail.com](mailto:SJLSRobotics@gmail.com)

text at: (707) 287-8787

# SCIENCE EXPOSITION

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## DESCRIPTION/REGULATIONS

The Science Exposition allows students interested in science the opportunity to match their problem solving skills against other students with similar interests and provides an avenue for fellowship among LEST participants.

The Science Exposition lasts approximately one hour. Team members should be present at the Science Exposition the entire time.

Each school is allowed one team of no more than 5 participants. Each team may have two 8<sup>th</sup> graders or two 7<sup>th</sup> graders, but not two of each of those grade levels (two 7<sup>th</sup> graders **and** two 8<sup>th</sup> graders may not be on the team at the same time). Alternates may be used if a team member is absent.

One adult “team sponsor” is allowed to accompany each team. Other parents, teachers, and family members will be asked to wait in another room. The sponsors are responsible for their team’s attendance and cooperation. The sponsors do not participate in the scientific enquiry process and cannot talk to their team during the exposition.

The teams will be presented with a science topic to investigate. All materials will be provided and participants will work cooperatively to develop a hypothesis, conduct a scientific inquiry, record, and report their results.

**Goal of the Science Exposition:** School teams will work cooperatively to develop a testable hypothesis, critically analyze the results, and orally present the findings.

**Objectives of the Science Exposition:** The students will be able to:

1. Demonstrate an understanding of the scientific method.
2. Work cooperatively.
3. Develop a testable hypothesis.
4. Conduct an experiment to test their hypothesis.
5. Orally present their testable hypothesis, data and conclusions to their peers.

## **SERVICE AWARD**

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The LEST Service Awards will be given to schools that gather significant amounts of food in a local food drive(s). The food should be given to a local food bank or other organization that collects food for the needy. The food drive(s) can take place anytime from the first day of the current school year until January 31<sup>st</sup>. The weight of the food and a photo or photos of the food should be submitted to the LEST Director by February 1, 2019.

# SPELLING

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**OVERVIEW:** The LEST Spelling Bee is conducted in four divisions, one each for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade. Awards will be given to the top finishers in each division.

**DETAILS:** Each school is permitted to enter one main student representative and one alternate for each grade level. Spelling lists are not published or distributed by LEST. It is suggested that schools help their student representatives find word lists with which to practice from their school spelling curriculum or through websites designed to help students prepare for Spelling Bees.

**There will not be a written qualifying test prior to the oral spelling competition on Friday. Each of the grade level participants from each school will compete in the oral spelling bee. Alternates will only participate if the main speller is unable to participate in the oral spelling bee.**

Specific guidelines for the oral spelling bee, including the procedure to follow once only two spellers remain, are included below. Contestants will be given a number to wear to track contestants through each round of the oral spelling bee.

The Spelling Bee is meant to be a form of friendly competition. The students are striving to do their best and to gain confidence in front of an audience. The audience should be reminded that their only function is to provide positive support for the event. All decisions of the lead judge are final.

## **SPECIFIC RULES FOR SPELLING COMPETITION:**

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The format for the Spelling Bee will be as follows:

- a. The competition will be an oral spelling bee. All participants will meet in the designated room at the specified time for the oral spelling bee.
- b. The word will be pronounced according to the diacritical markings in Webster's Third New International Dictionary (unabridged). The word will then be used in a sentence, and it will be pronounced again.
- c. The participant will say the word, spell the word, and say the word again.
- d. Judges may not disqualify a speller for failing to pronounce a word either before or after the spelling.
- e. If the word is not spoken by the student after spelling the word, the student will be asked to say the word and then the judge will make the determination of whether the word has been spelled correctly.
- f. If the student feels he/she has made a mistake, he/she may request to "start over." If letters or their sequence are changed in the respelling, the speller will be eliminated.

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## SPECIFIC RULES FOR SPELLING COMPETITION (continued)

- g. A contestant is allowed only 30 seconds to spell a word. The judges may disqualify any contestant who ignores a request to start spelling.
- h. Upon missing the spelling of a word, the speller will walk to a designated area. If any of the remaining spellers spell their words correctly, then the spellers who missed their words will sit down at the end of the round.
- i. If none of the spellers remaining in the bee at the start of a round spells a word correctly during the round, all spellers will remain in the contest. All of the spellers eliminated in the same round will be tied for the same place.
- j. If at the end of a round only ONE speller has spelled her/his word correctly, then that speller will be declared the winner and earn first place. All of the other spellers in that round will earn second place.
- k. If at the end of a round ONLY TWO contestants remain, the competition will proceed as follows: The winner will be the contestant who spells a word correctly that the other contestant misses, plus one additional word. When both miss a word in the same round, each is still in the competition.
- l. Judges' decisions will be final.
- m. If more than one spelling is listed for a word in the official Webster's Dictionary, any of these spellings shall be accepted as correct if the word either matches the pronunciation and definition provided by the pronouncer or if it is clearly identified as being a standard variant of the word the contestant has been asked to spell. If a word has one or more homonyms, the pronouncer will indicate which word is to be spelled.
- n. Any questions relating to the spelling of a word must be referred to the judges immediately by the speller or the speller's coach before completion of the round in progress. No protest can be entertained after a round is completed. Only contestants or their coach may question the spelling of a word. The judges are in control and their decision is final in all situations.
- o. No picture taking is allowed during the competition.
- p. Contestants and their families/supporters should remain seated until the end of the grade level competition. It is very distracting to the contestants when people enter or exit the room during the competition.

To eliminate any doubt about winners in any round, all contestants will be given a number to wear, and these numbers will be tracked through each round. This will allow for more than one person to "tie" for a place if a number of contestants go out in the same round.

***Again, please remember that this is to be a form of friendly competition. The students are striving to do their best and to gain confidence in front of an audience. The audience has one function, which is to provide positive support for the event. The decisions of the judges are final.***

# **SPIRIT AWARD**

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## **EVENT DESCRIPTION/DETAILS:**

The LEST Spirit Award is an award which emphasizes the total contribution of one of the LEST participating schools to the spirit of LEST during the entire tournament.

## **RECIPIENT**

One spirit award is given under this designation: The Concordia Faculty & Staff LEST Spirit Award

## **IMPLEMENTATION**

The LEST planning committee will use various sources of feedback to determine the Spirit Award recipient.

## **LEST SPIRIT AWARD GUIDELINES**

Spirit guidelines for the LEST are based on the core values of Christian education:

- Love of God
- Thankful use of personal talents
- Service to others

Specific sportsmanship guidelines for the LEST flow from these values:

1. Positive attitude in student performance and fan support in the LEST activities.
2. Fair play in all competition.
3. Respect for others and for others' property in all aspects of the LEST experience.

# SWIMMING

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**OVERVIEW:** Swimming is an event that allows students to participate in another athletic event at LEST. Each school may enter swimmers by completing and submitting a Swim Meet Registration Form for each participant and relay team by January 11, 2019.

**DETAILS:** A swimmer can participate in no more than 3 individual events (if not participating in relays) or no more than 2 relay and 2 individual events. Team points and ribbons are awarded for the first 6 places. The strokes included are: *Freestyle*, *Breaststroke*, *Backstroke*, and *Butterfly*. Rules governing disqualification in the various strokes are included on the accompanying pages. The specific swimming events can be found on the "Swimming Registration" form.

The following rules govern the pool area:

1. When not participating in an event, the swimmers are to stay back from the sides of the pool and out of the water to give the officials room to officiate.
2. Swimmers will follow NFHS rules. Specific swimming rules can be found online.
3. All participating teams must provide two adult volunteers. Volunteer assignments will be given at the meet.
4. Stroke and Turn judges will be provided at the meet and will disqualify participants from a race if there is an infraction of the NFHS rules. The decision of the Stroke and Turn judges is final. The judges should not be interrupted during a race to discuss a disqualification. Coaches can ask questions of the judge after the completion of the Swim Meet.
5. No flash cameras should be used during the Swim Meet.

**SCHEDULE:** The swimming meet will be held at an off-campus site. The location of the swim meet, day, and time of the swim meet will depend on the swimming pool that will be used for the meet. The site may vary from year to year, depending on the availability of suitable sites. Because of spectator seating at many of the sites, admittance into the swim meet by spectators may be limited. The final schedule of events will be published in mid-January.

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## Specific rules for the swim meet (continued)

The following is a list of strokes and specific rules governing disqualification in the various strokes:

- **FREESTYLE:** At the start both feet must be in contact with the starting line and the swimmer must be completely motionless until the gun, whistle, or horn is sounded. Any stroke, turn, or touch is allowed, however the swimmer must swim the same stroke throughout the entire race, and must touch at both the turn and finish.
- **BREASTSTROKE:** Start is the same as freestyle. After dive and after turn only one complete stroke may be taken under water. The head must break the surface before the start of the second stroke. Only breaststroke arm movement is allowed, both arms being pulled back in the water at the same time. Only breaststroke kick is allowed (heels must be in on both feet). Both hands must touch at the same time at both the turn and finish.
- **BACKSTROKE:** An in-water start is used. Off the start and turns the swimmer cannot go more than half way down the pool under water. Swimmers must remain on their back throughout entire race and must be on their back at the finish. (Exception: Swimmers doing the new backstroke flip turn may turn onto their stomach within five feet of the wall, at which point the swimmer must be in the continuous turning action of the turn, and no extra arm pulls may occur until the turn is completed and the swimmer has pushed off the wall on their back. A disqualification will occur if the swimmer touches the wall with their hands or arms while still on their stomach.)
- **BUTTERFLY:** Start is same as freestyle. Only butterfly arm movement is allowed, both arms coming out of the water at the same time and entering the water at the same time. Only butterfly kick is allowed, both legs moving up and down together in dolphin motion. Both hands must touch at the same time at both the turn and finish.
- **RELAYS:** Swimmers (except number one) may be in motion on their start as long as part of their feet is in contact with the pool side until the preceding swimmer has touched.
- **WRONG LANE:** Any swimmer, during an event, who enters a lane other than that assigned to them will be automatically disqualified.
- **ROPES:** Swimmers will not be disqualified for touching the lane markers, but will be disqualified if they use them to assist (pull) themselves down the pool.
- **POOL BOTTOM:** Standing on the bottom of the pool during a race will result in a disqualification.
- **FALSE STARTS:** Second false start disqualifies a swimmer.

# TECHNOLOGY/MOVIE MAKING COMPETITION

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## Description/Regulations

The LEST Technology Competition is designed to enhance the moviemaking skills of students by giving students the opportunity to create a short narrative movie that incorporates the theme of LEST. **The theme for LEST 2019 is “You are the Light of the World” based on Matthew 5:14.**

Each school may submit **one** movie **for each grade level**, grades 5-8. Schools may submit movies created by individual students or groups of students, but only one movie per grade level (a maximum of 4 movies per school). Teams may be made up of a mixture of 5<sup>th</sup> – 8<sup>th</sup> grade students, but should be entered at the level of the oldest student in the team.

Participants will be judged using the **LEST Technology Competition Scoring Rubric.**

The following items must be followed for each movie:

- Movies must somehow incorporate the LEST theme
- Movies must be no shorter than 30 seconds and no longer than 2 minutes (including credits)
- All audio/video/graphic content must be original, copyright free or have written permission, and be properly documented
- All of the production must be student work (capture, edit, produce)
- Adult participation (teachers, parents, etc.) should be limited to coaching or acting in the movie

Students are judged on their own performance, not compared to other performers. Awards will be given for blue ribbon winners. **The points needed for a blue ribbon are 35-40 points, based on the scoring rubric on the following two pages.** The judges' rating sheets, with valuable comments, will be given to each school after the conclusion of the LEST.

## How to Participate

Please submit one entry form per movie submission by using the LEST Technology Competition Entry Form by December 7, 2018. Only one entry form is needed for a movie being submitted by a group of students.

By January 18, 2019, all participants will send to the LEST Director an email with an electronic link to their movie. All movies will be due January 19 so that the movies can be judged prior to LEST.

## LEST Technology/Movie Competition Scoring Rubric (page 1 of 2)

<i>Possible points:</i>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Content</b>				
<b>Storytelling</b>	Conveys idea(s) or story to the audience in an effective way. The movie is compelling and the purpose of the project is clearly accomplished.	Conveys idea(s) or story to the audience in an effective way. The movie accomplishes the purpose of the project.	Does not convey ideas or story to the audience in an effective way. The purpose of the movie is suggested, but it is unclear.	Lack of idea(s) or story. The purpose of the movie has not been identified or the video does not match the purpose.
<b>Artistic/Visual Appeal</b>	Excellent composition. Uses effective shots. Cinematography conveys messages about characters and storyline.	Good composition. Uses some effective shots. Cinematography conveys some messages about the characters and storyline.	Minimally acceptable composition. Shots are not very effective. Cinematography does not contribute to character development or storyline.	Poor composition. Weak, repetitive or poor shots. Cinematography contains no messages about characters or storyline.
<b>Continuity</b>	Scenes flow smoothly from one to the next and match the "mood" of the storyline. There are no lapses in continuity.	Scenes decently flow from one to the next and somewhat match the "mood" of the storyline. There are minor/small lapses in continuity.	Scenes flow poorly from one to the next and do not really match the "mood" of the storyline. There are many lapses in the continuity.	Scenes flow weakly from one to the next and do not match the "mood" of the storyline at all. The movie is disjointed in significant ways.
<b>Originality</b>	Movie shows considerable originality. The content and ideas are presented in a unique and interesting way.	Movie shows some originality. The content and ideas are presented in an interesting way.	Movie shows an attempt at originality in part of the presentation.	Movie is a rehash of other people's ideas and/or images and shows very little attempt at original thought.
<b>Creativity</b>	Movie shows evidence of imagination and creativity. There is thoughtfulness to the style and mood that suits the movie.	Movie shows some evidence of imagination and creativity. There is thoughtfulness to the style and mood that suits the movie.	Movie shows little evidence of imagination and creativity. There is minimal thoughtfulness to the style and mood that suits the movie.	Movie shows no evidence of imagination and creativity. There is no thoughtfulness to the style and mood that suits the movie.
<b>Editing</b>	Excellent use of transitions and effects; very smooth blend between scenes; invisible edits.	Good use of transitions and effects; smooth blend between scenes; edits are unobtrusive.	Poor use of transitions and effects; inappropriate blend between scenes; edits are disruptive.	Little to no use of transitions and effects; distracting edits between scenes

## LEST Technology/Movie Competition Scoring Rubric (page 2 of 2)

<i>Possible points:</i>	4	3	2	1
<b>Content</b>				
<b>Video Focus &amp; Lighting</b>	All shots are appropriately focused for the intent of the film. Camera movements are smooth and at appropriate speed. All shots have appropriate lighting.	Most shots are appropriately focused for the intent of the film. Camera movements are smooth and/or at appropriate speed. Most shots have appropriate lighting.	Many shots are not appropriately focused. Motion shots are fairly steady. Some shots have inadequate light.	Few shots are appropriately focused and are not shot with intent. The camera is not held steady. Many shots have inadequate light.
<b>Video Framing</b>	Video shows evidence of good composition.	Most shots are well framed.	Few shots are well framed.	Many shots are poorly framed.
<b>Pace</b>	All clips are just long enough to make the point clear with no slack time. The pace captures the audience attention and the "mood" of the content.	Most clips move at a steady pace. Most transitions between scenes are thoughtfully executed.	Some clips move at a steady pace. Some clips are edited to remove slack time. Transitions between scenes are somewhat thoughtfully executed.	Video clips are too long and do not advance the storyline or too short and leave out essential action. Transitions between scenes do not show evidence of thoughtful execution.

# WRITING

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## DESCRIPTION/REGULATIONS

The LEST Writing Event is an opportunity for students to submit an original piece of writing in several categories to be judged according to the published criteria. Each school may submit **one** authentic piece of writing **for each grade level**, grades 5-8. A “Most Promising Writer” award will be given for writings that are judged as being of exceptionally high quality.

Each LEST writer may choose to write in **one** of the following writing styles:

1. Write a one page, word processed (double spaced) persuasive essay. Persuasive writing utilizes logic and reason to show that one idea is more legitimate than another idea. It attempts to persuade a reader to adopt a certain point of view or to take a particular action. The writing should use sound reasoning and solid evidence by stating facts, giving logical reasons, using examples, and quoting experts.
2. Write a piece of expository writing with a maximum length of two word processed pages (double spaced). Expository writing is used to explain, describe, give information, or inform.
3. Write a personal narrative, based on a real-life experience, with a maximum length of two word processed pages (double spaced). A personal narrative is a piece of writing describing an event of personal significance to the writer.
4. Write a fictional story, with a maximum length of two word processed pages (double spaced). Fictional writing is a piece of writing that is not factual. Fictional writing often takes the form of a story meant to convey an author's point of view or simply to entertain.
5. Write one poem, either written free hand or word processed, chosen from the following formats: Haiku or Tanka, Free Verse, Acrostic, or a poem that demonstrates a rhyme scheme.

### **Scoring criteria:**

The writings will be evaluated in the following categories:

Ability to captivate the reader, Sensory Images, Use of Language, and Punctuation

A copy of the rubric used for scoring the writings will be available on the LEST website.

*(continued on next page)*

## **WRITING** (continued)

### SCHEDULE

All writing pieces ***need to be sent to the LEST Director's attention by January 18*** to be considered as viable entries for the LEST Writing Event. ***Schools should email each writing as an attachment to the LEST Director.*** The writings will be scored prior to the beginning of the LEST.

**Be sure that each entry has the following information on the top right hand corner of each submitted page:**

- Student name
- School and the school's city
- Grade level
- Type of writing

# **LEST TOURNAMENT PROGRAM**

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An electronic LEST Tournament Program will be created that will be available to LEST schools, who can then provide them to their LEST families.

Each school is invited to submit pages to be included in the electronic Tournament Program. Each school prepares their own pages and sends them to the LEST director to be included in the electronic Tournament Program. The deadline for sending your school pages to the LEST Director is January 23.

Schools may submit any style and number of pages that they would like to create. Everything will be put into PDF format and combined into one document to be distributed to the LEST schools.

Please contact the LEST Director if you have any questions about the pages for the Tournament Program.