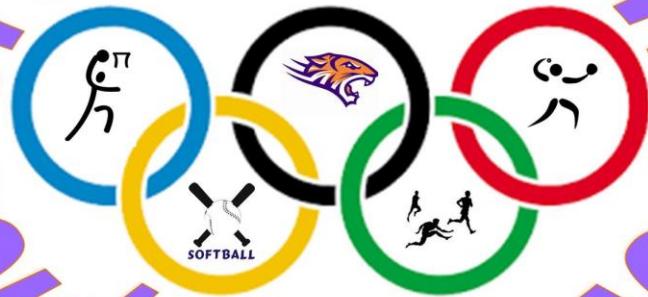




47th Annual FAEOPP Olympic Games



FAEOPP Olympics 2016

TABLE OF CONTENTS

Event	Page
Checklist	3
"Olympics with the Tigers"	4
OLYMPIC CREED.....	5
Judging and Awards.....	6
Guidelines	6
SPORTS/ACTIVITY ROSTER	7
CHESS RULES	10
CHECKERS.....	12
RULES FOR SPADES	13
CREATIVE WRITING	14
SPELLING BEE RULES	15
PUBLIC SPEAKING RULES	17
SCHOLAR'S BOWL RULES.....	19
ART & PHOTOGRAPHY	23
BASKETBALL RULES.....	25
CO-ED SOFTBALL RULES.....	26
VOLLEYBALL RULES	28
CO-ED SOCCER RULES	29
TRACK RULES	32
CHEERLEADING COMPETITION	35
GUIDELINES FOR MR. AND MISS. TRIO/UB RECOGNITION.....	39
GUIDELINES FOR TRIO Step Show	41
Maps	43

FAEOPP Olympics 2016

Checklist

1. Registration Fee -Paid to Felix Jovanny in advance
2. Copy of Camp Insurance (forward ahead of time)
3. Copy of Waiver Forms
4. First aid kits
5. Coolers
6. Sports Equipment
 - a. Softball - helmets, gloves, bats, balls
 - b. basketball - basketballs
 - c. Soccer - shin guards, Soccer ball
 - d. Tennis – rackets, balls
 - e. Volleyball - volleyball, knee pads
 - f. Track – batons, stopwatches
7. Inside Activities
 - a. Scholar's Bowl
 - b. Cheer – bring any uniforms/music you might need
 - c. Creative Writing/Public Speaking/Spelling Bee – supplies provided
 - d. Art & Photography – bring your own
 - e. Coronation – bring clothing and accessories
8. Tents/Umbrellas (personal Choice)
9. Blankets/Towels (outside sitting)
10. Cheerleader Teams due by July 15, 2016

FAEOPP Olympics 2016

47th Annual FAEOPP Olympics



Hosted by: Edward Waters College

President, Dr. Nathaniel Glover

Executive Vice-President, Dr. Anna Hammond

Division of Student Affairs, Dr. Eric Jackson, Vice-President

Division of Academic Affairs, Dr. Marvin Grant, Vice-President

July 14-16, 2016

"Olympics with the Tigers"

Campus Tours

Tours will be conducted on Thursday, July 14, 2016. If programs will be in town and would like a tour of our campus, you can email Mr. Joel Walker, Director of Admissions at joel.walker@ewc.edu.

Opening Ceremony

The opening program is designed to promote camaraderie, generate an atmosphere of excitement and establish friendly and wholesome attitudes among students. The opening ceremony should reflect a spirit of community, unity and inspiration for all FAEOPP Olympians.

Banner

Each program will design a banner that represents their institution and their program. The banner will be carried at the front of each group during the parade into the Opening Ceremony.

Dress

It is requested that the directors, students and staff wear the school or program T-shirts for the opening event. All attendees should dress appropriately for the Olympic competitions, which begin right after the opening ceremony.

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Program Introductions

Each program director should be prepared to introduce themselves and their SGA President at the opening ceremony. The opening ceremony will start at 9:00 am sharp and will include a welcome and charge. Each program will also be invited to do a school spirit chant which shall not exceed one minute.

OLYMPIC CREED

“The most significant thing in the Olympic Games is not to win but to take part. Just as the most important thing in life is not to triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

OFFICIAL END OF 2016 FAEOPP OLYMPICS

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Judging and Awards



Guidelines

- 1) External judges will be engaged for each event as well as TRIO directors and staff as needed. TRIO directors and staff will not be used as judges for the final round of any events where their students have not yet been eliminated.
- 2) First, second and third place medals will be awarded to each program for each competition. If there is a tie (first, second or third) and no provisions are listed in the rules for additional games/competitions, two ribbons may be awarded.
- 3) One large trophy will be given to each participating program. This will be presented to each project's designee during the closing ceremonies.

Decorum, character, and integrity must be maintained in all events!

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SPORTS/ACTIVITY ROSTER

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If changes were made or need to be made to your original rosters, please complete this roster for each sport/activity and turn in the day of registration by 12 noon.

PROGRAM: _____

COACH: _____

SPORT: _____

Players' Names

Alternates' Names

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____

Note: *All players must be student members of the TRiO program that they are representing.

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MEN'S TRACK ROSTERS

I. Men's Heavy Duty 55m. Dash

1. _____,

*Alternate*_____

2. _____



II. Men's 100-meter Dash

1. _____,

*Alternate*_____

2. _____

III. Men's 400-meter Dash

1. _____,

*Alternate*_____

2. _____

V. Men's 800-meter Run

1. _____,

3. _____,

2. _____,

*Alternate*_____

V. Men's 4 X 100 Relay

1. _____,

3. _____,

2. _____,

4. _____,

*Alternate*_____ , *Alternate*_____

WOMEN'S TRACK ROSTERS

I. Women's Heavy Duty 55m. Dash

1. _____,

*Alternate*_____

2. _____

II. Women's 100-meter Dash

1. _____,

*Alternate*_____

2. _____

III. Women's 400-meter Dash

1. _____,

*Alternate*_____

2. _____

V. Women's 800-meter Run

1. _____,

3. _____,

2. _____,

*Alternate*_____

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VI. Women's 4 X 100 Relay

1. _____, 2. _____

3. _____, 4. _____

Alternate _____, *Alternate* _____

Program: _____

Coach: _____

FIELD EVENTS / ROSTERS

Program: _____

Coach: _____

I. Long Jump

1. _____, 2. _____

Alternate _____

II. Triple Jump

1. _____, 2. _____

Alternate _____

III. Shotput

1. _____, 2. _____

Alternate _____

IV. Discus

1. _____, 2. _____

Alternate _____

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CHESS RULES

- 1) Each coach must present a roster at least 15 minutes before the beginning of the competition.
- 2) Each program is entitled to one player.
- 3) The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
- 4) Each team will draw for position in the competition.
- 5) Competition will proceed with the following rules:
 - a. The chessboard is placed between the players in such a way that the corner to right of each player is white.
 - b. Each player starts with 16 pieces. They are: 1 king, 1 queen, 2 rooks, 2 bishops, 2 knights, 8 pawns.
 - c. White goes first.

HOW THE PIECES MOVES:

- 1) King can move to any adjoining square that is not attached by an enemy piece.
- 2) Queen may move in any direction as far as it wants.
- 3) Rook may move sideways and up or down as far as it wants. It may not move diagonally.
- 4) Bishop may move only on the diagonal it stands on.
- 5) King moves 2 squares to the left, right, up or down and then moves a 90-degree angle and moves one square.
- 6) Pawns may only move forward
 - a. When the pawn first moves it may move two squares. After it has moved once, it only moves one square at a time.

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- b. When a pawn reaches the end of the row it may be exchanged for any piece-a queen, rook, bishop, or the knight.
- c. When a pawn is making a capture it moves diagonally and can only go one square.

CHESS RULES (con't)

MOVING:

- 1) Once a player touches a piece he must move that piece or forfeit his turn. If a player wishes to adjust a piece by putting it in the middle of the square he must first say, "I am going to adjust a piece." This means he does not have to move that piece.
- 2) Each player has two minutes in order to make a move. The tournament director or judge will keep time.
- 3) A player's turn is over when he moves his hand from the piece he moved.

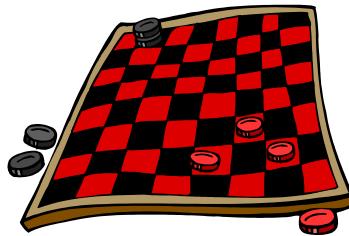
CHECK:

- 1) When you lose your king the game is over
- 2) When the enemy attacking your king this is called **CHECKED**.

WINNING:

The game is over when a player cannot get out of a check.

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CHECKERS

1. Each coach must present a roster at least at Registration.
2. Each program is entitled to two players.
3. The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
4. Each team will draw for their position in the competition.

Two persons play the game of CHECKERS. Each player places their twelve checkers on the black square of the first three rows on opposite ends of the board.

The object of the game is to capture all of the opponent's game pieces, or block them so that they cannot be moved. The checkers are moved diagonally and each player moves alternately one of his men, in order to "capture" an opponent's checker, he must be able to jump (with his own man) over his opponent's checker when there is a vacant square behind. Single men may move diagonally forward. When a checker has reached the last row of his opponent's side, it becomes a "King" and then may move diagonally forward or backward. The "King" is "crowned" by placing another checker on top of it.

You are allowed to jump as many of the opponent's men on the same move if there are vacant squares diagonally behind each. When there is a "jump" available, the opponent must jump.

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RULES FOR SPADES

- 1) Each coach must present a roster at least 15 minutes before the competition begins.
- 2) Each program is entitled to one team consisting of two players.
- 3) This will be an **elimination tournament**. Winners will meet winners, and losers will drop out. Rounds will end at 350 points. The championship will be determined by the best two out of three rounds.
- 4) The dealer will be chosen by first diamond.
- 5) The team on the dealer's left will bid first.
- 6) The Wild Cards will consist of the Joker (Big and Little), the two of diamonds and the two of spades in that order only.
- 7) Spades are always trump cards and will follow the wild cards.
- 8) The lowest bid made is four books (board).
- 9) Players talking across the table will be disqualified.

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CREATIVE WRITING

1. Each coach must present a final roster at Registration.
2. Each program is entitled to a maximum of three contestants.
3. Each contestant must print their names and the name of their Upward Bound Program on the top of each page of their paper.
4. Participants will write an essay of at least 100 words and not more than 300 words dealing with a topic of their choice related to current events or TRiO.
5. Contestants will be given 30 minutes to write their essays and 10 minutes to read over what they have written and make corrections.
6. Words such as "a", "an" or "the" are not counted.
7. Essays may be fiction or non-fiction.
8. Entries may not contain gratuitous violence, profanity or explicit adult situations.
9. The main judging criteria will be the creativity, originality and communication of the piece. Mechanics, such as spelling, punctuation, paragraph structure, neatness, etc., are secondary criteria.
10. Each contestant will be awarded points as follows:

Area	Points
Creativity	25
Original Voice/Unique Style	25
Descriptive Language, Entertaining or Informative	20
Sentence/Paragraph Structure, Grammar & Punctuation	20
Spelling, Neatness & Clarity of Writing	10

Total Possible Points = 100

11. The decisions of the judges are final.
12. Punctuality will be strictly observed.

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SPELLING BEE RULES

- 1) Each coach must present a roster at least 15 minutes before the competition begins.
- 2) Each program is entitled to two contestants.
- 3) The State Upward Bound Spelling Bee will be an oral competition, with eliminations on a miss-and-out basis in the traditional Spelling Bee.
- 4) Words used in State Upward Bound Olympics finals will be selected from the "Words of the Champion" booklet, from the lists used in various city and regional contest and from American Heritage Dictionary.
- 5) Words will be pronounced according to the diacritical markings in American Heritage Dictionary from which the pronouncer will select the definition or definitions that he/she gives. With the approval of the judges, he/she may give a fuller explanation of the meaning of a word to supplement the dictionary definition of definitions quoted.
- 6) In competition, after the pronouncer gives the contestant a word, the contestant may also pronounce the word before spelling it, after spelling it, or, if he/she so chooses, not at all.
- 7) The contestant may request the pronouncer to re-pronounce the word, define it, or use it in a sentence. The contestant may ask for the language origin of the word. No other information about the etymology or history of a word will be given. If the contestant has a specific root word in mind, the contestant may ask if the dictionary lists that word as the root of the word to be spelled. The pronouncer will grant all such request until the judges agree that the word has been made reasonably clear to the contestant. JUDGES MAY DISQUALIFY ANY CONTESTANT WHO IGNORES A REQUEST TO START SPELLING.

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- 8) Having started to spell a word, a contestant may stop and start over, retracing the spelling from the beginning, but in the retracing there can be no change of letters and their sequence from those first pronounced. If letters and their sequence are changed in the respelling, the speller will be eliminated.
- 9) Upon missing the spelling of a word, the contestant immediately drops out of the contest. The next word on the pronouncer's list is given to the next contestant.
- 10) When the contestants are reduced to two, the elimination procedure changes. At that point when one contestant misspells a word, the other contestant will be given an opportunity to spell the same word. If the second contestant spells that word correctly, plus the next word on the pronouncer's list, then the second contestant will be declared the champion.
- 11) If one of the last two spellers misses and the other, after correcting the error, misspells the new word submitted to him/her, then the misspelled new word will be referred to their first speller. If the first speller then succeeds in correcting the error and correctly spells the next word on the pronouncer's list, then he/she will be declared the champion.
- 12) American Heritage Dictionary will serve as the final authority for the spellings of words in the competition. If more than one spelling is listed for a word appears in boldface type and it either matches the pronunciation and definition provided by the pronouncer, or it is clearly identified as being a standard variant of the word that the contestant has been asked to spell. Boldface spellings at other locations having archaic, obsolete, or regional labels (such as North, Midland, South Brit(ish), Irish) that are different from those at the main entry will not be accepted as correct.
- 13) Any question relating to the spelling of a word should be referred to the judges immediately. The deadline for making a protest is before the contestant affected would have received will be entertained after that word has been given another speller. When only two spellers remain, a protest must be made immediately, that is, before the second word, before the correct spelling is given the audience.
- 14) The judges are in complete control of the Spelling Bee. Their decision will be final on all questions. There will be three judges.

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PUBLIC SPEAKING RULES

There will be one public speaking event: Extemporaneous Speaking

Each coach must present a roster at least 15 minutes before the competition begins.

- 1) Each program is entitled to two contestants. There will be a preliminary round with the top six scorers advancing to the final round.
- 2) Extemporaneous Speaking is a limited preparation event. Each contestant/program is responsible for providing his or her reference materials. Suggested materials are magazines and newspapers printed within ninety days of the competition. All discussion topics will come from regional, national, and international news taking place within ninety days of the competition date (NOTE: ALL WORLD AND NATIONAL NEWS FROM MAY 31, 2004 TO THE PRESENT IS FAIR GAME).
- 3) Each contestant will begin every round of competition in the extemp prep room. The extemp prep room will be free of distracting noises and conversations. The exempt prep room will be under the control of the proctor. Those not following the proctor's instructions may be removed at the proctor's discretion. The proctor may assign any necessary changes in speaker order. The proctor will call each speaker position and assign topics every seven minutes until all speaker positions have been assigned.
- 4) All speakers must be in the extemp prep room during their assigned time. Each speaker will receive from the proctor a topic clip with three topic choices. The speakers will have thirty minutes from the time of their topic draw to research and prepare their speeches and then appear in their assigned speaking rooms. The speakers will speak on one of the three topic choices only. The speaker will present the topic slip to the judge(s) in the competition room. A student without a topic slip may not be allowed to speak (at the discretion of the judges).

FAEOPP Olympics 2016

- 5) After the thirty-minute preparation, the speaker must present a maximum seven-minute speech on one of the topic choices offered on the topic slip. Judges will be instructed to give favorable consideration to those presentations that reach a minimum time of at least four minutes. A single 4 X 6 note card will be allowed during the presentation. No other notes or props are allowed.
- 6) The judge(s) will rank the speakers by order of preference from 1 to 5. No rank of six is necessary until the final round. The judges will also assign quality points from 1 to 25.
- 7) In the final round, the remaining participants will select a topic from the two they did not select in the preliminary round. They will have thirty minutes from their topic selection to prepare a speech on the new topic, following the same rules as before.
- 8) Judges will rank the finalists by order of preference from 1 to 6. The judges will also assign quality points from 1 to 25.
- 9) Contestants may observe their fellow speakers after they have spoken, but under no circumstances before their own speeches. Audiences are allowed to observe the competition. Photographs, audio, and videotape will only be allowed with the consent of the competitors. The host program and tournament director will tape the final rounds of competition.

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SCHOLAR'S BOWL RULES

Team Composition

A team shall be composed of six (6) team members with four (4) participating members and two (2) substitutes. Each team shall designate its captain. If the competition is held in the summer, bridge students are ineligible.

Team Captain

The captain will operate the number (3) buzzer. The responsibility of the team captain is to: answer a specific bonus question, except when the captain announces a designee to answer a specific bonus question or part of a bonus question; decide on substitutions (Substitutions may only be made during a break between halves); and be aware of the rules and procedures.

Procedures - Teams not in attendance at the start of a game will forfeit that game.

Matches will take place in a round robin competition format. There will be several games simultaneously and the team with the highest number of wins will be the champion. In case of a tie, head-to-head competition will decide the winner.

When two teams tie

For example, Team A and Team B are tied with records of 6 wins and 1 loss, if Team B beat Team A when they played each other, then Team B is the winner.

When three or more teams tie

For example, Team A, B, and C are tied with records of 6 wins and 2 losses, if Team C beats both team A and B, then Team C is the winner. If Team C beats Team B, Team B beats team A, and Team A beats Team C, then the team that had the highest point total in these head-to-head games would be the winner. The next tie breaker is highest points total of all games.

Each match will last a maximum of 15 minutes. It will consist of ten (10) questions.

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All matches will be under the supervision and control of the following Scholar's Bowl officials:

- A) Moderator: will ask the questions, be responsible for the questions, the conduct of the match, judge the answers, and handle appeals.
- B) Timekeeper: will aid the moderator with all matters of time, maintaining a score sheet of the match and handle all matters of identification.

Questions

The categories of the questions will be: Language, Literature, Mathematics, Current Events, Miscellaneous, Social Science and Science

Toss-up questions will be worth ten (10) points each.

Bonus questions will be worth twenty (20) points each. Partial credit is possible on some questions with multiple answers. The multiple- part questions will be designated by the moderator. The answer to all bonus questions shall be given by the team captain, except when the captain announces a designee to answer a specific bonus question or part of a bonus question.

Answering Procedures

1. The match shall begin with the moderator asking a toss-up question. The time for the match begins with the reading of the first toss-up question.
2. The toss-up question is to be answered individually by the contestant who first buzzes in and is recognized by the timekeeper.
3. Teams may not confer on Toss-up questions.
4. Teams will have ten (10) seconds to buzz in after the moderator has completed reading the question.
5. If no one buzzes in after ten (10) seconds, the timekeeper calls "time", the answer is read, and a new question will be asked.
6. The contestant who is recognized to answer will then have ten (10) seconds to complete the answer. Any answer or part of the answer made after time has expired will not be counted.
7. After a correct answer to a toss-up question, the team will get a bonus question. The team may confer during the bonus.

FAEOPP Olympics 2016

8. At the completion of the reading of a bonus question, the team captain must complete the answer within thirty (30) seconds. Bonus questions, which have multiple answers for partial credit, **must be specified as to which part of the answer is being given.**

9. For example, Bonus question: (5 points each)

Name the following members of the first presidential cabinet.

A. President B. Vice-President C. Secretary of Treasurer D. Attorney General

An example of a correct partial response could include, "C is Alexander Hamilton; A is George Washington; D No response; and B is John Adams"

The moderator would then say, "A, B, and C are correct for 5 points each for a total of 15 points. The correct response for D was Edmund Randolph.'

Buzzers are not used for the bonus questions.

IN ALL CASES, THE FIRST ANSWER IS THE ONLY ACCEPTABLE ANSWER.

"STACKING" ANSWERS FOR TOSS-UP OR BONUS QUESTIONS WILL NOT BE ALLOWED.

The match shall continue as stated, with the following specifics:

1. In case of an interrupted toss-up:

- a. An incorrect answer will not be penalized.
- b. The question shall be completely re-read for the opposing team only and is to be answered individually by the competitor who buzzes in first and then is recognized.

2. In case a toss-up is answered incorrectly (without interruption), there is no penalty.

3. There will be ten (10) second allowance before the question is killed and another toss-up will be read.

4. If a question is answered by a contestant before he/she is recognized by the moderator, the answer, right or wrong, shall be disregarded and the opposing team will have ten (10) seconds to buzz in. If the opposing team buzzes in, after the individual is recognized he/she will have 10 seconds to complete his/her answer.

5. In case of undue audience participation or disturbance, the question involved shall be discarded and a new question will be read after the audience has been reprimanded.

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6. In case of a missed toss-up:

- a. When a toss-up question is missed by a participant who has attempted an answer after buzzing in and having been properly recognized, the question will be open for the other team to answer. Contestants from both teams are reminded not to confer during the toss-up questions, even if the other team has been recognized.
- b. The opposing team will have ten (10) seconds to buzz in after the moderator as indicated and incorrect answer. They will have ten (10) seconds to complete their answer after being recognized.

7. In case of a protest:

- a. The protest must be made on the spot. The match may be interrupted if a team captain feels a procedure is questionable. He/she should inform the moderator and the protest shall be resolved by the moderator and timekeeper. Sponsors, coaches, and audience members may not interrupt for any reason. The team captain is to be aware of the SAEOPP Scholars' Bowl rules and procedures.
- b. Any decision to be made regarding the protest shall be made by the moderator whose decision is final.
- c. In case a match is tied, toss-ups shall be read until the tie is broken.
- d. Final decisions shall be made by the Scholars' Bowl Committee on all matters not covered here.
- e. The answers on the moderator's cards are the only acceptable correct answers.¹

STUDY MATERIAL:

1. Campbell's Potpourri V of Quiz Bowl Questions by John P. Campbell
2. Three Cheers for the Red, White, and Blue and Other Famous by John P. Campbell
3. Campbell's 213 Lightning Rounds by John P. Campbell

QUIZ BOWL QUESTIONS WEBSITES

Patrick's Press, Inc., National Academic Quiz Tournaments (NAQT), Knowledge Master, Thinking Cap, Academic Bowl Online, or Questions Unlimited

www.patrickspress.com/	www.naqt.com	www.greatauk.com
www.thinkingcapquizbowl.com	www.academicbowlonline.com	www.qunlimited.com

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ART & PHOTOGRAPHY

In an effort to assure a smooth operation of the Olympic Art Exhibit and Competition, we are asking that each program follow the guidelines below:

1. Each program will be responsible for the security of its exhibit entries.
2. The art coordinator from each program will be responsible for displaying his/her program's art pieces properly at the scheduled set-up time.
3. Each program may enter up to 3 entries per category.
4. Artwork entered in the exhibits must be work done during the summer program leading up to the Olympics.

5. IDENTIFICATION OF ART PIECES:

- Only the Student's NAME, THE MEDIUM USED, AND THE TITLE should appear on the front of the artwork (date optional).
- The name of the SCHOOL should only appear on the BACK of the piece or on the BOTTOM of sculptures and three-dimensional pieces.

6. JUDGING AND AWARDS

- The host institution will provide Judges.
- Judges will be given the same guidelines as each program's art coordinator to guide them in making their selections.
- Judges are not to be interrupted during the actual judging period.
- First, second and third place ribbons will be awarded. Judges will be asked to choose a 1st, 2nd, and 3rd place piece of art from each category.

7. ENTRIES

- Categories:
 1. Drawing (pencil, pen)
 2. Painting (water color, oil, acrylic)



FAEOPP Olympics 2016

3. Photography
 4. Mixed Media (combinations of various media, collage)
 5. Ceramics (Clay)
 6. Best Expression Of Olympic Theme
- Number - Each program is limited to three entries per category.
- Presentation - Categories 1-3 should be matted if possible. Framing is not necessary.
8. Each program's art coordinator is responsible for taking down and securing its program's entries by the scheduled exhibit closing time. (The overall exhibit coordinator is not to be held responsible for loss or damage to any school's work).

FAEOPP Olympics 2016



BASKETBALL RULES

- * **Each team must provide an official scorekeeper.**
 - ** **Only tennis or athletic shoes may be worn, no hard-soled shoes.**
 - ** **Large Numerals must be displayed on the back of every player's shirt.**
1. Each coach must present a roster at least 15 minutes before the competition begins.
 2. Official high school basketball rules will apply except as noted below.
 3. A team must have 5 players on the floor in order to begin a game. (No more than 8 per team).
 4. Substitute players must be identified at the score table before going into a game.
 5. Only the coach may question an official's ruling. Players arguing with officials will receive a technical foul. Two technical fouls on a player will result in the disqualification of that player for the rest of that game.
 6. Games will consist of two 12 minutes halves with a 5-minute rest period between the halves. Time is continuous.
 7. Championship games will consist of two 20-minute halves with a 10-minute rest period between the halves. Time is continuous.
 8. 3 fouls per player allowed per half - with 4 time outs per half.
 9. A team leading on the scoreboard may not call a time out and let the clock run out.
 10. Automatic time out - last 2 minutes of the game – clock stops.
 11. Antagonizing of referee and unsportsmanlike conduct is prohibited and will be grounds for elimination.
 12. **Running clock – Only the referee can stop the clock.**
- (Sportsmanship, character and integrity must be maintained in all events)***

FAEOPP Olympics 2016



CO-ED SOFTBALL RULES

- * **Each team must provide a scorekeeper.**
 - ** **Each project must bring two new ASA approved restricted flight softballs (12"-red stitch).**
- 1) Each coach must present a roster at least 15 minutes before game time.
 - 2) Regular slow pitch softball rules will apply, except where noted below.
 - 3) Each game will consist of 4 innings or 45 minutes; whichever comes first.
 - 4) The competition will be single elimination until the first and second place winners are determined.
 - 5) If the score is tied after five innings, extra innings will be played to break the tie.
 - 6) If one team leads by 15 runs or more during a game, and the trailing team has batted through their order once, the game will be stopped and considered a complete game. If the home team is trailing at this point, the full inning must be completed. A minimum of two innings will be played in order for the 15 run rule to take effect, unless the home team is ahead after 1 ½ innings.
 - 7) **A team should field ten players (5 male, 5 female) and may add an extra hitter of either gender, resulting in a line-up of 11. The extra hitter must be present from the beginning of the game in order to add the 11th position to the batting order.**
 - 8) A softball team must have at least 9 players on the field to begin play, 4 of one gender and 5 of the other. A team that fields only nine 9 players, must take an automatic out in the 10th position of the batting order. If another player of the appropriate gender arrives late, they may be put on the field and into the 10th position of the line-up and the team will not have to take an automatic out from that point forward.
 - 9) Substitution can only be made at the end of the inning unless there is an emergency – emergency is to be determined by official.

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- 10) In slow-pitch softball, players may not steal bases or take a lead off of the base. A player who leaves a base before the ball crosses the plate will be called out.
- 11) A base runner may be tagged out anytime they are off base except that they may over-run first base. However, the runner must be careful to touch first base on the way past and they must not make any movement towards second or they can be tagged out.
- 12) The coach is the only person who can question the decisions of any official.
- 13) Batting out of order will be an automatic out for the player skipped.
- 14) Changes in the batting order can only be made with substitutes.
- 15) A player who is removed for a substitute may not return. The re-entry rule does not apply.
- 16) There will be no spectator interference.

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VOLLEYBALL RULES

- 1) Each coach must present a roster at least 15 minutes before game time.
- 2) A team consists of 6 players and no more than 6 alternates.
- 3) The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
- 4) The net should be at least 7 1/2 feet from the floor.
- 5) The first team to reach 15 points wins the game, provided they lead by at least two points.
- 6) Points can only be scored by the team that is serving. It is considered a "side-out" and the serve is passed to the other team when the other team has returned a ball that the serving team then misses.
- 7) The ball may be hit 3 times by a team before going over the net. No individual player may hit the ball twice consecutively. A block is not considered a hit.
- 8) Each time the service is changed, the players on the serving team must rotate one position clockwise before the serve is begun.
- 9) Carries' or 'lifts' are illegal hits. Play is stopped and a point or side-out is awarded.
- 10) Regulation volleyball rules will be observed (USVBA) except as noted above.
- 11) Each team must provide an official scorekeeper.

Please **bring old sheets or other ground cloths for students to sit in the grass**

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CO-ED SOCCER RULES

- * **Large Numerals must be displayed on the back of every player's shirt.**
 - ** **Each Team will supply one time/score keeper per game.**
- 1) Each coach must present a roster at least 15 minutes before game time.
 - 2) NCAA soccer rules will apply, except where noted below.
 - 3) A team consists of 11 players, one of whom will be the goalkeeper. There must be at least 4 players of each sex on the field at all times.
 - 4) A team must have at least 8 players on the field in order to begin a game. Other players may be added as they arrive, as long as their names are on the roster before the beginning of the game.
 - 5) The team scoring the greater number of goals during at the end of the game will be the winner. A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar and the referee has declared it a valid goal.
 - 6) Substitutions may be made by either coach during a goal kick, half time, after a goal is scored, or when a player is injured or ill. No substitutions on throw ins. The coach must notify the scorekeepers of any substitutions before they are made. The coach or another player must notify the referee whenever the goalkeeper is changed.
 - 7) Substitutes must stand at a designated point near the halfway line and wait until they receive a signal from the referee before entering the game.
 - 8) Reentry is permitted except for a player who has been removed due to an illness or injury.
 - 9) A player's equipment may not include any unyielding or dangerous articles. Only referee approved shin guards and soccer shoes or tennis shoes may be used. Knee braces or casts are only allowed if deemed safe by the referee.
 - 10) The regular games will consist of two 15-minute halves, with a 5-minute rest period between the halves. The clock runs continuously. The Championship game will

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consist of two 20-minute halves with a 5-minute rest period between the halves.

Time is continuous.

- 11) The games will be started by kicking the ball forward into the opponent's half of the field. All opposing players must be at least 10 yards from the ball until after it has been kicked off.
- 12) Teams will change ends of the field at the start of the second half, and play then will start with a kickoff by a member of the team opposite to that of the team taking the kickoff at the start of the game.
- 13) After a goal is scored, the ball will be taken to the center of the field and kicked off under the same conditions as when the game is started, by the team against which the goal was scored.
- 14) The ball is in play at all times from the start of the match to the finish, including rebounds from a goal post, crossbar, corner flag post or a referee into the field of play. The ball is only out of play when it completely crosses the boundary lines, whether on the ground or in the air, or when a referee stops the game.
- 15) Players, except the goalkeeper, may not deliberately carry, strike or propel the ball with his/her hands or arms.
- 16) Players may not kick or attempting to kick the ball when it is in possession of the goalkeeper.
- 17) A player is off-side if he/she is nearer the opponent's goal line than the ball at the moment the ball is played unless:
 - a. Player is in his/her own half of the field of play.
 - b. There are two opponents closer to their own goal line than he/she.
 - c. Player receives the ball directly from a goal kick, a corner kick, a throw-in, or dropped by a referee.
- 18) Spectators, time/score keepers and coaches are not allowed on the field of play without permission from the referee.
- 19) If the game should end in a tie, the following tie breaking procedure will be used:
 - a. A "Sudden Death Shoot-out" (penalty kicks) will be held.

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- b. No player except the goalie, the player who will kick the penalty, and the referees, are permitted to be on that half of the field and nobody is allowed behind the goal line.
- c. All other players, coaches and spectators must be on the other half of the field, or on the sidelines.

(Sportsmanship, character and integrity must be maintained in all events.)

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TRACK RULES

- 1) Each coach must present a roster of participants and categories 15 minutes before meet time.
- 2) Point System for Track and Field Events:

- | | |
|-----------------------|----------|
| 1st Place | 7 Points |
| 2nd Place | 5 Points |
| 3rd Place | 3 Points |
| . . . | |
| 4 th Place | 1 Point |
- 3) In all running events the runner must not leave the line of departure before the sound of the gun. If so, the runner will be scratched. After a runner has been scratched twice, he/she will be disqualified from that event.
 - 4) In all running events, the runner may not leave his lane until an official has called his time.
 - 5) In the long jump, the runner will be scratched if his foot crosses the last board on the runway.
 - 6) In the shot put, the participant must not let any part of his body come across the toe-board.
 - 7) The officials have the last say in the legality of all events and equipment.
 - 8) Only two (2) participants will be allowed from each project in the 55-meter dash, 100-meter dash, 200-meter dash, and 400-meter dash.
 - 9) Only one team per project for relays.
 - 10) Three (3) participants per project may participate in the mile run.
 - 11) Only two (2) participants will be allowed from each project in each field event.
 - 12) Each participant will only be allowed to participate in three (3) track events.

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- 13) Each team will provide their own batons, shot puts, and discuss.
- 14) Starting blocks will not be used.

Each team must provide two stopwatches

Track and Field Schedule of Events

<u>Order of Events</u>	<i>1st place</i>	<i>2nd place</i>	<i>3rd place</i>	<i>4th place</i>
	(7)	(5)	(3)	(1)
<u>Running Events</u>				
Women's 55m Dash	_____	_____	_____	_____
Men's Heavy Duty 55m Dash	_____	_____	_____	_____
Women's Heavy Duty 55m Dash	_____	_____	_____	_____
Women's 100m Dash	_____	_____	_____	_____
Men's 100m Dash	_____	_____	_____	_____
Women's 400m Dash	_____	_____	_____	_____
Men's 400m Dash	_____	_____	_____	_____
Women's 200m Dash	_____	_____	_____	_____
Men's 200m Dash	_____	_____	_____	_____
Women's 4X100 Relay	_____	_____	_____	_____
Men's 4 X 100 Relay	_____	_____	_____	_____
<i>Totals:</i>	_____	_____	_____	_____

Final Total:

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TRACK HEAT SHEETS

SCHOOL _____ COACH _____

Field Events

Track

I. Women's 55-meter Dash	Time	II. Women's 100-meter Dash	Time
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
<i>Alternate</i> _____	_____	<i>Alternate</i> _____	_____
III. Women's H/Duty 55m. Dash	Time	IV. Men's 100-meter Dash	Time
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
<i>Alternate</i> _____	_____	<i>Alternate</i> _____	_____
V. Men's H/Duty 55m. Dash	Time	VI. Women's 400-meter Dash	Time
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
<i>Alternate</i> _____	_____	<i>Alternate</i> _____	_____
VII. Men's 400-meter Dash	Time	VIII. Women's 200-meter Dash	Time
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
<i>Alternate</i> _____	_____	<i>Alternate</i> _____	_____
IX. Men's 200-meter Dash	Time	X. Women's 4 X 100 Relay	Time
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
<i>Alternate</i> _____	_____	<i>Alternate</i> _____	_____
XI. Men's 4 X 100 Relay	Time		
1. _____	_____		
2. _____	_____		
<i>Alternate</i> _____	_____		

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CHEERLEADING COMPETITION

CONTEST INFORMATION:

Awards will be given for 1st through 3rd place winners. Participation ribbons will be presented to each squad participating.

GENERAL RULES:

- 1) Each coach must present a roster at least 15 minutes before the competition begins.
- 2) Each Upward Bound Project may enter one squad in the cheerleading competition.
- 3) Each Upward Bound Project must limit its squad to no more than 10 members and no less than 5.
- 4) Each team member must be a member of the Project Upward Bound Program that he or she represents.
- 5) Cheers done by all of the squads should be in good taste and should represent the true spirit of Upward Bound.
- 6) The performance time is limited to three (3) minutes for each squad for each round.
10 points will be subtracted from the average score if a routine is more than 3 minutes. The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.
- 7) Each squad will perform twice, once during each round. The two Rounds are as follows:

ROUND 1 CHEER ROUTINE

GROUP OF LEADERSHIP CHEERS AND CHANTS

(3-Minute Time Limit)

- 1) Leadership cheer – Chants may be included but no tumbling, mounts, stunts, pyramids, or jumps are permitted.
- 2) Action must stop momentarily between each cheer.

ROUND II VARIED ROUTINE

(3-Minute Time Limit)

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- 1) Cheer and/or chants may be used for parts or all of a routine, but are not required.
- 2) Tumbling, stunts, pyramids may be used, but are not required.
- 3) Props, equipment and/or music may be used, but are not required.

Remember! - 10 points will be subtracted from the average score if a routine is more than 3 minutes. The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.

CHEERLEADING JUDGING AND CRITERIA

- 1) The total judging of the cheerleading competition will be done on a point system.
- 2) Judges will vote on the entire routine and not on each segment.
- 3) The cheerleading squads will be judged on the following criteria:
 - A) Voice projection
 - ▲ Articulation
 - ▲ Clarity
 - ▲ Projection
 - B) Execution of Cheer
 - ▲ Arm-leg coordination
 - ▲ Agility (ability to move in a quick and easy fashion.)
 - ▲ Body balance
 - ▲ Rebounding technique
 - ▲ Coordination of group routines
 - ▲ Knowledge of cheer
 - C) Showmanship
 - ▲ Eye Contact
 - ▲ Flash and Brilliance
 - ▲ Personality
 - ▲ Poise
 - D) Spirit

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- ▲ Smile
 - ▲ Enthusiasm
 - ▲ Self-confidence
 - ▲ "Giving one's all"
- E) Originality
- ▲ The uniqueness and creativity of the routine
- F) (**Varied routing only**)
- ▲ Stunts, pyramids, etc.
- G) Personal Appearance (**Score only once**)
- ▲ Cleanliness (Skin, Clothes and Hair)
 - ▲ Make-Up Application
 - ▲ Well Groomed
 - ▲ Uniformity

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CHEERLEADING COMPETITION SCORING SHEET

ROUND I:

- 1) Leadership cheer – Chants may be included but no tumbling, mounts, stunts, pyramids, or jumps are permitted.

ROUND II:

- 1) Cheer and/or chants may be used for parts or all of a routine, but are not required.
- 2) Tumbling, stunts, pyramids may be used, but are not required.
- 3) Props, equipment and/or music may be used, but are not required.
- 4) Tumbling, stunts, pyramids and props may be used but are not required.

10 points will be subtracted from the average score if either routine is more than 3 minutes. The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.

10 - Superior

8 - Excellent

6 - Good

4 - Fair

2 - Poor

Score Sheet	Round I	Round II
Voice/Projection		
Cheer Execution, Precision		
Showmanship		
Spirit		
Creativity/Originality		
Difficulty(varied routine only – stunts, pyramids, etc)	-----	
Personal Appearance (Scored only once)		-----
TOTALS:		

FINAL TODAY (ROUND I & ROUND II) = _____



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GUIDELINES FOR MR. AND MISS. TRIO/UB RECOGNITION

NO COMPETITION

(THEY WILL BE RECONIZED AT THE STEPSHOW)

1. All program representatives and participants are to meet on the first day of the Olympics. Time and Place will be announced at the Opening Ceremony.
2. The Coordinator of the Pageant will designate with representatives, time for participants to report to the facility prior to the beginning of the pageant.
3. Each participant will walk across the stage and be recognized.
4. All Queens should have the following:
 - a. Crown
 - b. Sash – designating institution
 - c. Casual Wear (i.e. Blouse, Pant or appropriate length skirt, Church attire) **NO JEANS, SHORTS or TENNIS SHOES**
5. All Kings should have the following:
 - a. Scepter, Canes or Top Hat
 - b. Casual Wear (i.e. Polo shirt, Pants) – **NO JEANS , SHORTS or TENNIS SHOES**
6. The Coordinator will decide the order of presentation of Kings and Queens with Program representatives of the pageant at the general meeting.
7. Attached is the information sheet for Mr. and Miss. TRiO/UB. **Please submit this form by July 12th, 2016.**

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Miss Upward Bound

NAME_____

AGE_____ GRADE_____ PROGRAM_____

HOMETOWN_____

FUTURE PLANS_____

HONORS AWARDED_____

TRIO PROGRAM NAME_____

LENGTH OF TIME IN PROGRAM_____

NAME OF ESCORT_____

Mr. Upward Bound

NAME_____

AGE_____ GRADE_____ PROGRAM_____

HOMETOWN_____

FUTURE PLANS_____

HONORS AWARDED_____

TRIO PROGRAM NAME_____

LENGTH OF TIME IN PROGRAM_____

NAME OF ESCORT_____



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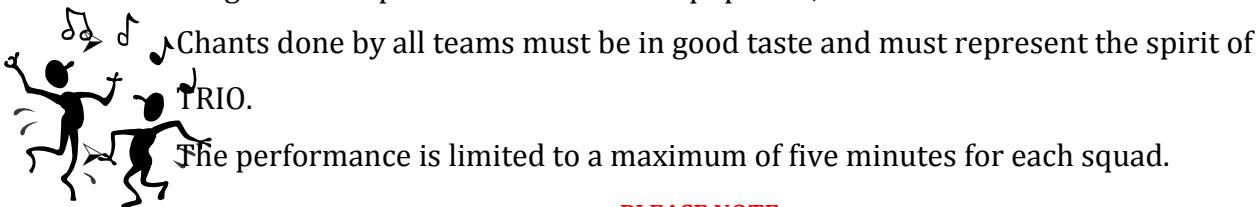


GUIDELINES FOR TRIO Step Show

(THIS WILL NOT BE A COMPETITION)

Please adhere to the guidelines as follows:

- Each TRIO Program may enter one step team.
- A team is comprised of at least 5 members with a maximum of 10.
- Each team member must be enrolled in the TRIO Program he or she represents.
- Equipment: The host Program will provide music equipment. The individual Program must provide all the other equipment, if needed.



Chants done by all teams must be in good taste and must represent the spirit of

TRIO.

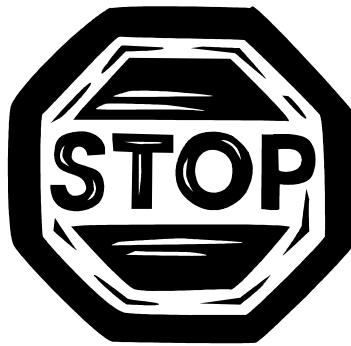
The performance is limited to a maximum of five minutes for each squad.

PLEASE NOTE:

Decorum, character, and integrity must be maintained at all times!! You are representing TRIO.

"TRIO GOT STEPPERS"	
PROGRAM NAME:	
INSTITUTION/COLLEGE:	
NUMBER OF PARTICIPANTS:	

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****DID YOU REMEMBER TO BRING THE FOLLOWING****

- Food/Snacks
- Spending Money
- Blankets, towels, umbrella
- Sneakers and comfortable walking shoes
- Light jacket (nights may cool)
- Workout clothes/casual dress clothes
- Personal Hygiene Items (toothpaste, soap, etc.)

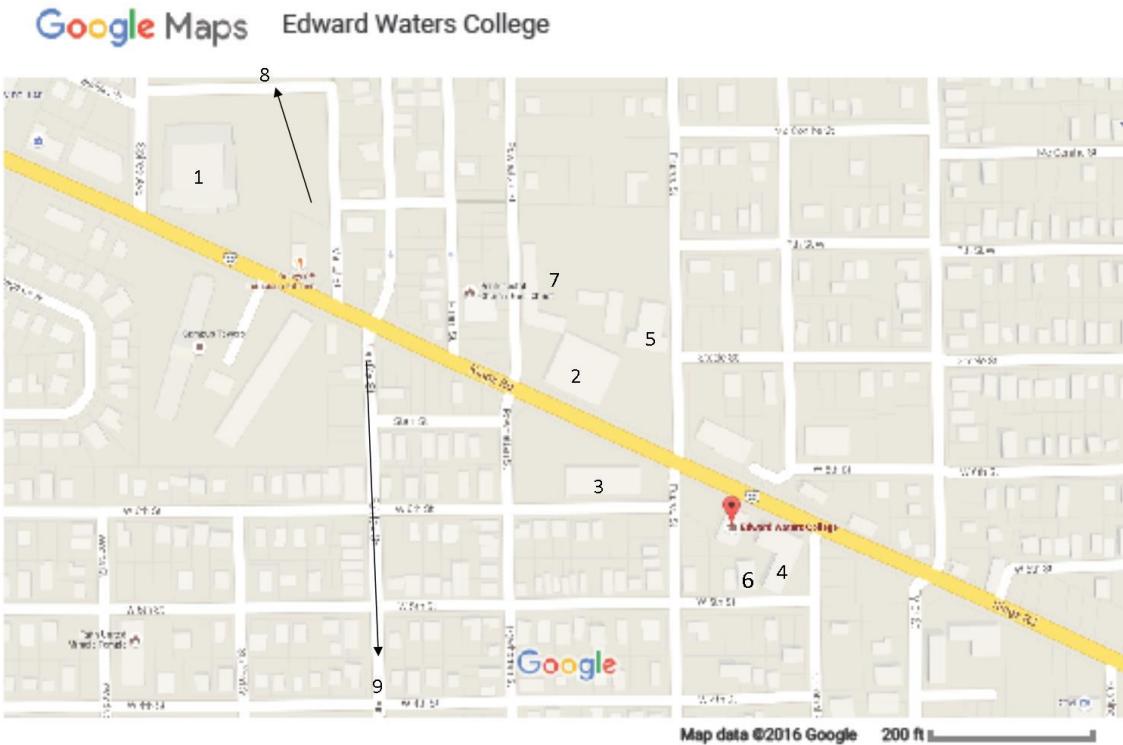
Remember that it will be hot and humid in Jacksonville during the summer, so bring appropriate clothing.

What not to bring: pets, open elements/open flame appliances, broiler ovens, immersion heaters, hot plates, Coleman stoves, Hibachi grills, fondue pots, gas burner how plates, gas lanterns, candles, guns/weapons of any kind, BB guns, knives, bows and arrows, alcohol of any kind, non-prescription drugs, or alcohol.

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Maps

Main Campus Facilities



- 1. Adams-Jenkins Sports and Music Complex
- 2. Student Union Building
- 3. Hatcher Steward Building
- 4. Milne Auditorium
- 5. Centennial Building
- 6. Writing Assessment Center
- 7. Salter Hall
- 8. James Weldon Johnson
- 9. Eugene Butler

You can get to Edward Waters College from any location in Jacksonville by clicking the link and pressing the [Directions](#) button.