

The Office of Residence Life Proudly Presents....

2017  
降世神通  
**RESTFEST**  
MASTERING THE ELEMENTS



**Rules and Guidelines Packet**  
Kevin Colbert, Chairperson  
Briana Stith, Vice-Chairperson

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ResFest 2017:  
**Committee**

## Mastering the Elements Contact List

<u>Event</u>	<u>Title</u>	<u>Name</u>	<u>Email</u>
ResFest 2016	Chair	Kevin Colbert	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
ResFest 2016	Vice-Chair	Briana Stith	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
<b>Event Coordinators</b>			
ResRally	Event Coordinator	Kevin Colbert	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
ResRally	Event Co- Coordinator	Briana Stith	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Pageant	Event Coordinator	Sharic Charlton	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Pageant	Event Co- Coordinator	Melissa D'haiti	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Field Day	Event Coordinator	Coniba Konate	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Field Day	Event Co-Coordinator		<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Game Night	Event Coordinator	Tajah Williams	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Game Night	Event Co-Coordinator		<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Academic Debate	Event Coordinator	Josiah Martin	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Academic Debate	Event Co- Coordinator		<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Dance/Stroll Competition	Event Co- Coordinator	Chelsea Onuoha	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Dance/Stroll Competition	Event Co- Coordinator	Danielle Young	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
ResCycleMania	Event Coordinator	Ayana Albertini	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
ResCycleMania	Event Co-Coordinator		<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Step Show	Event Coordinator	Brijon Lashley	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
Step Show	Event Co-Coordinator	Brionee Hall	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board -President	Erica Stewart	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Vice-President	Joyce Olusegun	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Member	Lance Hogan	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Member	Tiah Golden	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Member	Aaliyah Scott	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Member	Jazmin Goines	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>
	Policy Board - Member	Labrayia Key	<a href="mailto:ResFest2017@gmail.com">ResFest2017@gmail.com</a>

ResFest 2017:

# Dates

## *The Awakening*

Pep-Rally

Date: Friday, April 7, 2017

Location: Blackburn Terrace

Time: 12:00PM – 2:00PM

## *The Tales of Ba Sing Se*

Field Day

Date: Saturday, April 8, 2017

Location: Green Stadium

Time: 8:00 AM – 3:00 PM

## *Winter Solstice*

The Pageant

Mr. and Miss. Residence Life Pageant

Date: Saturday, April 8, 2017

Location: Blackburn Ballroom

Time: 2:00PM – 6:00PM

## *The Crossroads of Destiny*

Call to Chapel

Date: Sunday, April 9, 2017

Location: Cramton Auditorium

Time: 11:00 AM – 1:00 PM

## *Sozin's Comet*

The Game Night

Date: Sunday, April 9, 2017

Location: Blackburn Ballroom

Time: 4:00PM – 7:00PM

## *The Avatar State*

Academic Debate

Date: Monday, April 10, 2017

Location: College Hall South Lower Level

Time: 7:00PM – 10:00PM

## *The Day of Black Sun*

Café Night

Date: Wednesday, April 12, 2017

Location: Blackburn Cafeteria

Time: 5:00PM – 7:00PM

## *Mastering the Elements*

Step, Dance and Stroll Competition

Date: Thursday, April 13, 2017

Location: Burr Gymnasium

Time: 7:00PM – 10:00PM

\*Times are subject to change. Residence Halls will be notified if changes occur\*

## ResFest 2017: Residence Halls Deadlines:

All information is to be submitted to

**March 31, 2017:** Preliminary Submission of all rosters. An excel document will be sent out to each residence hall. Fill it out completely and return it at its requested deadline.

**April 6, 2017:** Submission of all finalized rosters and alternates. An excel document will be sent out to each residence hall. Fill it out completely and return it at its requested deadline.

**April 7, 2017:** All Step Team performance CDs/DVDs should be submitted to the Step Show Coordinators for Review. Due by: 3PM close of business in Residence Life.

**April 7, 2017:** All Dance Team performance CDs should be submitted to the Dance Competition Coordinators for Review. Due by: 3PM close of business in Residence Life.

**April 11, 2017:** Final Edited Copy of Step/Dance Performance CDs. Due by 3PM close of business in Residence Life (**Any copy submitted after April 6 will lose an automatic 10pts on day of competition**).

### Important Dates:

**March 31 – April 12, 2017:** Dance Competition Coordinators may review final shows by request. If a team declines a review at this time the **Residence Hall Manager** becomes responsible for the content of the routine. If during the final rehearsal any of the content is deemed inappropriate the Coordinator may petition for immediate change.

**This review is highly recommended.**

**March 31 – April 12, 2017:** Step Show Coordinators may review final shows by request. If a team declines a review at this time the **Residence Hall Manager** becomes responsible for the content of the routine. If during the final rehearsal any of the content is deemed inappropriate the Coordinator may petition for immediate change.

**This review is highly recommended.**

**March 31 – TBA:** Pageant Coordinators will approve apparel.

Failure to adhere to designated deadlines will result in a two (2) point deduction for each day past the deadline.

**\*All participants should have a valid Howard University ID at each event. Any team member who does not have a valid Howard University ID will not be able to participate in the event.**

**\*Failure to meet any deadline will result in a two (2) point deduction per day, to your Residence Hall's ResFest Event score. Ex. Due March 21 at 3PM, Turns in March 25 = - 8points from Dance Comp/Step Show Score.**

***\*All Step Teams must leave their changing areas in Burr Gymnasium (if any) clean and in the same manner prior to use. The penalty for noncompliance is DISQUALIFICATION.***

## ResFest 2017:

# General Rules and Guidelines Overview

## Unsportsmanlike Conduct

ResFest is designed to create a sense of excitement and fellowship amongst the residents within the Residence Halls and all of Residence Life at large. All of the events, though competitive, are intended to foster team building, cohesion, and a sense of pride. With the aforementioned stated, under no circumstance will unsportsmanlike conduct be allowed and/or tolerated. Unsportsmanlike conduct includes but is not limited to:

- Fighting
- Name Calling
- Belittling
- Cursing
- Physical altercations
- Obscene gestures

Any individual resident or residence hall that participates in the aforementioned actions between **March 24, 2017- April 13, 2017** & during any event or exhibition of talent **WILL BE DISQUALIFIED FROM THE COMPETITION: No Exceptions**. It is the intention of ResFest to promote positive competitiveness and these actions will not be tolerated under any circumstance.

Residence Hall Manager Initials \_\_\_\_\_ Date: \_\_\_\_\_

## Deadlines

The individual residence halls must adhere to any deadline set forth by the ResFest committee. Each Residence Hall Manager will be notified of any new deadline at least a week prior to the submission date. If a residence hall team coordinator does not adhere to the schedule deadline, points will be deducted from the teams over all points prior to the event. For example, if a residence hall did not submit finalized rosters by **April 6, 2017**, the hall will lose two (2) points for everyday late, resulting in that hall beginning ResFest with a negative score. Any special stage request must be submitted by **April 6, 2017**.

Residence Hall Manager Initials \_\_\_\_\_ Date: \_\_\_\_\_

# Tardiness Policy

All participants must adhere to the check-in times put forth by the coordinator. All contestants that will be late for the check-in time of their event **MUST** give Coordinators proper notification. A week's notification must be given to coordinators if they will be late because of a class. ANY other reason for tardiness must be accompanied by proof to be considered valid. Any participant that shows up late for check-in and does not have a documented excuse risks being excused from the competition. The decision will ultimately be name by the Coordinators of the event.

## Participants

All participants in ResFest are required to reside in the residence hall they are representing. Students may not represent another residence hall other than the one they reside in under any circumstance. Any participant that participates in the aforementioned actions during any event will result in the **ENTIRE TEAM BEING DISQUALIFIED FROM THE COMPETITION: No Exceptions.** All participants are required to arrive at the Event Venue at the agreed upon time specified by the Event Coordinators.

Residence Hall Manager Initials \_\_\_\_\_ Date: \_\_\_\_\_

## Practice Times

Monday through Friday you are allowed a maximum of **fifteen (15) hours** practice time for any event, but practice must end by 11pm. Also, Monday through Friday you must precede every practice with a mandatory **Study Hall** for no less than **six (6) hours** per week. If any participant can not make it to **Study Hall** they can not practice!

Saturday and Sunday practices can be conducted starting 8am until 11pm. Teams can not make practice mandatory during Holiday's or Spring Break. If any practices are held before or after these times (with or without) coaches or captains being present, **THE ENTIRE TEAM WILL RISK DISQUALIFICATION FROM THE COMPETITION: No Exceptions.**

All Event Coordinators are required to adhere to this rule or risk the disqualification of the individual event. All Residence Hall Managers are required to adhere to this rule or risk the disqualification of entire Residence Hall.

Residence Hall Manager Signature \_\_\_\_\_ Date: \_\_\_\_\_

Event Coordinator Signature \_\_\_\_\_ Date: \_\_\_\_\_

## ResFest 2017:

### **Athletic & Collegiate Clause**

Individuals who are affiliated with a Howard University association that fosters extensive athletic, collegiate, and professional experience must adhere to restrictions in an event related to their specific skill.

Howard University organizations/associations that cater to professional development include but are not limited to:

- Howard University Track & Field Team
- Howard University Football Team
- Howard University Basketball Team
- Howard Debate Team

Each residence hall team is limited to two (2) total members whom have skill or training in a ResFest event that is related to their specific training. One individual related to said Howard organizations are only allowed to actively participate one at a time. Furthermore, residence halls are required to specify their members who have affiliations with Howard University organization.

**Community Director Initials** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **Distribution of Points and Placement**

All events will receive points and placement as follows:

- 1<sup>st</sup> Place: 50 points
- 2<sup>nd</sup> Place: 35 Points
- 3<sup>rd</sup> Place: 20 Points
- Participation: 10 Points

All residence halls will receive 10 participation points for participating in each ResFest event

Game Night, ResCycleMania & Field Day will determine its winners by those teams who have received a majority of the overall points.

**Community Director Initials** \_\_\_\_\_ **Date:** \_\_\_\_\_



## ResFest 2017:

# **FIELD DAY**

**FIELD DAY** will be broken up into six exciting portions including, Track competition, Flag Football, Water Balloon Toss, Three-Legged Race, Tug-Of-War, and Checkpoint Relay. Field Day Team Participants must not exceed maximum of 40 people (Minimum of 15 girls) per building and each participant should only participate in up to three pre-events and 3 main events. Only 2 representatives from Howard Athletics are allowed on each team.

### **Winner of Field Day**

- 1<sup>st</sup> Place: 50 points
- 2<sup>nd</sup> Place: 35 Points
- 3<sup>rd</sup> Place: 20 Points
- Participation: 10 Points

### **Field Day Teams**

Cook Hall

College Hall North & TBA

Tubman Quadrangle & Drew Hall

Howard Plaza Towers

Slowe Hall

Bethune Annex

College Hall South

### **PRE-EVENTS: (Water Balloon Toss, Three-Legged Race, Tug-of-War, Checkpoint Relay)**

The Pre-Events points are broken down as such:

1<sup>st</sup> Place – 50

2<sup>nd</sup> Place – 35

3<sup>rd</sup> Place – 20

4<sup>th</sup> Place – 10

5<sup>th</sup> Place – 10

6<sup>th</sup> Place – 10

7<sup>th</sup> Place – 10

### **MAIN EVENTS: (Track)**

The Track Event points are broken down as such:

1<sup>st</sup> Place – 50

2<sup>nd</sup> Place – 35

3<sup>rd</sup> Place – 20

4<sup>th</sup> Place – 10

5<sup>th</sup> Place – 10

6<sup>th</sup> Place – 10

7<sup>th</sup> Place - 10

## **KNOCKER BALL:**

The Knocker Ball Points are broken down as such:

1<sup>st</sup> Place – 50

2<sup>nd</sup> Place – 35

3<sup>rd</sup> Place – 20

4<sup>th</sup> Place – 10

5<sup>th</sup> Place – 10

6<sup>th</sup> Place – 10

7<sup>th</sup> Place – 10

## **EVENT RULES**

### **Water Balloon Toss**

- \*There will be two groups of two people representing each team (One Male & One Female each).
- \*Each team starts on the 0 and 5-yard line.
- \*When whistle blows, you are to toss the water balloon to your teammate and your teammate will pass it back.
- \*If you are successful, the teammate on the 5-yard line moves to the ten-yard line.
- \*Each time you are successful, you move 5-yards back.
- \* If balloon bursts at anytime, you are eliminated
- \*Players cannot interrupt another teams' balloon or process of catching balloon. These calls for disqualification
- \*Players are allowed to dive backwards not forward for their balloon.
- \*Last team standing with a balloon wins.
- \*First two groups to get to 3 wins, wins the points.
- \*If the two groups that win are not of the same dorm respectively, there will be a playoff between them to decide who gets first and who gets second place.
- \*Rest of the points will be distributed by combination of yard length between the 4 representatives from each team
- \*In a result of a tie for any team that is not potentially, first there will be tie breaker to see which dorm gets which amount of points.

### **Checkpoint Relay**

- \*Each hall will have one (1) team of three (3) people. Each halls team must have one (1) male and one (1) female on their team.
- \*Teams start at the end zone.
- \*First member goes the 15-yard line and jumps rope 30 times.
- \*Then pick up and get into the potato sack and race to the 45-yard line.
- \*Then from the 45-yard line throw 3 plastic bottles into a recycling bin, get back in the potato sack and race back to 15-yard line. Then race back to the start line, and tag the next person, until the team finishes.
- \*The fastest hall time wins.
- \*TEAMS MAY NOT INTERFERE WITH OTHER TEAMS! THIS WILL RESULT IN DISQUALIFICATION!**

## Tug Of War

- \*Each team will have a group of 8 (There must be At Least 3 Females)
- \* Two Teams will line up on the respected side of the 50-yard line.
- \* First team to tug the opposing team across 5-yards wins
- \*Teams must stay between designated barriers

## Three-Legged Race

- \*Each hall will have one (1) team of two (2) people. Each halls team must have one (1) male and one (1) female on their team.
- \*Teams will start at the end zone and race to 40-yard line and back.
- \*The fastest hall time wins.
- \*TEAMS MAY NOT INTERFERE WITH OTHER TEAMS! THIS WILL RESULT IN DISQUALIFICATION!**
- \* TEAMS ARE NOT ALLOWED IN ANY WAY SHAPE OR FORM TO INTEFERE WITH OTHER TEAMS' REPRESENTATIVES! THIS CALL FOR IMMEDIATE DISQUALIFICATION!**

## EVENT RULES

### Track

(Male Competition, Female Competition)  
(MAIN)-Photo Finish

Possible Events, 100 M Dash, 200 M Dash, 400 M Dash, 4x1 relay, 4x2 relay, 4x4 relay

- One representative is allowed to compete in up to 2 events
- Must be at least one girl and one boy per event
- Relays will have two (2) males and two (2) females on each team.
- You may not leave your lane, if so **you are disqualified** from the event
- In relay, you may not leave hand off zone without passing the baton, if so **you are disqualified.**
- You are allowed one fault start, after 1 you are disqualified
- Times will be added from Male and Female team, and points will be assessed accordingly with fastest time being 1<sup>st</sup> place, 2<sup>nd</sup> place, etc...

## Knocker Ball

### Teams for Knocker Ball

[Cook Hall](#)

[College Hall North & TBA](#)

Tubman Quadrangle & Drew Hall

Howard Plaza Towers

Slowe Hall

Bethune Annex

College Hall South

**[Knocker Ball Rules Click Here to View the Event](#)**

# ResFest 2017: Game Night

## Teams for Game Night

Cook Hall

College Hall North

Tubman Quadrangle

Drew Hall

Howard Plaza Towers

Slowe Hall

Bethune Annex

College Hall South

Game Night will be held with each hall being *individually* represented for competitive purposes, and games for non-competition spectators who wish to participate as well. Each event on Game Night will allot a certain amount of points to each participating hall. The Hall with the most points at the end of the night will win the entire competition. There can be a maximum of ten (10) alternates for Game Night. Alternates must abide by all rules stated below and all Resfest rules.

## General Rules and Guidelines

### Residence Hall Competition Games

#### Dominoes

The ResFest Dominoes Tournament will consist of one entered name from each hall.

When the brackets are determined, and set, there will be a *single elimination*, tournament style between the competitors.

#### The Start

The dominoes are ritually shuffled face down in circles with the flat of the hand. Each player draws nine (9) dominoes and places them so that the other players can't see their value. Beginners can just place them on their edge in a row facing

them. Remaining dominoes are termed "sleeping" tiles. The first person to play is that person holding the double six, or failing that the double five and so on. The tile played must be the double tile that permitted the player to take the first turn. If none of the players hold a double, then the tiles are reshuffled and re-drawn.

#### The Play

Each player must in turn then play a tile onto the table positioning it so that it touches either end of the domino chain, which thus gradually increases in length. A player may only play a tile that has upon it a number showing at one end of the domino chain or the other. If a player plays a domino with the result that both ends of the chain show the same number (normally a number which is useful to the player and distasteful to the opponents), that player is said to have "stitched up" the ends.

The way that the tiles are placed provides a small part of the entertainment. Each tile being placed must be positioned so that the two matching ends are adjacent. Unless, the tile is a double, the tile can be placed square in any one of the three directions as long as the two matching sides are touching fully. Doubles are always placed crossways across the end of the chain. A tile played to a double must also be placed accordingly - perpendicular to the double touching at its

middle. The shape of the domino chain develops snake-line at random according to the whims of the players and the limitations of the playing surface.

If a player can lay a domino, then it must be played. Otherwise the player "knocks", or raps the table and play passes to the next player. The opposing players will, of course, make mental note of the numbers currently available on the table and try to ensure that they are available in future as well.

### **The End**

Normally play stops when one player "chips out" (plays his last domino). If it reaches a point at which no player can proceed, then the player with the lowest sum of dominoes wins the round, and accumulates points by the remaining sum in his/her opponents hand (rounding up at three and eight and down at two and seven), nearing to multiples of five. (Ex. 27 rounds down to 25 while 14 rounds up to 15).

### **Scoring**

Scoring occurs in multiples of five. Ten points must be scored in the initial phases of the game in order to have any points on the board.

## **Arcade Competition**

### **Madden 15**

1. Quarters will be **4 Minutes**.
2. The difficulty will be set to "**All-Madden**"
3. Since it is likely that there will be an odd number of competitors, we will hold a qualifying round in order to eliminate the odd man.
  - a. Players to compete in the qualifying round will be chosen at random on the day of competition.
4. In the event of a Tie, a rematch will be held.
  - a. Both players will choose random teams.
  - b. Each player is allowed 3 Random Draws.
5. Changing the stats on any individual player or team is strictly prohibited. **Violators will be eliminated from tournament play.**

### **NBA 2K**

1. Quarters will be **5 Minutes**.
2. The difficulty will be set to "**Hall of Fame**"
3. Since it is likely that there will be an odd number of competitors, we will hold a qualifying round in order to eliminate the odd man.
  - a. Players to compete in the qualifying round will be chosen at random on the day of competition.
4. In the event of a Tie, a rematch will be held.
  - a. Both players will choose **random teams**.
  - b. Each player is allowed **3 Random Draws**.
5. Changing the stats on any individual player or team is strictly prohibited. **Violators will be eliminated from tournament play.**

# Super Smash Bros. Melee

1. 3 Stock Lives
2. 8 Minute rounds
3. Items are turned to **OFF** and **NONE**
4. **Stalling is prohibited.**
  - a. Stalling is defined as intentionally making the game unplayable. Examples include, but are not limited to:
    - i. Becoming invisible
    - ii. Reaching a position that cannot be reached by the opponent
    - iii. Chain grabs
    - iv. Uninterruptible moves past ~300%
5. In the event of a Tie, competitors will play a 1 Stock, 3-minute match with the same characters and stage.
6. **The following stages have been approved for competition. All other stages are BANNED FROM TOURNAMENT PLAY.**
  - a. Delfino Plaza
  - b. Frigate Orpheon
  - c. Halberd
  - d. Castle Seige
  - e. Lylat Cruise
  - f. Pokémon Stadium (1 &2)
  
  - g. Yoshi's Island
  - h. Battlefield
  - i. Final Destination
  - j. Smashville
7. Pausing is only allowed whilst both players are in relatively neutral situations.

## Speed Spades

### Spades for Four Players

The four players are in fixed partnerships, with partners sitting opposite each other. Deal and play are clockwise.

### Rank of Cards

A standard pack of 52 cards is used. The cards, in each suit, rank from highest to lowest: **A, K, Q, J, 10, 9, 8, 7, 6, 5, 4, 3, and 2.**

### The Deal

The first dealer is chosen at random, and the turn to deal rotates clockwise. The cards are shuffled and then dealt singly, in clockwise order beginning with the player on dealer's left, until all 52 cards have been dealt and everyone has 13.

## The Bidding

In Spades, all four players bid a number of tricks. Each team adds together the bids of the two partners, and the total is the number of tricks that team must try to win in order to get a positive score. The bidding begins with the player to dealer's left and continues clockwise around the table. Everyone must bid a number, and in theory any number from 0 to 13 is allowed. Unlike other games with bidding, there is no requirement for each bid to be higher than the last one, and players are not allowed to pass. There is no second round of bidding - bids once made cannot be altered. **Example:** South deals; West bids 3; North bids 1; East bids 4; South bids 4. The objective of North and South is to win at least 5 tricks (4+1), East and West try to win at least 7 (4+3).

A bid of 0 tricks is known as **Nil**. This is a declaration that the player who bid Nil will not win any tricks during the play. There is an extra bonus for this if it succeeds and a penalty if it fails. The partnership also has the objective of winning the number of tricks bid by the Nil's partner. It is not possible to bid no tricks without bidding a Nil. If you don't want to go for the Nil bonus or penalty you must bid at least 1.

Some players allow a bid of **Blind nil**. This is a nil bid declared before a player looks at his cards. After everyone has bid and before the first lead, the bidder may exchange two cards with partner - the bidder discards two cards face down; partner picks them up and gives back two cards face-down in return. It is usually agreed that a player whose side is losing by at least 100 points may only bid Blind Nil.

## The Play of the Hand

The player to dealer's left leads any card except a spade to the first trick. Each player, in turn, clockwise, must follow suit if able; if unable to follow suit, the player may play any card.

A trick containing a spade is won by the highest spade played; if no spade is played, the trick is won by the highest card of the suit led. The winner of each trick leads to the next. Spades may not be led until either

- some player has played a spade (on the lead of another suit, of course), or
- The leader has nothing but spades left in hand.

Playing the first spade is known as "breaking" spades.

## Scoring

A side that takes at least as many tricks as its bid calls for receives a score equal to 10 times its bid. Additional tricks (overtricks) are worth an extra one point each.

**Sandbagging rule:** Overtricks are colloquially known as **bags**. A side that (over several deals) accumulates ten or more bags has 100 points deducted from its score. Any bags beyond ten are carried over to the next cycle of ten overtricks - that is if they reached twenty overtricks they would lose another 100 points and so on. (*Note: it is not necessary to keep track of overtricks separately as the cumulative number of overtricks taken appears as the final digit of the team's score, if positive*).

**Example:** Suppose a team whose score is 337 bids 5 tricks. If they win 7 tricks they score 52, taking their score to 389. If they win 8 tricks they score 53, but lose 100 because they now have 10 bags, and their score becomes 290 (337 + 53 - 100). If they win 9 tricks they score 54 and lose 100, bringing their score to 291.

If a side does not make its bid, they lose 10 points for each trick they bid. If a bid of **nil** is successful, the nil bidders' side receives 100 points. This is in addition to the score won (or lost) by the partner of the nil bidders

for tricks made. If a bid of nil fails - that is, the bidder takes at least one trick - the bidder's side loses 100 points, but still receives any amount scored for the partner's bid.

The usual rule is that when a nil fails, the tricks won by the nil bidder **do not count** towards making the partner's bid, but do count as bags for the team.

A bid of **blind nil** scores twice as much as an ordinary nil - it wins 200 points if successful and loses 200 points if it fails.

The side that reaches 500 points first wins the game. If both sides reach 500 points in a single deal, the side with the higher score wins.

### Tie Breaker

In the event of a tie the two teams will select a player each to represent them in a game of Connect Four. The player whose team wins will be announced the winner.

## JENGA RULES

A classic Jenga game consists of 54 precision-crafted, specially finished hard wood blocks. To set up the game, use the included loading tray to create the initial tower. Stack all of the blocks in levels of three placed next to each other along their long sides and at a right angle to the previous level.

Once the tower is built, the person who stacked the tower plays first. Moving in the game Jenga consists of: **1) taking one block on a turn from any level of the tower (except the one below an incomplete top level), and placing it on the topmost level in order to complete it.**

Players may use only one hand at a time; either hand may be used, but only one hand may touch the tower at any time.

Players may tap a block to find a loose one. Any blocks moved but not played should be replaced, unless doing so would make the tower fall. The turn ends when the next player touches the tower, or after ten seconds, whichever occurs first.

**The game ends when the tower falls -- completely or if any block falls from the tower (other than the block a player moves on a turn).**

The loser is the person who made the tower fall (i.e., whose turn it was when the tower fell).

## Twister

### Setting up the Game

1. Spread the mat face up on a flat surface, indoors or outdoors.
2. Players take off their shoes and set them aside. If you're playing outdoors, you may want to anchor the mat corners with your shoes.
3. Designate an extra person as the referee. The referee is not considered a player; during the game, the referee will spin the spinner, call out the moves, and monitor the game play.
4. Position yourselves on the mat according to the number of players, as explained below.



**For a 2-player game:** Players face each other from opposite ends of the mat, near the word *Twister*. Place one foot on the yellow circle and the other foot on the blue circle closest to your end of the mat. Your opponent does the same on his or her end.

**For a 3-player game:** Two players face each other on opposite ends of the mat, near the word *Twister*. Each player places one foot on the yellow circle and the other foot on the blue circle closest to his or her end of the mat. The third player faces the center from the red-circle side of the mat, placing one foot each on the two middle red circles.

### **How to Play**

The referee spins the spinner, then calls out the body part and the color that the arrow points to. For example, the referee may call out: "Right hand, red." *All players, at the same time*, must then try to follow the referee's directions as explained below.

- Each player must try to place the called-out body part on a *vacant* circle of the called-out color. For [example, if the referee calls out "Right hand, red," each player must try to place a right hand on any vacant red circle.
- If your called-out hand or foot is *already* on a circle of the called-out color, you must try to move it to another circle of the same color.
- There can never be more than one hand or foot on any one circle. If two or more players reach for the same circle, the referee must decide which player got there first. The other player(s) must find another vacant circle of the same color.
- Never remove your hand or foot from a circle unless you're directed to by the referee after a spin. *Exception:* You may lift a hand or foot to allow another hand or foot to pass by, as long as you announce it to the referee *beforehand*, and replace it on its circle immediately afterward.
- If all 6 circles of a color are already covered, the referee must spin again until a different color can be called out.

*Strategy:* Try moving toward an opponent's portion of the mat, forcing the player to go over or under you to place a hand or foot!

### **Being Eliminated**

Any player who falls, or touches the mat with an elbow or knee, is immediately out of the game. (If you feel that a new position is impossible, or will cause you to fall, you may eliminate yourself.)

In a 2-player game, the game ends and the remaining player wins. In a 3-player game, the remaining two players keep playing until one player is eliminated and the remaining player wins.

### **How to Win**

The last player left in the game is the winner!

### **Team Play**

For a 4-player game, form 2 teams of 2 players each. Teams face each other on opposite ends of the mat, standing side-by-side with each foot on a circle so that all 4 circles closest to the *Twister* name are covered.

Just as in a 2- or 3-player game, the referee spins the spinner and calls out a hand or foot and a color circle. Play as in the 2- or 3-player game, with this exception: *members of the same team can cover the same circle with one hand or foot each.*

As soon as a player falls or touches the mat with an elbow or knee, the player's team is eliminated and the other team is the winner.

### **2-Player Game with No Referee**

If there are only 2 players and no referee, you can play without using the spinner. One player calls out the body part; the other player calls out the circle color. Players alternate turns calling out the body part first. Otherwise, game play is the same, with the last remaining player the winner.

### **Party Games**

**Round Robin:** Form several 2-player teams. Each team, in turn, plays every other team. Players keep track of wins and losses. The team with the most wins!

**Elimination Game:** Form several 2-player teams. Play against each other, with losing teams dropping out. Winning teams play each other until only one winning team is left!

# ResFest 2017:

## Academic Debate

### General Rules and Guidelines

The following will assist each residence hall debate team in compiling their said team:

- Each team will consist of 4 members and one (1) alternate team member for a maximum team of five (5) members.
- All members must reside in their respective hall that they are competing for.
- All halls with a debate team must have a team captain who will be indicated on the team roster.
- The name and contact info of the Residence Hall Advisory staff member(s) should also be included.
- Each team member should be dressed in appropriate business formal attire for the debate.
- All members participating on the Academic Debate Team must speak (i.e. Team member number 1 would speak for the entire introduction, team member 2 would speak for the entire crossfire, team member 3 would speak for the entire rebuttal, team member 4 would speak for the entire conclusion)
- Speakers will be allowed to use note cards
- **Please Note: Failure to do so will result in an immediate disqualification of the team.**

#### Format

- The 2017 ResFest Academic Debate will be arranged in a tournament style competition.
- Topics and matches will be drawn randomly before each round.
- The two debating teams in a match will argue either the Pro or Con side of the drawn topic.
- The choice of either representing Pro or Con of a debate topic will be decided by a coin toss.
- [In the event of a Bye click here for instructions.](#)

Time for each round goes as follows:

3 Minute Introduction- Pro 2 Minute Rebuttal- Pro	3 Minute Introduction- Con 2 Minute Rebuttal- Con
Crossfire 2 Minute Conclusion -Pro	Crossfire 2 Minute Conclusion –Con

- The crossfire is a total of 4 minutes with 1 team member from each team questioning the case of 1 opposing member of the other team. Each team has 30 seconds or less to speak.  
This is a free-for-all so you may:
  - Ask questions
  - Strengthen arguments
  - Invalidate the question asked during this period
- Crossfire is a match of wits (point vs. counterpoint) not speeches.  
**Example of style:** <http://www.schooltube.com/video/ffd8cc14032c4a0d8263/>

The Judges for the Academic Debate will consist of Howard University Staff/Professors and Community Leaders in the Debate field.

At the beginning of each round all teams will start with a score of zero; no points will be carried over into the next rounds.

The score will then be totaled and the team with the highest score will move onto the next round.

## **Judging Criteria**

- Credibility of speech
- Presentation and Structure of Speech
- Relevance to Topic
- Professionalism
- Overall Persuasiveness

For each of the five categories each judge may give up to 10 points (score of ten is highest) with no half point increments.

\* Said Debate Coordinator will be compile all debate topics

## ResFest 2017:

# Pageant

## Mr. & Miss ResFest Competition

### Competition Overview

Mr. and Miss ResFest are a young man and young lady who strive to promote good citizenship and scholastic achievement within our residence halls. In doing so, both endeavors of the King and Queen will be to promote the great mission of the Office of Residence Life as a student ambassador in their collegiate life with its strong morals and values.

To enable contestants to implement their platforms and increase interaction with residents ResFest pageant competition will involve a polling of contestants by residents. All contestants will campaign to residents leading up to and throughout the week of ResFest.

The selection of Mr. & Miss ResFest will be determined by the following:

### Interview - 15%

Interview will be conducted one (1) week prior to the main event. In this category, contestants will demonstrate their ability to articulate their on-campus activities, describe their time as the reigning Mr. & Miss of their hall as well as other information pertinent to the pageant. They will be judged on attire, promptness, eloquence and affability.

### Introduction/Platform – 30%

This category will be the first opportunity contestants will have to present themselves to the audience. In this segment, each contestant will demonstrate their intellect by how well they present themselves through the content and the delivery of their introductions and platform.

The contestants will be judged on how well they articulate and display themselves.

The content of the introduction should be original.

The contestant should display confidence in their presentation and appearance during delivery.

Since the winners will serve as spokespersons for Residence Life, an outstanding performance in this area is of paramount importance. The introduction should present their name, major, contestant number, and their platform as well as things they plan on accomplishing during their reign.

### Talent – 20%

In this category, the contestants will display the talents of their choice. Contestants will be evaluated on their originality, confidence, delivery, professionalism, and selection of their costume. The winners may or may not be asked to display their talent throughout their reign as Mr. and Miss of their school. The choice and presentation of the contestants should be highly reflective of their interests, abilities, and personality.

### Evening Wear – 15%

In this category, the contestants will be clothed in the eveningwear of their choice, representing their personal taste, style, color and design. They will be evaluated on their poise, appearance, and grace. Expect them to look regal, natural, elegant, and display grace and charm. They will be natural and unaffected. Positive qualities will not be reflective of the cost of her gown.

### **Question and Answer – 20%**

In this category, the contestants will demonstrate their ability to articulate their thoughts, as well as their personality and deportment. The contestants will be judged on how well they answer the questions, their ability to be spontaneous and confident, while demonstrating their intelligence. Contestants will need to answer one (1) randomly chosen question fully and to the best of their abilities.

### **Contestant Eligibility**

The ResFest Committee will facilitate the Office of Residence Life sponsored competition under the guidelines of the Mr. and Miss ResFest. This allows the winners of the competition to be eligible for participation in university activities as a student representative of the Office of Residence Life and other decided upon benefits as determined by the department's Dean. The ResFest competition coordinator will have the authority to make provisions and waive eligibility rules and/or regulation requirements with the approval of the ResFest Committee.

ResFest 2017:  
**Dance Competition**

**General Rules and Guidelines**

- Each team must have a captain/representative.
- Each participant must reside in the residence hall of the team they are participating. Violators will be disqualified.
- All dancing and music must be PG13  
The following actions that are prohibited are the following (but are not limited to):
  - No extremely provocative moves
  - No foul language in the music
  - No showing of any private areas
  - No extensive bumping and grinding on team members and/or floor
- Respect must be shown to opposing teams, judges, coordinators, staff, etc.
  - No booing other teams
  - No verbal altercations or physical contact with anyone
  - Loss in respect will result in a lost in points as deemed necessary by the Policy Board
- Participants must be on time to all scheduled meetings and practices with the Coordinators
- Cheating and/or stealing of choreography is dishonest and ultimately wrong. Plagiarism and spying on other teams is strictly prohibited and will result in immediate disqualification.
- There can only be a maximum of 18 dancers on the team.
- The order throughout the Dance Competition will be drawn randomly out of a hat.
- **STUDENTS MAY DANCE BARE FOOTED. ALL PARTICIPANTS SHOES MUST BE PRE-APPROVED. (BLACK OR COLORED SOLE SHOES ARE NOT PERMITTED.)**
- **Stilettos and/or sticks cannot be used during a performance. To do so will result in immediate disqualification.**
- **Teams may not arrive to the competition undertaking any type of a performance (marching, strolling, etc.)**
- *The winning team may stay on the floor for one (1) final dance (if they wish) and then immediately exit the floor.*

**Preliminaries**

- There must be a minimum of one (1) and maximum of fourteen (14) dancers per team on the floor at a time.

**Each team must have a routine no longer than 3 minutes' music pre-arranged on a CD.** If a team goes over 3 minutes the DJ will automatically cut the music, and judging will solely be based on everything prior to the original 3 minutes. Teams are allowed to use pre-approved stage decorations and stage props.

- At the end of Round 1, each team will stand in the middle of the floor. The judges will then announce what teams made it to the next round of battles.
- The **3** teams with the most points will move on to The Playoffs

The teams are allowed to use props. However, some rules apply.

- NO LIQUIDS, SPRAYS or GLITTER
- Props must be able to be cleaned up at the end of the battle
- No persons and/or props can touch any member of the opposing team at any time!
- No props that would cause possible damage to the Burr Gymnasium floor are allowed. (i.e. anything that will scratch or discolor the floor)

**The Playoffs**

- A maximum number of 10 people can dance during "The Playoffs" per battle song. (All dancers on the floor must be on the roster for the residence hall dance team) No switching of dancers during each battle routine.

**The teams are not allowed to use props in "The Playoffs"**

For each individual battle, each team will have the same song. The teams will *not* know which song will be played until the DJ scratches and the beginning of the chosen song is played. There will be one song per “Playoff.” **A list of battle songs will be provided to each team at least one week prior to the competition.**

**Each team will be given (1) 40 second round for each battle.** The opposing team *may not* move at all while the other team is dancing. This is considered disrespectful and will greatly decrease the chances of your team moving on to the “Championship.”

After each “Playoff” the judges will choose the winner by holding up the sign of that respective dorm, the best 2 out of 3 votes wins that “Playoff.” In the slight circumstances that there is a tie, a tiebreaker round will take place in the same fashion as the previous “playoff” After the round is over a winner will be chosen

### **Championship**

The teams may choose a song that will be played for this final championship.

The teams will be allowed time to get into their starting position. Once that starting position is frozen, the time begins as soon as anyone on that team moves or the music starts. Once some individual moves, the clock begins, and there are absolutely *no* re-dos.

Each team will showcase original choreography to the battle song played.

The routines must include an element of **Pertaining to the Theme** in their routine. Props may be included.

The two teams will have (1:15) to dance to the song of their choice. The judges will not judge any dancing beyond 1:15 seconds.

### **Battle Songs**

Battle songs Battle songs may not be used in any part of the “Preliminaries or Championship” routine.

The battle songs will be chosen at random for the playoff round. The teams will *not* know which song will be played until the DJ scratches and the beginning of the chosen song is played.

The judges will choose the winner in the same fashion as the other battle rounds. The judges will hold up the sign of the dorm that they think should win and the winner of the title will be announced

Under NO circumstance during the battle rounds of the competition are participants to touch a member of the opposing team. Such actions will be considered unsportsmanlike conduct and will **result in disqualification from the competition.**

*\*\* Please Note: No Points will be allotted for “Playoffs & Championship Round. “  
The judges will determine the winners of each battle\*\**

## **Judging Criteria**

### **Costume and Apparel**

**20%**

### **Execution of Theme**

**20%**

### **Choreography**

**40%**

### **Overall effect**

**20%**



ResFest 2017:  
**Stroll Competition**

**General Rules and Guidelines**

- Each team must have a captain/representative.
- Each participant must reside in the residence hall of the team they are participating. Violators will be disqualified.
- Respect must be shown to opposing teams, judges, coordinators, staff, etc.
  - No booing other teams
  - No verbal altercations or physical contact with anyone
  - Loss in respect will result in a lost in points as deemed necessary by the Policy Board
- Participants must be on time to all scheduled meetings and practices with the Coordinators
- There must be a minimum of two (2) and maximum of sixteen (16) strollers per team on the floor at a time.
- The order throughout the Stroll Competition will be drawn randomly out of a hat.
- **ALL PARTICIPANTS SHOES MUST BE PRE-APPROVED. (BLACK OR COLORED SOLE SHOES ARE NOT PERMITTED.)**
- No props are allowed.
- Teams will perform in their designated section to be selected by the ResFest Dance and Stroll Coordinators.
  - **Any team that strolls outside of the designated section will be disqualified.**
- All movements and music must be PG13
- The DJ's mix will not be provided resulting in an impromptu music selection.
- Stunts are allowed, with exceptions to stunts that jeopardize the safety of the strollers.  
The following actions that are prohibited (but are not limited to):
  - No extremely provocative moves
  - No showing of any private areas
  - No extensive bumping and grinding on team members and/or floor
- **NO IMITATING ANY GREEK ORGANIZATIONS IN ROUTINES.**

**BATTLE ROUNDS**

**First Round**

- Two/three teams (contingent on how many are performing) will go to head to head to the DJ's mix for 4 minutes and 30 seconds (4:30).
- The first round is partitioned into two heats. (i.e. Two teams will battle in the first portion of the first round and then the next two/three teams will battle in the second portion)
- The two/three teams that are about to compete (depending on the heat) will be summoned to the floor and a one (1) minute entrance period will be given to enter the floor and arrive to the teams designated confinement.
- After the one (1) minute timer is up, the DJ will begin his/her mix and the 4:30 timer will commence.
- After the 4:30 allotted time, the music will be cut.
- The DJ will be allowed a thirty second (:30) grace period after the aforementioned time.
- The teams may finish out the action that they were completing when the music was cut and then immediately line back up in their designated areas.
- The teams will remain on the floor until they are announced and instructed off the floor by the MC.
  - \*During this deliberation period of remaining on the floor after the music has been cut, the teams may throw ripples but need to remain in line for an immediate exit off the floor.

At the end of Round 1, judges will deliberate and choose only three (3) teams to advance to the second round.

\*THERE WILL BE A BRIEF INTERMISSION BETWEEN ROUNDS 1 AND 2.

## Second Round

- The three teams that advance to the second round, will all battle head to head simultaneously for four (4) minutes.  
\*There will be designated room to accompany all three teams at once.
- The three teams that are about to compete will be once again announced by the MC and summoned to the floor. A one (1) minute entrance period will be given to enter the floor and arrive to the teams designated confinement.
- After the one (1) minute timer is up, the DJ will begin his/her mix and the 4-minute timer will commence.
- After the 4- minute allotted time the music will be cut.
- The DJ will be allowed a thirty second (:30) grace period after the aforementioned time.
- The teams may finish out the action that they were completing when the music was cut and then immediately line back up in their designated areas.
- The teams will remain on the floor while the judges briefly deliberate  
\*During this deliberation period of remaining on the floor after the music has been cut, the teams may throw ripples but need to remain in line for an immediate exit off the floor.
- After the brief deliberation, all movement must come to a halt and one team will be announced to exit the floor.
- The remaining two teams will remain on the floor and advance to the third round.

## Third Round

- The third round will immediately follow the second round.
- The two teams that advance to the third round, will battle head to head for five (5) minutes.
- The 5-minute round will commence immediately following the aforementioned team's exit.
- After the 5- minute allotted time, the music will be cut.
- The DJ will be allowed a thirty second (:30) grace period after the aforementioned time.
- The teams may finish out the action that they were completing when the music was cut and then immediately line back up in their designated areas.
- The teams will remain on the floor until the winner is announced  
\*During this deliberation period of remaining on the floor after the music has been cut, the teams may throw ripples but need to remain in line for an immediate exit off the floor.
- Once the winner has been announced by the MC, the losing team will exit the floor.
- *The winning team may stay on the floor for one (1) final stroll (if they wish) and then immediately exit the floor.*

Under NO circumstance during the three rounds of the competition are participants to touch a member of the opposing team. Such actions will be considered unsportsmanlike conduct and will **result in disqualification from the competition.**

## Judging Criteria

<b>Costume and Apparel</b>	<b>20%</b>	<b>Execution</b>	<b>20%</b>
<b>Strolling</b>	<b>40%</b>	<b>Overall effect</b>	<b>20%</b>

ResFest 2017:  
*Step Show*  
**General Rules and Guidelines**

- Each Team must have a captain/representative
- No team should have more than 25 members
- Each team may have a maximum of 15 members on stage
- **Each team should prepare for a 360-degree show.**
- Members of the team must be in good standing with the University
- Each member must reside in the residence hall, which they are representing, with the exception of the “**Wild Card.**” **Wild card must be identified prior to the final Step show rehearsal.**
- Must have a representative available for technical walk through (date to be announced)
- Each team has a maximum of twelve (12) minutes on each stage then a one (1) minute grace period. After the grace period ends, there is a two (2) minute penalty period worth -5 points. At the end of the final 15 minutes total the curtains will close.
- Time will begin as soon as the first action is taken on stage (ie. First stomp, clap, or dialogue)
- No profanity is allowed.
- No fog, open flame, glitter or confetti.
- **ALL PARTICIPANTS SHOES MUST BE PRE-APPROVED. (BLACK OR COLORED SOLE SHOES ARE NOT PERMITTED.)**
- **Floor props are restricted. All other props will need to be approved.**
- Wear breathable clothing only, no wool.
- Teams must arrive on time for dress rehearsal.
- Teams must arrive at Burr Gymnasium with everything they need for the show (costumes, props, etc.), because no one will be allowed to exit and re-enter the building, except in extreme emergency cases, which must be discussed with one of the coordinators prior to exit.
- Teams will have assign times the morning of the show to drop of props, music, and final show production outline.
- **Stiletos and/or sticks cannot be used during a performance. To do so will result in immediate disqualification.**
- If there is a video, stage time will NOT begin. Instead videos will have to be 2 minutes or under. Any video played after the first action has been taken on stage will be considered as stage performance.
- **Teams may not arrive to the competition undertaking any type of a performance (marching, strolling, etc.)**

**Deductions**

- The deduction concerning time:  
The scoring rubric will have a spot for time. If a person enters the penalty period they will lose -5 points.
- 5 Points will be deducted for any profanity used.
- The Step Show Coordinators will set the mandated time for arrival at Cramton Auditorium. Failure to arrive at this time will jeopardize a team for disqualification.
- 

**Judging Criteria**

**Intro-Entrance: 10%** “first impression” of the team was captivating and made you anxious for what was to come.

**Presentation: 10%** overall flow of the show, appearance, and theme.

**Originality: 10%** overall show incorporates quality innovative material and ORIGINAL ideas.

**Complexity: 20%** show includes intricate stepping maneuvers and syncopation.

**Precision: 20%** show includes high-leveled precision and a degree of difficulty performed with confidence.

**Crowd Participation: 5%** Audience is engaged in the performance for the duration of the show.

**Theme: 15%** overall theme was upheld and clear throughout the duration of the performance.

**Outro-Exit: 10%** “last Impression” demonstrates performers’ endurance level and is more than simply an exit from the stage.

## ResFest 2017: **ResCycleMania**

- There will be 4 ResCycleMania events included in Spring 2017 ResFest: Hall Recycling Competition, re-make it Challenge, Video Challenge and Beautify the Bins.
- Points for winning all of ResCycleMania will be as follows:

### ➤ **Winner of ResCycleMania**

- First place will receive 50pts
  - Second Place will receive 35pts
  - Third place will receive 25pts
- A residence hall must earn the most points cumulative from all the events to win ResCycleMania.
  - Point totals will be defined as such:

- Hall Recycle Competition
  - First place will receive 50pts
  - Second Place will receive 25pts
  - Third place will receive 10pts
- Beautify the Bins
  - First place will receive 20pts
  - Second place will receive 15pts
  - Third place will receive 10pts
- Video Challenge:
  - First place will receive 35pts
  - Second place will receive 25pts
  - Third place will receive 15pts

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### (Poundage Recycled Per Resident) **Hall Recycle Competition** **General Rules and Guidelines**

- No special events can be held to help generate recyclables.
- No recyclables can be brought from any places outside of the residence hall.
- No residence hall can stock pile their recyclables and/or hold them to the last week of the competition.
- Only the following materials may be recycled:
  - Paper
  - Boxboard / chipboard
  - Catalogs
  - Hard and softbound books
  - Junk mail

- Magazines
- Newspaper
- Office Paper (all colors)
- Phone books

#### Bottles and cans

- #1 through #7 Plastic (e.g., soda, water, juice, beer, laundry detergent bottles)
- Aluminum cans
- Glass bottles and jars
- Steel cans

#### Cardboard

- Baled and unbaled cardboard boxes
- Boxboard / chipboard

#### **Judging:**

Each residence hall total weights for paper, cardboard, and beverage will be measured weekly and then calculated using the following equation:

$$\frac{\text{Weight of Recyclables}}{\text{Population Figure}}$$

### (Video Challenge) General Rules and Guidelines

- All people depicted in the video must be current Howard University students
- One video per hall will be accepted for final judging. (If more than video is created within your residence hall, the Green Team coordinator for that hall will set a date for the videos to be viewed and ultimately voted upon by the residents of said hall. In case of a tie, the Community Director has final word on the hall's submission.)
- The video should be **1 minute to 1:50 seconds** in duration
- No advertisement or watermarks by producer, cameraperson, or edit worker during the video at all; however, those who participated in its creation may be credited after the video's conclusion
- Videos must display how residents are making attempts to creating a more environmentally friendly hall. Residents can utilize dancing, singing, rapping, spoken word, skits, and should be as tastefully creative as possible
- There will be no profane or vulgar language or racial slurs used throughout the video, and all dances must be appropriate as determined by the staff of Residence Life.
- It is possible that the top three videos will be shown during some point and time within ResFest for entertainment purposes. (So, prepare accordingly).
- **Videos must be submitted to individual hall's ResCycleMania Coordinator by or before NOON April 6, 2017.**

## (Beautify the Bins Challenge) General Rules and Guidelines

- Residence halls can earn additional points to their point totals for submitting a plan to their ResCycleMania Coordinator concerning the painting/decorating the recycle bin area within the main lobby of the residence hall.
- The Community Director must approve the plan by the ResCycleMania Coordinators.
- Once the plan has been approved, residents will then volunteer to beautify the bin area and the halls who complete the task before **April 6, 2017** will be judged.

In the event that there is a tie for a team's overall ResCycleMania place, a series tiebreaker questions will be given to a hall's selected resident as determined by the participants of the scavenger hunt. Answers will be written down and any cheating will be considered an automatic victory for the opposing representative. In the event that the tiebreaker is still inconclusive the representatives will enter a sudden death round in which representatives are eliminated if they write a wrong answer and the opposing player writes the correct one.