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## **HISTORY**

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The L.E.S. T. was held in 1962 with four Portland area schools (St. Paul-Sherwood, Trinity-Oregon City, Trinity-Portland, and Martin Luther-Portland). This first gathering involved a boys basketball tournament. A few years later a volleyball competition was added for the girls. As word of the tournament spread, schools from out of the Portland area (Idaho, Montana, Northern California, Southern Oregon, Nevada, and Washington) began traveling by train or bus to participate in the L.E.S. T. Luther Hall was transformed from a classroom building to a dormitory for visiting teams. Over the years additional activities and competitions (now including 15 individual and/or team events) were added. Concordia University is proud to host over 1000 participants from as many as 21 Lutheran elementary schools from around the Pacific Northwest.

## **PHILOSOPHY STATEMENT**

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

The tournament offers a variety of individual and team events that facilitate participants' emotional, intellectual, physical, and spiritual growth. Participation and maximal involvement for each school is encouraged. It is the position of the L.E.S.T. that participation in competition can facilitate optimal growth and development. By focusing on doing one's best, instead of overemphasizing winning, it is hoped that competition will promote a positive feeling of self-worth, as well as lifelong participation in academic and recreational activities.

## **GENERAL GUIDELINES**

A majority of the services and facilities provided for the tournament are donated. There are, however, rental fees, special contest adjudicator's fees, and miscellaneous expenses associated with the tournament. To defray some of these expenditures a 'Participation Fee' of \$125.00 is assessed to each school participating in the L.E.S.T.

Schools with enrollments of over 100 students in grades 5-8 may be permitted to enter two separate teams in the basketball tournament. Entry of a second team is contingent upon the number of schools entering and availability in the schedule. A second team will not be permitted to enter if it eliminates the participation of a team from another school. To be eligible to enter a second team a school must:

1. pay two entry fees,
2. enter teams that play separate schedules throughout the year and submit the schedule(s),
3. submit team rosters with two distinct lists of players (switching or floating players back and forth between the two teams does not meet the intention of the third

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

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

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

- December 1 - Application deadline
- Mid-January 15 - Tentative Schedule & brackets e-mailed & posted on Web site
- **January 20<sup>th</sup> NO CHANGES TO THE SCHEDULE WILL BE ACCEPTED**
- Early February 1 - Final Schedule & brackets e-mailed & posted on Web site

## **SCHEDULE OF EVENTS**

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The tournament is held on the weekend before the third Monday of the month in February. The basketball tournament begins on Thursday morning and continues all day Friday and Saturday. Academic competitions, art displays, music competition, and other athletic events take place at multiple locations throughout the three days. **Since basketball tournament schedules may conflict with other scheduled L.E.S. T. activities, schools are encouraged to involve other participants who are not on the basketball teams.** Hours for the Concordia University Bookstore and Dining services will be posted in the tournament program.

## **SUPERVISION**

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Each school is responsible for supervision of their students during all L.E.S.T. events. Parents and/or school administrators of unsupervised youth will be contacted and appropriate discipline measures will be implemented. Administrators are requested to secure appropriate health forms and emergency information for each participant. Emergency numbers for the tournament director and site supervisors will be posted in the Tournament Booklet.

## **SPIRIT AWARD**

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### **PHILOSOPHY**

The L.E.S.T. Spirit Award is an all-school award, with an emphasis on the total contribution of the school to the L.E.S.T. spirit guidelines during the entire tournament.

### **RECIPIENTS**

One spirit award is given under this designation: The Concordia Faculty & Staff L.E.S.T. Spirit Award

### **IMPLEMENTATION**

The process for selection of the Spirit Award winners will be as follows:

- The L.E.S.T. staff will review the evaluation forms to determine the Spirit Award recipient.

### **L.E.S. T. SPIRIT AWARD GUIDELINES**

Spirit guidelines for the L. E. S. T .are based on the core values of Christian education – **LOVE OF GOD, THANKFUL USE OF PERSONAL TALENTS AND SERVICE TO OTHERS.** Specific sportsmanship guidelines for the L. E.S. T. flow from these values:

1. Positive attitude in student performance and fan support in the L. E.S. T. activities.
2. Fair play in all competition.
3. Respect for others and for others' property in all aspects of the L. E. S. T. experience.

## **BOYS AND GIRLS BASKETBALL DESCRIPTION/REGULATIONS**

The L.E.S.T. basketball tournament is **CONDUCTED BY DIVISION** with trophies awarded to consolation, third, second and first place winners. Most of the time the brackets are double elimination and/or a guarantee of two games/teams.

The **AAA DIVISION TOURNAMENT** is for schools that have an enrollment of more than 100 students in grades 5-8.

The **AA DIVISION TOURNAMENT** is for schools that have an enrollment between 75 and 99 students.

The **A DIVISION TOURNAMENT** is for schools that have an enrollment of 74 or less students in grades 5-8.

The opening rounds of the "A" tournament are usually held at Trinity Lutheran School. The "AAA" and "AA" games will be held at Concordia University or an alternate site.

The boy's and girl's final rounds alternate each year with the Boy's "AAA" Championship being the final game one year and the Girl's "AAA" Championship the next.

### **TOURNAMENT BRACKETING**

It is not the goal of the L.E.S.T. to do intensive seeding and research on teams prior to the tournament. Previous year seeding and championship game opponents are taken into account for seeding purposes. Prior L.E.S.T. basketball results are also taken into consideration when seeding.

### **THE REFEREES**

The referees are volunteers from the Portland Basketball Officials Association and other selected volunteer officials. These individuals come under the supervision of the L.E.S.T. Director. We expect full cooperation from all schools and fans during the basketball competition. **WE REQUEST THAT ALL SCHOOLS SPECIFICALLY ADDRESS THE ISSUE OF CHRISTIAN SPORTSMANSHIP WITH THEIR TEAMS AND SUPPORTERS** prior to attending the L.E.S.T.

### **SCHEDULE**

The tournament brackets are completed after the first of the year. The final official brackets are published in the tournament program. Larger, poster-type brackets are filled out during the tournament and given to the winner of each division.

### **HOW TO PARTICIPATE**

**Each team must register for basketball tournament play by including a copy of their roster with the registration materials by Dec. 1.** Please notify the L.E.S.T director if your team needs to move up or down in the bracket by Dec. 1. Schools should commit themselves to repeated participation in the tournament rather than one-time or occasional

play. During the L.E.S. T. schools are required to bring a score book and have their starting line-ups posted in the book 15 minutes prior to the game's beginning. The designated home team will provide a score bookkeeper and the visiting team will provide someone to run the clock. The designated home team will also be responsible for the opening prayer.

## **RULES**

All games will be regulated by the rules of the OSAA. There will be two exceptions.

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

# MATHEMATICS COMPETITION DESCRIPTION/REGULATIONS

## INDIVIDUAL COMPETITION BY GRADES

The L.E.S.T. individual mathematics competition is conducted in four (4) different divisions, one division for each grade level, grades five through eight (5-8). The examination of all contestants is conducted at one time. Each exam consists of four (4) problems with no time limit for completion. Students must bring their own pencils. Paper will be provided. No calculators or other computing devices will be permitted. Spectators will not be allowed to observe the proceedings. Awards are given to the top four finishers in each grade level.

## TEAM COMPETITION

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

\*\*\*The L.E.S.T. Math Competition needs input of math problems from its participating schools each year. **EACH SCHOOL IS ASKED TO SUBMIT FOUR (4) PROBLEMS FOR EACH GRADE LEVEL. PLEASE SUBMIT TO CONCORDIA, IN CARE OF THE L.E.S. T. BY DEC. 1 WITH YOUR REGISTRATION FORMS. FAILURE TO DO SO MAY ELIMINATE YOUR SCHOOL'S PARTICIPANTS FROM RECEIVING ANY AWARDS IN THE MATH COMPETITION.**

## SCHEDULE

Consult the tournament schedule for the day, time and location.

## HOW TO PARTICIPATE

All competitors must pre-register on the registration forms. Each school may enroll a total of four (4) students, one for each of the four grade levels of competition (5-8). Alternates are permitted but must also be pre-registered.

## MUSIC COMPETITION

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### GOALS:

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

### DESCRIPTION/REGULATIONS

This year's music competition is open to piano, instrumental, vocal, choral and ensembles. An 'ensemble' will be defined as a duet, a trio or a quartet. An accompanist will be allowed if needed.

Contestants will be judged in five categories.

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

(A detailed description of these categories is found on the attached rating page.)

### AWARDS

<u>Points</u>	<u>Common Title</u>	<u>Award</u>	<u>Music Competition Standard</u>
22-25	First Place	Blue	Division I

(Instrumental/Piano/Ensemble/Vocal)

Students compete against themselves. Awards will only be given for blue ribbon winners. The 5th and 6th grades will be heard apart from the 7th and 8th grades. The judges' rating sheets, with valuable comments, will be given to each contestant at the closing of the L.E.S. T.

### SPECIAL REGULATIONS

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

Literature played must be written for the instrument and not an arrangement from a different genre (i.e. theme from a piano concerto, movie theme, etc.).

Contestants may play an arranged piece and be evaluated but they will not be eligible for an award. Transcriptions of music before the year 1900 are allowed

but these entrants should realize that they are competing against other students who play Bach, Mozart, Haydn, Clementi, etc. The decision of the judges is final. The L.E.S.T. reserves the right to make adjustments on requirements for this competition from year to year.

## 2. **About the Schedules**

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

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

## HOW TO PARTICIPATE

Pre-registration is necessary for proper planning of this event. Please list performers on individual registration forms. **PLEASE FILL THE REGISTRATION FORM OUT COMPLETELY**. The registration for Ensembles has a different registration form. Limited time and facilities has brought us to the point of limiting the number of entries

from each school. We will use the following formula for the 5th and 6th grade competition in piano, instrumental and ensembles, and the 7th and 8th grade competition in piano, instrumental and ensembles:

- A Schools = 8 participants in each grade combination for instrumental, and 8 participants in each grade combination for piano (an enrollment of 75 students or less in grades 5-8)
- 4 ensembles for grades 5-8
- AAA Schools = 10 participants in each grade combination for instrumental and 10 participants in each grade combination for piano (an enrollment of more than 75 students in grades 5-8)
- 5 ensembles for grades 5-8

Individual adjudication forms should be filled out on the top half and sent in with the registration forms by Dec. 1.

1. A participant can only compete in on ensemble.
2. Any adjudication forms received after Dec. 15 may not be eligible for participation in the L.E.S. T.
3. The adjudication form needs to be completely filled out.

## **VOCAL COMPETITION**

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### **GOALS:**

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

### **DESCRIPTION/REGULATIONS:**

The vocal competition is open to solo and ensembles (groups). “Ensembles” are made up of two or more singers. Music for these groups should be in two or more voice parts, (i.e., soprano and alto, etc.), not just in unison. An accompanist may be used as necessary.

Contestants will be judged in five categories, five (5) points for each:

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

### **AWARDS:**

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

Students compete against themselves and a basic standard for that age group. Due to the large number of contestants there will be more than one of each award given. Awards are given only to first place Division I winners. Grades 5 & 6 are judged independently from 7<sup>th</sup> & 8<sup>th</sup> grades. Judges’ rating sheets containing comments will be given to each school following the competition.

## SPECIAL REGULATIONS:

1. Singers should choose music of good quality, avoiding 'pop' literature, written primarily for the voice. The music should be memorized. The use of an accompanist is encouraged. The L.E.S.T. reserves the right to adjust requirements for this competition each year.
2. Regarding Scheduling: Scheduled times and performance rooms may be changed, since several events are running concurrently. Singers may appear out of order due to a schedule conflict; please **communicate with the judge prior** to the performance change so that the events may continue on time. Be accurate in filling out the registration forms to indicate other events the performer participates in; this helps to schedule performances around the other activities the student is in. Please use the most updated adjudication forms.

## CHORAL FESTIVAL

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### GOALS:

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

### DESCRIPTION/REGULATIONS

Participants will be judged in four categories.

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

(A detailed description of these categories is found on the attached rating pages.)

### AWARDS

<u>Points</u>	<u>Common Title</u>	<u>Award</u>	<u>Music Competition Standard</u>
22-25	First Place	Pin	Division I

Each choir competes against itself. There may be more than one First Place. Awards will only be given for pin winners. The judges' rating sheets, with valuable comments, will be given to each participating school at the closing of the L.E.S.T.

### SPECIAL REGULATIONS

1. **Regarding** the use of "Arrangements" literature sung must be written for choral performance. Each choir is required to sing two songs. The L.E.S. T. reserves the right to make adjustments on requirements for this competition from year to year.
2. Music stands and chairs will be provided for instrumentalists.
3. There is **NO EXIT** or **ENTRANCE** during a performance. This behavior is discourteous and disturbing to the performers. Do not bring food or drink into the performing areas.
4. There is **NO TALKING** during a performance. Please keep small children as quiet as possible. We are here to help build everyone up, not provide interference with them doing their best.

5. Each choir must provide a copy of their piece for the judge. **NO PHOTOCOPIES.** This is illegal and would violate U.S. Copyright Laws.
6. Each choir must provide their own accompanist. Choral pieces which were written with an accompaniment must be heard that way. Only pieces which were truly written as "solo" may be heard without piano.
7. Arrive at least 10 minutes before your scheduled time.
8. Memorization of music is strongly encouraged.
9. Upon acknowledgment by the judge, each choir should begin with the announcement of their school' s name, followed by the title and composer of their piece.
10. Total time for each performance may not exceed 12 minutes.

## SCHEDULES

The Choral Festival will be held on the Thursday of the L.E.S. T.

## HOW TO PARTICIPATE

Pre-registration is necessary for proper planning of this event. Send a list of choir members with the registration forms that are due on Dec. I. Please indicate whether any choir members are involved in other L.E.S.T. activities so potential conflicts can be avoided.

## **STUDENT ART DISPLAY**

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### **DESCRIPTION/REGULATIONS**

The art display is an exciting enrichment of the L.E.S. T. It is the only activity that is not competitive as such but provides recognition and comment for each student's contribution. There are no permanent criteria for this activity but we do require that all artwork be original designs (nothing copied from magazines, cards, pre-packaged craft projects, etc.). Each contribution must also carry with it an identification label with the artist's name, grade level and school.

### **SCHEDULE**

Artwork must be delivered to Hagen Center by 11:00AM on Thursday. The art will be on display in the West Dining Hall throughout the weekend. Art needs to be picked up before closing ceremonies or it will not be returned. Comments and evaluations will appear on each work beginning Friday afternoon. Only general acknowledgement of this activity is made at the awards ceremony on Saturday night with the exception of the "L.E.S.T. LOGO DESIGN" Category (see below for further explanation).

### **HOW TO PARTICIPATE**

There is no prior registration for the art display. Each school brings its own contributions to Hagen Center by Friday morning. Please observe a limit of **10** total artworks per school, one piece of art per student, and no more than five L.E.S. T .logo entries per school. Remember to take your artwork home with you when you leave! The college will not store artwork left behind. It is also difficult to send the art without destroying the work.

### **L.E.S.T. LOGO DESIGN**

The L.E.S.T. logo design was begun in 1989. Schools are limited to five entries for this event. One design will be chosen for the following year's L.E.S.T. and a brief presentation will be made at the awards ceremony. Recommendations are that the design is simple, and that some religious wording and/or artistry be used in the entry. The design is to be done in pencil or black ink on white paper. Logo designs should be submitted with the art entries. The L.E.S.T. reserves the right to make any changes or modifications to the design chosen for the logo.

## **CHESS TOURNAMENT**

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### **DESCRIPTION/REGULATIONS**

The L.E.S. T. Chess Tournament is a one-day competition conducted as closely as possible under United States Chess Federation (USCF) rules. There are four divisions to the tournament 5th, 6th, 7th, and 8th Grades, with a limit of one student for each division, from each school. The registration form will allow you to also supply the name of an alternate for each grade in case the first person is unable to attend the L.E.S.T. **The alternate can only play if the designated person is absent.**

The following General Regulations apply:

1. All chess players must bring their own regulation chess board and players, preferably inexpensive ones.
2. Notation and clocks will not be used.
3. A referee will be present who will adjudicate or clock games when necessary or at the referee's discretion. The referee's decisions will be final.
4. Each school must have a advisor present at each game so that players understand and follow all instructions.
5. Standard Chess Etiquette (behavior) is expected from all players. This includes the following:
  - a. Don't talk except to say "check," "adjust," "resign" and other necessary chess statements.
  - b. If you have questions about moves or feel a mistake has been made, call the director **IMMEDIATELY**. It is impossible to make corrections once other moves are made.
  - c. If you touch a piece, except by accident, you must move it.
  - d. Be sure your board is set up correctly: with a black square on your **LEFT** corner, the white queen on her white square, the black queen on her black square.
  - e. Winners notify the Director and register their victory on the blackboard.

### **SCHEDULE**

The L.E.S.T. chess tournament will be conducted in its entirety on Saturday. All participants must be present by 8:30am so that play can begin promptly at 9:00am. All participants will play at least two game Saturday morning. Bracket play will be played out in double elimination format.. The exact schedule is as follows:

- 8:30am -All participants present for instruction and pairings.
- 9:00am –Bracket play begins

- 12:00 \*\*\*Lunch Break\*\*\*

Chess tourney participants should note that in case of a conflict with other activities a choice may have to be made between them. It is not possible to reschedule chess matches.

## HOW TO PARTICIPATE

Prior registration is required for this event. Please use the registration form to enter your participants by Dec. 1. Alternates are permitted but they must also be pre-registered.

## **CHEERLEADING COMPETITION**

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### **DESCRIPTION/REGULATIONS**

The Cheerleading Competition is conducted with two divisions, "A" and "AAA." The "A" division is for schools with an enrollment of less than 75 students in the 5<sup>th</sup>-8<sup>th</sup> grade and the "AAA" division is for schools with an enrollment of more than 75 students in the 5<sup>th</sup>-8<sup>th</sup> grade. Squads are comprised of 5th-8th grade students (male or female). Team trophies are awarded for 1st-4th place. The L.E.S. T. may also provide honorable mention awards for individual or group demonstrations. **SQUADS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS** with an advisor in attendance. They must also have been in existence through the basketball season, cheering at home and/or away games. No school may have more than one group competing in this competition.

Since cheerleading competition requires more subjective evaluation than other tournament activities, several judges take part in the rating.

Cheerleading squads will receive their evaluations at the end of the tournament. The score sheet is definitive enough to make the criterion of the competition clearly understandable.

**Each participating school should refer to the web site for the National Federation of High Schools (NFHS) Spirit Rules Book (See Web site Directory for the address and direct link).**

Each cheer team is required to submit an outline of their routine and a list of stunts and stacks that will take place in their L.E.S.T. routine by January 31. Please include photocopies of the pages in the NFHS Spirit Rules Book where these stacks/stunts are shown to be legal. Squads may eliminate stunts that they cannot perfect by the L.E.S. T. but will not be allowed to add any new ones.

### **SCHEDULE**

The individual Cheerleading squads will cheer at their school's games, as desired. There will also be a separate time when all the teams will be together to perform any cheers of their choice within a three minute time period. The Cheerleading Competition will be run in conjunction with the Dance-Drill Competition. Schools that have a Dance-Drill Team and a Cheerleading squad will be properly spaced so that any school will not have their Cheerleading squad perform right before or right after their Dance-Drill Team.

Even though the two competitions are run simultaneously they are judged separately and on different criteria. Please pay close attention to the judging form for the respective competitions. The use of music is optional for cheerleading and no points are given for music. Scoring is based on the fundamental skills listed on the judging form.

## HOW TO PARTICIPATE

Cheerleading squads must send in a printed roster with their registration forms by Dec. 1. All squads are required to keep their own schedules and provide their own spotters as needed in the course of their routine.

## **DANCE-DRILL COMPETITION**

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### **DESCRIPTION/REGULATIONS.**

The Dance-Drill Competition is conducted with two divisions, "A" and "AAA." The "A" division is for schools with an enrollment of less than 75 students in the 5th-8th grade and the "AAA" division is for schools with an enrollment of more than 75 students in the 5th-8th grade. Squads are comprised of 5th-8th grade students (male or female). **THE DANCE-DRILL COMPETITION IS ONLY FOR DANCE or DRILL ROUTINES. NO SCHOOL MAY HAVE MORE THAN ONE GROUP COMPETING IN THIS COMPETITION. Schools will need to designate whether their group is doing a dance or a drill routine on the registration form that is due Dec. 1.** Trophies awarded will be based on the number of entries (i.e. 4 teams = only two trophies). The L.E.S.T. may also make honorable mention awards from individual or group demonstrations.

The L.E.S.T. will be videotaping the Dance-Drill Competition. If you would like a copy of this tape include a check for or \$30.00 (DVD), made payable to Concordia University, with your registration that is due Dec. 1. Tapes may also be purchased during the L.E.S.T. and are mailed within 6-8 weeks of the completion of the L.E.S.T.

These are the major characteristics of the Dance-Drill routines are:

1. The team may consist of 4 or more members. **TEAMS MUST BE DULY CONSTITUTED BY THEIR RESPECTIVE SCHOOLS, WITH AN ADVISOR IN ATTENDANCE, AND HAVE PERFORMED AT SCHOOL FUNCTIONS.**
2. Total routine time limit is 5 minutes.
3. Music is required to be on a CD.
4. Timing begins with the first beat of the music or when the first performer crosses the court line (whichever comes first). Timing ends with the last beat of the music or when the last performer exits the opposite court line (whichever comes last).
5. Props may be used to compliment the theme of the performance.
6. This competition will work well for girls or various physical coordination levels because the emphasis is on the projection of everybody doing the same thing.
7. Judges will score teams on Drill/Marching and Dance as reflected on the respective score sheet. Smooth transitions incorporating the two areas are critical to the effectiveness of the overall performance.

The categories for judging are divided as follows:]

1. Music Selection-Dance/Drill Rhythm
2. Dance Content
3. Marching/Maneuvering Content
4. Execution

## 5. Appearance

### OVERALL PERFORMANCE

**Please see the judging form for specific requirements.**

Judges will follow these stated guidelines:

1. Criticism will be constructive, explicit and consistent with the recorded scores.
2. One judge will be assigned to each individual judging category . Judges will also collaborate on some areas of evaluation. Judging may begin as soon as the team is asked to ‘take your position.’ Judging must end when the last member crosses the boundary line at the end of the routine.
3. A written evaluation will be provided to each participating team and a verbal evaluation will also be provided.

Since dance competition requires more subjective judgment than other tournament activities a minimum of three judges will take part in the rating. Judges will be sitting on the east side of the gym. Please keep this in mind when choreographing your routines.

We expect that school leadership will be involved in **THE SELECTION OF APPROPRIATE MUSIC AND BODY MOVEMENTS** used by the squad for their performance in the L.E.S. T. so that inappropriate text words and values may be avoided. We will allow our judges the discretion to deduct points in this area.

### SCHEDULE

The individual drill teams will perform at the half time of their school's games, as desired, and as time allows. A schedule of when your school will perform during the competition phase will be published prior to your arrival at the L.E.S.T.

### HOW TO PARTICIPATE

Dance-Drill teams must pre-register as per the instructions on the L.E.S.T. Registration form that are due Dec. 1. Included with the names of individual performers there should also be the name of the piece of music and anything that the team would like said about themselves before they perform. The individual teams are responsible for following their own schedules and regulations.

## KNOWLEDGE BOWL

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### DESCRIPTION/REGULATIONS

The Knowledge Bowl will allow academically gifted students the opportunity to match their intellectual skills against others of comparable ability and provide another avenue for fellowship among L.E.S.T. participants.

The details are as follows:

1. Each school will be allowed one team. Each team will have no more than 5 members. A team may have two 8th graders or two 7th graders but not two of each at the same time (i.e. 1-5th, 1-6th, 1-7th and 2-8th). Each school may have two alternates. Coaches may use their alternates like a "substitute" as long as there are not more than two 7th or two 8th grade students on the team at the same time.
2. Each match will be 10 minutes in length with a 5 minute passing time between matches. The championship match will be 15 minutes in length. Brackets will be published during the month of January.
3. Questions will be selected from any of the following categories, but **NOT necessarily from all: Fine Arts, Language Arts, Math, Religion, Science, Current Events, and Social Studies.**
4. All questions will be worth 10 points and each team will be given the question simultaneously. The teams will have 20 seconds to write their responses. When time is up, the answer must be written and displayed to the judge(s) or the team will be ineligible to receive points. If a wrong answer is written the team will not receive any points. If there is a tie, at the end of a round, then play will continue until the tie is broken.
5. All answers will be written. Calculations may be necessary but no calculators will be allowed only scratch paper and pencils will be provided for the team.
6. Each team will have an appointed captain who will act as a writer and, who, will be seated in the center of his/her team.
7. Each team is to have an adult "coach" who will be present at the competition. 8. Coaches are responsible for their team's promptness to competition and for their team's behavior at all times.
8. If a scoring error is made, the coach must notify the judge immediately. The judge can call time-out to bring the error to the moderator to be resolved.
9. Doors to the competition will be closed during the match and opened during passing times.
10. A team trophy will be awarded for 1st-4th place and Consolation.

## **L.E.S.T. AUTHENTIC WRITING EVENT**

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### **DESCRIPTION/REGULATIONS**

The L.E.S.T. Authentic Writing Event is conducted in four different divisions, one division for each grade level, grades 5-8. **One** student from each grade will submit one authentic piece of writing that represents the best that they can do. A ‘Most Promising Writer’ award will be given for each grade level, in each writing category, unless there are no writings entered in a particular category or there are not any writings that met the scoring criteria. The L.E.S.T. participant(s) may choose to do **one** of the following options:

1. Write a one page persuasive essay.
2. Write one poem chosen from the following formats: Haiku or Tanka, Free Verse, Acrostic, or a poem that demonstrates a rhyme scheme.
3. Write a one page narrative, based on a real-life experience.
4. Write a creative story, with a minimum length of two word processed pages.
5. Write a two page, word processed, piece of expository writing.

### **IF THE DO NOT MEE THE CRITERIA THEY WILL NOT BE GRADED!**

Scoring criteria:        3 = Superior  
                                  2 = Rising  
                                  1 = Good beginning

Pieces will be assessed for the following things using the scoring criteria cited above:

1. Authentic writing (the student created the piece)
2. Essays, memoirs, and stories have a beginning, middle, and end, with logical transitions
3. Poetry follows the chosen format properly
4. Uses proper grammar and syntax
5. Uses appropriate punctuation
6. Uses vibrant word choices vs. overused, tired word choices
7. Uses correct spelling
8. Voice

### **SCHEDULE**

All writing pieces *need to be sent in duplicate copies to the L.E.S.T. Director’s attention by January 15* to be considered as viable entries for the L.E.S.T. Authentic Writing

Event. The writings will be scored prior to the beginning of the L.E.S.T. Be sure that all papers have the following information on the top right hand corner of each submitted page:

- Name
- School and the School's location
- Grade level
- Date
- Type of writing

## **SPELLING COMPETITION**

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### **DESCRIPTION/REGULATIONS**

The L.E.S.T. Spelling Bee will be conducted in four divisions, one for 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade. The competition will be in two phases. Awards will be given to the first four finishers in each division.

A spelling list will not be published. It is suggested that students use word lists that are provided in their school spelling textbooks at their grade level and older grade levels. There are a number of excellent web sites that can serve as resources for preparing students for the Spelling Bee. Please refer to the Web site index for addresses.

All participants must be on time or else they will not be allowed to participate in the written or the oral spelling bee.

The format for the Spelling Bee will be as follows:

1. In round one, all main contestants and alternates will take the written exam (participants are expected to bring their own pencil. Paper will be provided). A different written test will be administered to each grade level. This will insure that all students who wish to compete in the second round have met the required passing number of 15 out of 20 words spelled correctly in the qualifying round and are indeed eligible to compete.
  - a. Before starting the written test each student will write their name, school and city, date of the test and grade in the top right hand corner of their paper.
  - b. Each grade will be given 20 words to spell. The Adjudicator will pronounce the word, use it in a sentence, and pronounce it again. All questions must be asked at the end of the written spelling test.
  - c. The student will print the word neatly and clearly. There may be no inserted words that are to be no marked through letters. If the student makes a mistake and wishes to rewrite the word, they may draw one line through the entire word, and start fresh.
  - d. If a student needs to have a word repeated, he/she may raise his/her hand and be recognized to request this at the end of the written test. Do not blurt out requests.
  - e. When the exam is finished, the papers will be collected and corrected. Those students who get 15 or more words correct will have their names posted and will be in the second round of competition.
2. In round two an oral spelling bee will take place. All participants and, if necessary, needed alternates, who qualified will meet in L 121 (see schedule for grade and time) for the oral format. If the first speller does NOT qualify and the alternate does, the alternate will be allowed to compete in the oral portion of the spelling bee. If no one qualifies for the oral format then no places will be given

for that grade level. If only one speller advances to the oral format from any grade level they will automatically obtain first place without having to participate in the oral portion of the spelling bee. No other places will be given for that grade level. Each grade will compete separately.

- a. The word will be pronounced according to the diacritical markings in Webster's Third New International Dictionary (unabridged). The word will then be used in a sentence, and it will be pronounced again.
  - b. The participant will say the word, spell the word, and say the word again.
  - c. Judges may not disqualify a speller for failing to pronounce a word either before or after the spelling.
  - d. If the judge proceeds before the word is spoken the second time the student will be asked to say the word and then the judge will make the determination of whether the word has been spelled correctly.
  - e. If the student feels he/she has made a mistake, he/she may request to "start over."
  - f. If letters or their sequences are changed in the respelling the speller will be eliminated.
  - g. A contestant is allowed only 30 seconds to spell a word. The judges may award zero points to any contestant who ignores a request to start spelling.
  - h. Upon missing the spelling of a word, the speller will walk to the side of the stage. If any of the remaining spellers spell their words correctly, then the speller(s) who missed their words will sit down with their families at the end of the round.
  - i. If none of the spellers remaining in the bee at the start of a round spells a word correctly during the round, all spellers will remain in the contest. All of the spellers eliminated in the same round will be tied for the same place.
  - j. If at the end of a round only ONE speller has spelled her or his word correctly, then that speller will be declared the winner and earn first place. All of the other spellers in that round will earn second place.
3. If at the end of a round, ONLY TWO contestants remain, the competition will proceed as follows. The winner will be the person who spells a word correctly that the other person misses plus one additional word. When both miss a word, each is still in competition.
  4. Judges' decisions will be final on all questions.
  5. If more than one spelling is listed for a word in Webster's Dictionary, any of these spellings shall be accepted as correct if the word either matches the pronunciation and definition provided by the pronouncer or if it is clearly identified as being a standard variant of the word the contestant has been asked to spell. If a word has one or more homonyms, the pronouncer will indicate which word is to be spelled.

6. Any questions relating to the spelling of a word must be referred to the judges immediately before completion of the round in progress. No protest can be entertained after a round is completed. Only contestants may question the spelling of a word. The judges are in control and their decision is final in all situations.
7. No picture taking is allowed.
8. Contestants and/or their families/supporters should remain seated until the end of the grade level competition. It is very distracting to the contestants when people are entering and exiting the room.

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

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

## **L.E.S.T. SWIMMING MEET DESCRIPTION/REGULATIONS**

In an effort to expand athletic participation in the L.E.S.T. a swimming meet has been instituted. A total of no more than 20 athletes can compete. The breakdown of events is as follows. No more than 3 individual events, 2 relay and 2 individual or 1 relay and 2 individual. Points will be awarded for the first 6 places and ribbons will be awarded for the first 4 places.

The swimming events can be found on the "Swimming Registration" form.

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

- **FREESTYLE:** At the start both feet must be in contact with the starting line and the swimmer must be completely motionless until the gun, whistle or horn is sounded. Any stroke, turn or touch is allowed, however the swimmer must swim the same stroke throughout the entire race, and must touch at both the turn and finish.
- **BREASTSTROKE:** Start is the same as freestyle. After dive and after turn only one complete stroke may be taken under water. The head must break the surface before the start of the second stroke. Only breaststroke arm movement is allowed, both arms being pulled back in the water at the same time. Only breaststroke kick must be used (heels must be in on both feet). Both hands must touch at the same time at both the turn and finish.
- **BACKSTROKE:** An in-water start is used. Off the start and turns the swimmer can not go more than half way down the pool under water. Swimmers must remain on back throughout entire race and must be on their back at the finish. (Exception: Swimmers doing the new backstroke flip turn may turn onto their

stomach within five feet of the wall, at which point the swimmer must be in the continuous turning action of the turn, and no extra arm pulls may occur until the turn is completed and the swimmer has pushed off the wall on their back. A disqualification will occur if the swimmer touches the wall with their hands or arms while still on their stomach.)

- **BUTTERFLY:** Start is same as freestyle. Only butterfly arm movement is allowed, both arms coming out of the water at the same time and entering the water at the same time. Only butterfly kick is allowed, both legs moving up and down together in dolphin motion. Both hands must touch at the same time at both the turn and finish.
- **RELAYS:** Swimmers (except number one) may be in motion on their start as long as part of their feet is in contact with the pool side until the preceding swimmer has touched.
- **WRONG LANE:** Any swimmer, during an event, who enters a lane other than that assigned to them will be automatically disqualified.
- **ROPES:** Swimmers will not be disqualified for touching the lane markers, but will be disqualified if they use them to assist (pull) themselves down the pool.
- **POOL BOTTOM:** Swimmers will not be disqualified for touching the pool bottom during a race. They will be disqualified if they push off the bottom and gain advantage by touching the bottom.
- **FALSE STARTS:** Second false start disqualifies a swimmer.

## THE FOLLOWING ARE RULES GOVERNING THE POOL AREA:

When not participating we ask that the swimmers stay back from the sides of the pool and out of the water to give the officials room to officiate.

Swimming will follow **NFHS rules**. Rules can be found online.

**ALL** teams must provide two volunteers. Volunteer assignments will be given at the meet.

**Stroke and Turn judges** will be provided at the meet and will disqualify participants from a race if there is an infraction of the NFHS rules. **The decision is FINAL.** Do not interrupt the judges during a race to discuss the disqualification. Coaches can ask questions after the completion of the Swim Meet.

**NO** flash cameras.

## SCHEDULE

The final schedule of events will be published in mid-January. The swimming meet will be held on Saturday morning of the tournament weekend at an off-campus site.

## HOW TO PARTICIPATE

Each individual must register on the form provided by Dec. 1.

## **DRAMA COMPETITION**

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L.E.S.T .is offering an opportunity for schools to prepare and present scenes or one-act plays in juried competition. The schools will contend for first, second and third place awards. In addition, the director of each show will receive detailed comments from the jury to share with his or her students. These comments will be contained in the packet at the end of the L.E.S.T.

The competition will be limited to the first eight schools who submit the requisite information by Dec. 1.

## **LOGISTICS**

The Drama Competition will be held in the Fine Arts building on the Friday of the L.E.S.T. Rehearsals will be schedule for times on Thursday and Friday prior to the performances. A schedule will be sent to schools in January.

## **HOW TO PARTICIPATE**

Submit the following by Dec. 1 with the other registration materials for the L.E.S.T:

1. The ground plan for the scene or one-act (The 'Ground Plan' Registration Form can be found on the L.E.S.T. web site with the other registration forms). The area for the performance should measure no larger than 20 ft. wide by 15 ft. deep. The area will be lit with a general wash, which may be brought up or blacked out. There will be no special or spot lighting available.
2. A camera-ready, black & white, *B.5x11.5*, single-sided program sheet which lists the title of the play, the cast list, etc. You are encouraged to use student artwork on this program. Concordia will bind a the programs together for the Friday evening performance.

## **REQUIREMENTS**

1. Clear royalty issues with the play's agent. Concordia University is not responsible for any royalty infractions or royalty payments. We strongly encourage you to contact the publishing house (Samuel French, Anchorage Press, etc.) to determine whether royalties are applicable. Be sure to inform them that this is a juried competition with educational outcomes and that no admission will be charged.
  - Bring any props, hand props or costumes needed for the production.
2. You are encouraged to use understudies for any actor or actress who may find themselves in the position of needing to decide between performing on the stage or at another LE.S.T. event.

**WE WILL NOT BE ABLE TO ACCOMMODATE SCHEDULING CHANGES!!!!**

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

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

## CRITERIA FOR JURIED COMMENTS AND JUDGING

The jury will consist of Concordia University theater professors as well as performers and directors from the Portland community. We will consider the following when writing our comments and when choosing the recipients of the awards:

1. A demonstration of a clear sense of plot development.
2. The effectiveness of movement and composition.
3. Sense of ensemble and overall evidence of effective collaboration.
4. The evidence of clear character motivations.
5. The vocal and physical adeptness of the actors.
6. Clear interpretation of dialogue and theme of the play.
- 7.** Coordination and effectiveness of the use of technical elements.

## SCIENCE EXPOSITION

### DESCRIPTION/REGULATIONS

The Science Exposition will allow scientifically interested students the opportunity to match their intellectual skills against others of comparable ability and provide another avenue for fellowship amongst L.E.S.T. participants.

The details are as follows:

1. Each school will be allowed one team. Each team will have no more than 5 members. A team may have two 8<sup>th</sup> graders or two 7<sup>th</sup> graders but not two of each at the same time (i.e. 1-5<sup>th</sup>, 1-6<sup>th</sup>, 1-7<sup>th</sup> and 2-8<sup>th</sup>). Each student may have one alternate. Coaches may only use their alternates if someone on the team is absent. Two 7<sup>th</sup> and two 8<sup>th</sup> grade students may not be on the team at the same time.
2. All teams will be participating at one time for approximately one hour.
3. Each team will be given the same scientific inquiry to investigate. All materials will be provided. Participants should be prepared to work cooperatively to develop a hypothesis, conduct a scientific inquiry and record their results.
4. Teams will be scored on the basis of their ability to:
  - a. Work cooperatively and collaboratively.
  - b. Develop a hypothesis statement.
  - c. Conduct a scientific inquiry.
  - d. Stay focused on the scientific inquiry task.
  - e. Show respect for their teammates, other competitors, the judges and any physical property that may be involved in the scientific inquiry process.
  - f. Physically demonstrate their scientific inquiry.
  - g. Record the results of their scientific inquiry.
5. Calculations may be necessary but no calculators will be allowed – paper and pencils will be provided for the team.
6. Each team will have an appointed captain.
7. Each team is to have an adult “coach” who will be present at the competition.
8. Coaches are responsible for their team’s promptness to competition and for their team’s behavior at all times.
9. Coaches may not talk to their teams or interact with the teams during the competition.
10. Doors to the Science Exposition will be closed and only the adult “coach” for each team will be allowed in the room during the time of scientific inquiry.
11. A team trophy will be awarded for 1<sup>st</sup>-4<sup>th</sup> place.

## LEST TIME LINE

Please follow these dates closely. Scheduling for this event is a balancing act. To get the best result it is important to have all the information in on time.

### **DEC 1**

Items Due

LEST Packet

Basketball team roster with names & numbers

Cheer/Dance/Drill rosters with names

Music adjudication forms

Swimming registration

Drama layout and program sheet

Check for registration or school, basketball teams and swimming participants

### **JAN 15**

Authentic Writing

**NO CHANGES TO THE SCHEDULE WILL BE ALLOWED AFTER JANUARY 15 !!!!**

### **JAN 31**

Cheerleading routine outlines

### **FEB 1**

Program goes to print