



MIFO Rules 2021

Track Events

- **Set-Up & Equipment:** Official 400 Meter Track. Stop watch or other timing system. Starting gun, flags, or other noise devices if needed.
- **Starting:** Determine correct start line for distance being performed. Start race with “On your mark, get set, go!” or starting gun or other noise device. If not using a starting gun for 100 meter runs, consider using flag or other signals to start race.
- **Age Group/Amount of Participants:** You can run as many participants in each race as you want in no particular age group order. Have 1 person participating or as many as you want. This is open to for your own organization.
- **400 Meter Walking Events:** 1 lap around the track. This event is open to 41& Up. During all walking events participant must walk. Definition of walking: Both feet must be on the ground at the same time. This will be determined by the discretion of the head of track events staff member. If a participant is seen running during a walking event, the participant will be disqualified from that event and will not be figured in any results.
- **400 Meter Run:** 1 lap around track. This event is open to ages 5 years & Up.
- **1 Mile Run:** 4 laps around the track. This event is open to ages 7 years & Up.
- **400 Meter Post Natal Walk:** 1 lap around the track. Post natal entails all mothers who are within the first year of their babies birth
- **100 Meter Dash:** Determine the 100 meter start line. This event is open to ages 13-54. Consider how you will start this race (starting gun, flag, or other sounds/signals)
- **50 Meter Dash:** Determine 50 meter start line. This event is open to ages 5-12 and 55 & Up.

Long Jump

- **Start:** The participant is able to get a running start from anywhere on the long jump runway strip.
- **Ages:** This event is open to ages 5 and up.
- **Results:** The longest attempt will be used for the results.
- **Measurement Standards:** The distance jumped will be measured from the board on the long jump path to where the person lands. If the participant falls back, this is where the measurement will be marked.
- **Amount of Attempts:** Each participant will be given 2 attempts.

Basketball Shots: Ages 10-54

- **Set-Up & Equipment:** High School Regulation basketball court (15' free throw line & 19'9" three point line). 1 Basketball.
- **Rounds & Attempts:** Each person will get 2 separate rounds of 10 attempts to shoot at any of the 3 designated spots on the court (lay-up, free throw line, and 3 point line)
- **Scoring:** 1 point for a layup, 2 points for Free Throw, 3 points for anywhere behind 3 point line.
- **Final Score:** Will be determined by total score of the shots made.

Basketball Shots: Ages 55-Up

- **Set-Up & Equipment:** High School Regulation basketball court (15' free throw line)
- **Rounds & Attempts:** Each person will get 8 shots. If the participant makes the 8th shot they can continue to shoot until they miss.
- **Scoring:** 1 point for each made attempt.
- **Final Score:** Will be determined by total score of the shots made.

Softball Throws

- **Set-Up & Equipment:** 300 ft measuring tape, 50ft or greater, cones or line for start line, cone to mark spot of where ball was thrown
- **Results:** The longest attempt will be recorded for the results.
- **Ages:** This event is open to ages 5 and up.
- ****NEW Measurement Standard**:** This will be measure of distance and accuracy combined. The throw will be measured where the ball FIRST lands and spot will be marked. With the 300ft tape measure laid out in front of the thrower you will THEN you take another tape measure perpendicular to measure the distance of where the ball landed away from the 300ft tape. For example if the ball was thrown 100 ft and then 30 ft away from the 300ft tape the total distance thrown would be 70feet (100ft – 30ft = 70ft).
- **Amount of Attempts:** Each participant will have three attempts
- **Score:** The longest ball thrown according the measurement standard.

Tot Trots (10Yard & 20Yard)

- **Categories:** 1-2 year olds will run 10 yards, and the 3-4 year olds will run 20 yards.
- **Set-Ups & Equipment:** Measure 10 yards or 20 yards out with a tape measure and place cones at the start line and finish line. Use a stop watch to time the toddler running.
- **Parent Assistance is encouraged**
- **Score:** Time to run distance

“Corn Hole” Toss

- **Set-Up & Equipment:** Distance to Board: The distance between the participant and the front of the board is 27 feet for ages 10 & Up. For ages 5-9 the distance is 12 feet.
- **Rounds and Attempts:** Each participant will have one round of 12 attempts to throw at the board.
- **Scoring:** On the board = 1 point, through the hole = 3 points, landing on the ground at any time = 0 points.
- **Results:** The total score in all twelve attempts will be totaled for a final score for results.

Kids Bean Bag Toss

- **Set-Up & Equipment:** Utilize same bean bags as for the “corn hole” toss. Use a regular tap measure to measure the distance thrown. Make a start line where the toddler will throw from.
- **Attempts:** The participant will receive 4 attempts to throw the bean bag.
- **Ages:** This event is open to ages 1-4 years old.
- **Measuring Attempt:** This will be done where the bean bag stops, not where it first lands. Measure from the start line to where the bean bags lands. The tape measure can be on an angle from the start line.
- **Score:** The longest toss will be scored.

90 Second Shuttle Run

- **Set-Up & Equipment:** Set 2 cones up 30 ft apart from each other. A stop watch will be needed.
- **Score:** Each cone touched in 90 seconds. If the participant is in-between the cones at the end of 90 seconds that point doesn't count.
- **Results:** Score number of cones touched.

30 Burpees

- **Equipment:** A stop watch will be needed.
- **Movement Standards:** 1 Burpee Rep will be counted when the participant goes from a standing position to a full lying position with thighs and chest touching the ground. The person will then come to a full standing position with hip open, jump with feet leaving the ground, and clap with their hands over head. The individual can get on and off the ground with whatever technique they want. For example stepping down and stepping up. The stop watch will stop when the participants clap in the standing position.
- **Score:** Time to complete 30 Burpees

“The Farmer Steps It Up”

- **Set-Up & Equipment:** **See attachment for graph of age group specifics. Set up 4 cones. 1st: Start line 2nd: 75 yards away from start line (150 yards total) 3rd 50 yards away from start line (100 yards total) 4th 25 yards away from start line (50 yards total). A stop watch will be needed.
- **Step Up Movement Standard:** The participant must stand up all the way with hips fully open and back straight up when on top of the step. If participant does not stand all the way up then the rep will not count. During the step-up the Medicine Ball can be held anywhere (in front, on shoulder, on hip, on back).
- **Workout:**
 - 30 Alternating Step-Ups w/Med Ball
 - 150 Yard Farmer Carry w/Dumbbells
 - 20 Alternating Step-Ups w/Med Ball
 - 100 Yard Farmer Carry w/Dumbbells
 - 10 Alternating Step-Ups w/Med Ball
 - 50 Yard Farmer Carry w/Dumbbells*For Time
- **Score:** Time to complete workout

500 Meter Row on Concept 2 Rower

- **Set-Up & Equipment:** This event must be performed on a Concept 2 version of a rower. For PM3, PM4, & PM 5. Click “Select Workout” then “New Workout” then “Single Distance”, then enter the digits for 500, then click the check mark. The time meter will be set to 500 and once the participant rows the time will start. The time stops and will be displayed on the rower at the completion of 500 Meters.
- **Age Groups:** This event is open to ages 12 & Up
- **Score:** Time to complete 500 Meters



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