



MIFO Rules 2022

Individual Event Scoring for Team Points

- **1st Place (Gold) = 5 Points**
- **2nd Place (Silver) = 3 Points**
- **3rd Place (Bronze) = 1 Points**

Team Trophies: There will be three team trophies awarded to the top three scores. In event of a tie, it will come down to who had the most individual gold medals.

Individual Event Ties: Medals and team points will be awarded when there are ties in the individual event scores.

Remote Rules

- Must perform the event between Monday July 11th and Wednesday July, 20th
- Must have tribal coordinator present scoring/timing/measuring event results
- Score must be entered online by tribal coordinator my Wednesday, July 20th Midnight
- Must use proper set-up and equipment as outline in MIFO rules

Kids Fitness Circuit

OPEN to remote competition

- **Event:** This circuit involves three different stations: push-ups, sit-ups, and jump rope. The child is to perform as many reps as possible in 30 seconds for each movement.
- **Ages:** The event is open to ages 7-15 years old.
- **Jump Rope Standard:** Reps are counted by one full revolution of the jump rope. The jump rope can be started from the front or back of the participant.
- **Push-ups Standard:** The child will start on knees in a "modified" position. Elbows must be bent down to 90 degrees and chest must compress the pump provided for the event to count as a rep.
- **Sit-ups Standard:** The child must start with shoulder blades on the mat and end with elbows hitting any part of the thigh to count as a rep. An event staff member will hold feet while performing this movement.
- **Results:** The reps for each station will be added together for a final point total and will determine the results.

Jump Rope

OPEN to remote competition

- **Event:** The child is to perform as many reps as possible in 1 round of 30 seconds.
- **Ages:** This event is open to ages 5-6 years old.
- **Jump Rope Standard:** Counted by one full revolution of the jump rope. The jump rope can be started from the front or back of the participant.

Tot Trots (10M & 20M)

NOT OPEN to remote competition

- **Categories:** 1-2 year olds will run 10 meters and the 3-4 year olds will run 20 meters.
- **Heats:** One heat ran per age group and gender.
- **Parent Assistance at Start Line:** There will be one parent allowed at the start line.
- **Parent Assistance at Finish Line:** One parent is allowed at the finish line. The parent at the finish line must stand three feet behind the finish line. There will be a designated line the parent stands behind.
- **Determining Top Finishers:** Top three finishers will be determined by event staff discretion.

Baby Crawl

NOT OPEN to remote competition

- **Event Start:** Babies will be placed in the middle of the circle (parachute).
- **Ages:** Open to babies 15 months and younger.
- **Finishing:** When the baby crawls (or walks) to the outer edge, they have completed the event.
- **Correct Advancing to Finish:** The babies are to crawl (or walk) to the outer edge of the parachute without the assistance from an adult.

Track Events

OPEN to remote competition

**See notes below for remote details*

- **Race Starts:** All running/walking events will begin with a “set” command and then the gun.
- **False Starts:** With noticeable false starts, the gun will be shot again and restarted.
- **400 Meter Runs & Walks:** There will be a “waterfall” start for these events.
- **Heats:** There is a good possibility that there will be more than one heat per age group and gender. The results are determined by taking the best times out of each heat. For example, just because someone finishes first in one heat does not mean they will be first overall.
- **Recording of Times:** Times will be recorded to the 100th of the second.
- **Post Natal Walk:** This entails all mothers who are within the first year of their babies birth date.
- **Finish Line:** The participants time will stop when their torso crosses the finish line (this is done through the timer’s best discretion.)
- **Repeating Age Groups Events:** When an age group has been completed, and the next race has started, there will not be more heats ran for a previous age group.
- **Walking Events:** 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.

Remote Set-Up & Equipment Needed: Official 400 Meter Track. Stop watch or other timing system. Starting gun, flags, or other noise devices if needed.

Lacrosse Speed Shot

NOT OPEN to remote competition

- **Results:** The fastest throw will be recorded.
- **Ages:** This event is open for ages 9 to 54.
- **Clocking Speed:** The speed will be taken by a radar gun.
- **Amounts of Attempts:** Each participant will have two throws of the lacrosse ball.

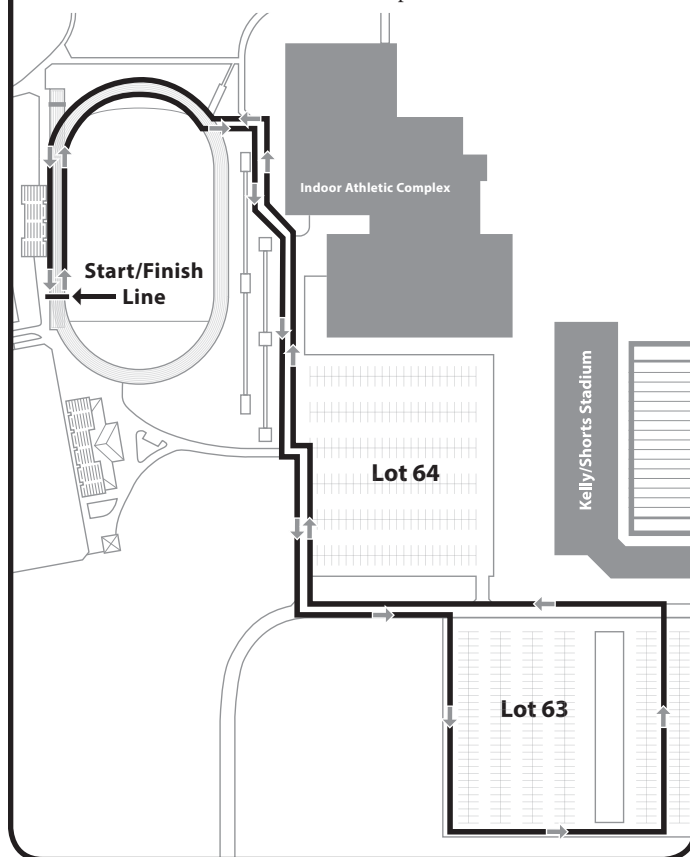
Kids Obstacle Course

NOT OPEN to remote competition

- **Event Standards:** The participant must complete each obstacle correctly as listed on the example sheet provided at event check-in (Parent assistance recommended.)
- **Ages:** This event is open to ages 5-12 years old.
- **Performing Station Incorrectly:** If a station is done incorrectly, then 1 second will be added to their final time.
- **Figuring Final Time for Results:** The least amount of time after the incorrect stations are added, will determine the top placers in the event.
- **Setup:** The setup of this event may vary from year to year.

Mile Run - Rules & Map

- This event will have all age groups run together.
- **Finish Shut:** Each participant must finish in a single file line according the place they crossed the finish line. Also, male and females will finish in separate lines.



Basketball Shots

OPEN to remote competition

**See notes below for remote details*

- **New Event Format as of 2018:** For the 3-point shots, there will be nine total balls in three different locations. Every third ball in each location will be the “Money” ball. The money ball will count as two points, while the other balls will be count as one point. Each participate will get 30 seconds to shoot all nine balls. For the free throw shot there will be seven balls in one location. The last three balls will be money balls. The money balls will count as two points. Each participant will get 30 seconds to shoot all seven balls.
- **Shooting Lines:** The distance of the 3-point shot is 19’ 9” (line to backboard), and distance of the free throw shot is 15’ (line to backboard).
- **Crossing Line:** Participants must stay behind the line that they are attempting, or the shot will not count.
- **Final Score:** Will be determine by total shots made.
- **Ages:** The 3-point shot is open to ages 10-54, and the free-throw shot is open to ages 55 and up.

Remote Set-Up & Equipment Needed: High School regulation basketball court (15’ free throw line at 19’9” three point line w/10ft hoop). 9 – Men’s Basketballs.

Kids Bean Bag Toss

OPEN to remote competition

**See notes below for remote details*

- **Attempts:** The participant will receive two 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.
- **Longest Attempt:** This will be used for the results.

Remote Set-Up & Equipment Needed: Utilize same bean bags as for the “cornhole” toss. Use a regular tap measure to measure the distance thrown. Make a start line where the toddler will throw from.

Adult Bean Bag Toss

OPEN to remote competition

**See notes below for remote details*

- **Rounds and Attempts:** Each participant will have one round of eight attempts to throw at the board.
- **Ages:** This event is open to ages 41 and up providing an event friendly to our upper age group participants.
- **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 eight attempts will be totaled for a final score for results.
- **Distance to Board:** The distance between the participant and the front of the board is 27 feet.

Remote Set-Up & Equipment Needed: 4' x 2' corn hole board.

Long Jump

OPEN to remote competition

**See notes below for remote details*

- **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 two attempts.

Remote Set-Up & Equipment Needed: Must be performed at local track & field long jump pit. Use a flexible tape measure for measuring.

Co-Ed Tug-O-War

NOT OPEN to remote competition

- **Age Groups:** There are three age groups for this event 12 & Under, 13-17, and 18 & Up
- **Creating a Team:** Participants will get other members within their age category to create a team.
- **Male and Females on a Team:** Teams must consist of at least 3 males and 3 females, with a total of 14 people.
- **Event Set-up:** There will be 3 cones placed in a row. The middle cone is where the middle of the rope begins. The outside cones are 6 feet away from the middle cone.
- **Tournament Style:** This event will be ran in a bracket tournament style format.
- **Completion of Competition:** When the other team pulls the center of the rope across to their own outside cone, the competition ends.
- **Anchor Loop on Rope Prohibited:** Utilizing the loop at the end of the rope to place a teammate's body as an anchor is prohibited.
- **Placing Team in Bracket:** Teams will be drawn into the bracket randomly.
- **Team Point Scoring for Results:** Scores will be weighed differently than other individual events. 1st place = 10 points, 2nd place = 5 points, 3rd place = 3 points
- **True Second Match:** There will not be a “true second” match.

Softball Throws

OPEN to remote competition

**See notes below for remote details*

- **Results:** The longest attempt will be recorded for the results.
- **Ages:** This event is open to ages 5 and up.
- **Measurement Standards:** The distance of the ball thrown will be measured by where the ball FIRST landed.
- **Amount of Attempts:** Each participant will have two attempts.

Remote Set-Up & Equipment Needed: 300 ft measuring tape, cones or line for start line, cone to mark spot of where ball was thrown. 12inch diameter softballs.

Archery

NOT OPEN to remote competition

- **Arrows Per Round:** Each round the participant will get five arrows.
- **Ages:** This event is open to ages 16 years and up for safety concerns.
- **Round 1 Qualifier:** In round 1 the participant must hit any part of the target two times to be able to participate in round 2.
- **Scoring:** Outside of the target = 0 points, White = 1 point, Black = 3 points, Blue = 5 points, Red = 7 points, Outer Yellow = 10 points, Center = 20 points.
- **Overall Score:** Total points of both rounds will determine.
- **Distance Between Archer and Target:** 20 yards



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