F/S Programming Board

F/S Fest Competition

Spring 2026

Contents

2026 OFFICIAL COMPETITION ---------- 3
STATEMENT OF ACCOUNTABILITY ---------- 6
SCHEDULE OF F/S FEST EXPECTATIONS, ACTIVITIES & EVENTS ---------- 7
OVERALL F/S FEST RUBRIC ---------- 9
ROUNDTABLES ---------- 11
CSU SOFTBALL GAME ---------- 12
CSUNITY ---------- 13
CSUNITY RUBRIC 14
SOCIAL MEDIA COMPETITION ---------- 15
SOCIAL MEDIA COMPETITION RUBRIC ---------- 16
BANNER COMPETITION ---------- 17
BANNER COMPETITION RUBRIC 18
LIP SYNC BATTLE ---------- 19
LIP SYNC BATTLE RUBRIC 21
STEP & STROLL OFF ---------- 23
F/S FIELD DAY ---------- 25
F/S FIELD DAY RUBRIC ---------- 27

2026 OFFICIAL COMPETITION

The Programming Board is working hard to make F/S Fest 2026 a fun community building experience for everyone! With your enthusiastic participation, it will be an exciting and enjoyable time. The purpose of F/S Fest is to engage the community in building meaningful connections, celebrating points of pride, and having fun! This year, the following events/activities will be opportunities to gain points: social media posts/stories, banner competition, f/s field day, CSUnity, supporting the CSU softball team and of course, the annual lip sync battle.

In reviewing concerns and feedback from previous F/S Fest participants, chapters will have the opportunity to review the packet and opt in before forming teams. Please submit the Intent to Participate Form if you intend to participate in the F/S Fest competition by **11:59pm on Monday, February 16, 2026.**

If you have any questions or need clarification on any part of the competition, please contact a member of the F/S Programming Board. Please include your chapter's name and team name when applicable.

Name	Position	Email
Shawn Lakeman and Kennedi Paty	Directors of Signature Events	Sigevents.fslprogramboard@gmail.com
Emma Nord	Executive Director	fslpbexecutivedirector@gmail.com

GENERAL RULES & RECOMMENDATIONS

All chapters, teams, and members must adhere to state laws, the Joint Policy on Risk Management, Student Code of Conduct, and their (inter)national risk management policy.

SUBSTANCE FREE EXPERIENCE: All Programming Board F/S Fest events are substance free. This includes bringing alcohol or other drugs, consuming alcohol or other illicit drugs, or attending an event under the influence of alcohol or other drugs. This applies to all F/S Fest events and activities including practices, rehearsals, preparations, and any other related activities.

VANDALISM OR STEALING: Vandalism and theft are prohibited. This includes but is not limited to vandalism or theft of banners, performance props, and anything else related to events and competitions.

SCORING: In all competitions, the decisions of the judges are final. The Programming Board reserves the right to deduct points from a team's score for any reason it deems necessary. Reasons for point deductions include, but are not limited to, failure to follow rules and guidelines outlined in this packet and failure to turn in required documents, forms, and other materials by the deadlines stated on the schedule of expectations, activities, and events page.

INCLUSIVITY: The purpose of F/S Fest is to engage the community in building meaningful connections. Failure to provide an inclusive, positive, collaborative, and fun experience and environment for all chapters on a team may cause the chapter to forfeit their participation, be disqualified, or have points deducted from the competition.

OTHER: It is highly recommended that a variety of representatives from each class (i.e., line, pledge class, etc.) of each chapter participate in each F/S Fest event. It is not permitted to require or force any member or membership class of a chapter or team to participate in F/S Fest events. This could be considered hazing and will be referred to necessary offices and accountability mechanisms for further review and/or investigation. The chapter(s) may forfeit, be disqualified or have points deducted from the competition.

ENFORCEMENT: For alleged violations of the rules listed above during F/S Programming Board events and activities, the complaint will be directed to the F/S Programming Board. The F/S Programming Board will review the complaint at the next scheduled F/S Programming Board meeting and determine outcomes. Chapters will be notified by the Programming Board detailing the violation and outcomes.

Outcomes for alleged violations of the rules listed above during F/S Programming Board events and activities vary depending on the type of violation and the severity of the alleged violation. Outcomes may include, but are not limited to:

a. Warning
b. Forfeiture
c. Disqualification
d. Point Deduction

e. Referral to the necessary accountability mechanisms, such as Joint Judicial Board, Student Resolution Center, or (Inter)National organizations for further review and/or investigation.

STATEMENT OF ACCOUNTABILITY

Please read this F/S Fest packet and ensure each chapter's F/S Fest chair(s)/ representative(s), participants, and chapter president are familiar with the content of this document.

In choosing to participate in F/S Fest activities, you and your chapter are responsible for engaging the members of your team in **all events** and encouraging community development. Should your chapter no longer wish to participate in F/S Fest, please be sure that your representative notifies the team and the Programming Board immediately.

By participating in F/S Fest activities, you also understand that any chapter whose members are deemed to be acting in an inappropriate manner, including but not limited to, disorderly conduct, intoxication, vandalism, theft, unauthorized entry in events, bullying, or verbal or physical threats, may cause their chapter and/or team to be disqualified from all 2026 F/S Fest competitions and events and referred to the appropriate accountability mechanism (Joint Judicial Board, Student Resolution Center, Etc.). Should you have any questions about this expectation, please contact the Programming Board.

Any changes made to the 2026 F/S Fest competition rules and/or this document will be made by the Programming Board and will be announced to all delegates at the F/S Fest Roundtables.

Statement of Accountability will be signed at the first roundtable.

F/S FEST COMPETITION STATEMENT OF ACCOUNTABILITY

By signing this statement, _____ hereby recognizes that
(chapter name)

has read and understands the F/S Fest packet as it was presented by the F/S Programming Board. My signature certifies that I agree with the information in this packet and will meet all deadlines outlined in this packet.

_____
(Signature)

SCHEDULE OF F/S FEST EXPECTATIONS, ACTIVITIES & EVENTS

Monday, February 16, 2026			
F/S Fest Intent to Participate Form Closes	11:59pm	https://fsl.colostate.edu/programs/fs-fest/	*It is recommended that the chapter's F/S Fest delegate submit the form*
NPHC & MGC Step and Stroll Intent to Participate Form Closes	11:59pm	https://fsl.colostate.edu/programs/fs-fest/	*It is recommended that the chapter's step/stroll captain submit the form*
Monday, February 16, 2026			
CSUnity Registration Opens	8am	https://lsc.colostate.edu/slice/community-engagement/csunity/	*It is recommended that the chapter's community service chair submit the form*
Thursday, March 5, 2026			
Roundtable One	5-6pm	LSC 386	*Required for one representative per chapter.*
Thursday, March 26, 2026			
Roundtable Two	5-6pm	LSC 386	*Required for one representative per chapter.*
Banner Sketch is Due	11:59pm	*One representative from each team should submit sketch to F/S Programming Board via email to sigevents.fslprogramboard@gmail.com*	
Monday, March 30, 2026			
CSUnity Registration Closes	8am	https://lsc.colostate.edu/slice/community-engagement/csunity/	*It is recommended that the chapter's community service chair submit the form*
Thursday, April 16, 2026			
Roundtable Three	5-6pm	LSC 308-10	*Required for one representative per chapter.*
F/S Field Day Rosters Due	11:59pm	*One representative from each team should submit roster to F/S Programming Board via email to fslpbathleticspartnership@gmail.com*	
Friday, April 17, 2026			
CSU Softball Game	6pm	Ram Field	*Review full expectations on page 12*
Lip Sync Battle Materials Due	11:59pm	*Review full expectations on pages 19-22*	
Step & Stroll Materials Due	11:59pm	*Review full expectations on pages 23-24*	
Sunday, April 19, 2026			
CSUnity	12-2pm	Various Locations	*Review full expectations on page 13-14*
Tuesday, April 21, 2026			
Banners are Due	8am-4:30pm	OFSL (LSC 142)	*Review full expectations on pages 17-18*

F/S Field Day	Check-in begins at 4:30pm Games start at 5pm	IM Fields and CSU Rec Center	*Review full expectations on page 25-27*
Wednesday, April 22, 2026			
Lip Sync Battle and Step & Stroll Off	Doors open at 5:30pm	LSC Theatre	*Review ticket and livestream information on page 19*
Banner Competition	6pm	LSC Theatre	
Tuesday, April 28, 2026			
Roundtable Four	6-7pm	TBD	*Required for one representative per chapter.*
Ongoing			
Social Media Competition		Sunday, April 19, 2026, through Saturday, April 25, 2026	*Review full expectations on pages 15-16*

OVERALL F/S FEST RUBRIC

Event	**Total Possible Points**	
CSU Softball Game (0-50 points)	40 points to the team with the most attendees	10 additional points for any team that consistently demonstrates outstanding spirit and sportsmanship through leading chants and creative signs
	30 points to the teams with the 2nd and 3rd most attendees	5 additional points for any team that demonstrates general enthusiasm with occasional inconsistencies
	20 points to the teams with the 4th and 5th most attendees	0 points will be given to teams who are disruptive, disrespectful, or unsportsmanlike
	10 points to the teams with the 6th and 7th most attendees	
	5 points to the team with the least number of attendees	
	0 points to the teams without any attendees	
Banner Competition (0-50 points)	Up to 20 points can be earned by teams whose banner fully represents theme.	The points each team receives will be determined by the average of the judges' scores and then added to their overall F/S Fest score.
	Up to 15 points can be earned by teams for their banner's creativity and originality	
	Up to 10 points can be earned by teams for their banner's readability and clarity	
	Up to 5 points can be earned by teams for their banner's overall execution and craftsmanship	
CSUnity (0-50 points)	50 points will be earned by teams where all chapters on the team register for CSUnity and successfully complete their assigned project	
	30 points will be earned by teams where majority of chapters on the team register for CSUnity and successfully complete their assigned project	
	20 points will be earned by teams where at least one chapter on the team registers for CSUnity and successfully completes their assigned project	

Social Media Engagement (0-60 points)	60 points (10 points each day). Review the full rubric on pages 15 and 16.	
Lip Sync Battle (0-100 points)	Up to 30 points can be earned by teams for their performance's theme integration	The points each team receives will be determined by the average of the judges' scores and then added to their overall F/S Fest score.
	Up to 20 points can be earned by teams for their performance's creativity & originality	
	Up to 20 points can be earned by teams for their performance quality and skill	
	Up to 15 points can be earned by teams for their team coordination and cohesion	
	Up to 10 points can be earned by teams for their audience engagement	
	Up to 5 points can be earned by teams for their performance's appropriateness	
F/S Field Day (0-100 points)	Teams can have up to 100 points added to their overall score by placing in each field day event. Please review full rubric on pages 25-27	
Total (0-410 points)		
** Opportunities to receive bonus points will be provided throughout the F/S Fest Competition.*		

ROUNDTABLES

Each participating chapter is required to have at least one representative at the following roundtable meetings.

Should a chapter's primary F/S Fest contact not be able to attend, a proxy must attend in their place.

Chapters that are absent from the first roundtable will be removed from the entire competition.

Chapters that do not have a representative present for roundtables two through four will lose 5 points from their team's overall score for every absence and for each representative who is not in attendance.

Roundtables will be held on the following dates:

- Roundtable #1: Thursday, March 5, 2026, 5 – 6pm in LSC 386
    - Teams will select their Winter Olympic Sport and identify a team name
- Roundtable #2: Thursday, March 26, 2026, 5– 6pm in LSC 386
- Roundtable #3: Thursday, April 16, 2026, 5– 6pm in LSC 308-10
- Roundtable #4: Tuesday, April 28, 2026, 6– 7pm in TBD*

*Please note, the fourth roundtable occurs the week following F/S Fest. This post event roundtable is required and meant to be an opportunity to collect feedback, review points, and return any leftover materials and props to teams.

CSU SOFTBALL GAME

Cheer on the Rams at the CSU Softball game on Friday, April 17, 2026, against Nevada! Pack the stands! Show your Ram Pride! Wear your letters!

1. Teams can earn up to 40 points based on the percentage of your team that attends the game.

2. Teams can earn up to 10 additional points based on enthusiasm, engagement, attitude, and sportsmanship.
    a. It's Pitbull Night so teams are encouraged to come dressed as Mr. Worldwide, create catchy signs, and bring the energy!

3. Teams will have the opportunity to earn bonus points for their participation in the halftime relay race.

<table>
<tr><th>CSU Softball Game</th><th colspan="5">Points</th><th>Total</th></tr>
<tr><td rowspan="2">Spirit and Sportsmanship</td><td colspan="3">10 points if the team consistently demonstrate outstanding spirit and sportsmanship through leading chants and creative signs</td><td colspan="2">5 points if the team demonstrates general enthusiasm with occasional inconsistencies</td><td rowspan="2"></td></tr>
<tr><td colspan="5">0 points to teams who are disruptive, disrespectful, or unsportsmanlike</td></tr>
<tr><td rowspan="2">Attendance</td><td>40 points to the team with the most attendees</td><td>28 points to the teams with the 2nd and 3rd most attendees</td><td>20 points to the teams with the 4th and 5th most attendees</td><td>12 points to the teams with the 6th and 7th most attendees</td><td>4 points to the team with the least number of attendees</td><td></td></tr>
<tr><td colspan="5">0 points to the teams without any attendees</td><td></td></tr>
<tr><td colspan="6">Total</td><td></td></tr>
</table>

CSUNITY

CSUnity is celebrating its 29th year as a long-time CSU tradition and integral community engagement program on April 19, 2026. Join SLiCE, your fellow Rams, and community members on this one day of service during National Volunteer Month to branch out & cultivate connections, collectively care for our neighbors, and contribute to community-wide spring clean-up projects.

This year, members of fraternities and sororities have the opportunity to serve as change agents as part of this year's F/S Fest competition volunteering with a service-based community agency (non-profit/governmental-based organization) or a local neighbor located within Fort Collins city limits. Service projects could involve the following:

- Aiding with the upkeep of external buildings and grounds
- Cleaning deck/patio/porch/garage/shed/outdoor furniture/first-floor gutters and/or windows/wells
- Environmental work (trail maintenance, waterway clean up)
- Event support and customer service
- Mowing/weeding a lawn or picking-up leaves
- Organizing/sorting goods
- Prepping gardens or basic landscaping such as trimming bushes/trees/plants
- And more!

CSUnity is a rain-or-shine event that occurs in all kinds of weather. There is no backup date should there be severe inclement weather the day of (i.e., snow falling heavily). Only SLiCE will make the decision to cancel the event due to severe weather in accordance with CSU's weather closure protocols. If you have any questions about CSUnity, please contact SLiCE's Co-Curricular Engagement team, slice_communitysupport@colostate.edu.

1. Each chapter will register for CSUnity online: https://lsc.colostate.edu/slice/community-engagement/csunity/
    a. Registration opens Monday, February 16, 2026, and closes Monday, March 30, 2026, at 8am.

2. Participation is first-come, first-serve; if capacity is reached, your chapter will be waitlisted. So, we encourage you to sign up as soon as possible.

3. Each chapter must identify a Volunteer Team Leader for CSUnity. The Volunteer Team Leader must attend CSUnity trainings, orientations, and check-ins in order for the chapter's participation to be considered completed successfully.

CSUNITY RUBRIC

CSUnity	Points			Total
Participation in CSUnity (defined as chapter registering to participate and successfully completing their assigned project)	50 points will be earned by teams where all chapters on the team register for CSUnity and successfully complete their assigned project	30 points will be earned by teams where majority of chapters on the team register for CSUnity and successfully complete their assigned project	20 points will be earned by teams where at least one chapter on the team registers CSUnity and successfully completes their assigned project	

SOCIAL MEDIA COMPETITION

1. Teams will have the opportunity to earn up to 60 points by posting on their chapter's official Instagram.

2. Posts must tag @csufslprogrammingboard on Instagram and use #CSUFSFest2026.
    a. Posts may be on the Instagram story and/or on the Instagram feed.

3. Posts will be accepted from Sunday, April 19, 2026, at 9am until Saturday, April 25, 2026, at 11:59pm.

4. Posts must capture the theme of the day. Theme descriptions are provided below:

April 19, 2026: Service Sunday! Giving back is at the core of the fraternity and sorority experience, so to kickoff F/S Fest, we want to see your members being change agents. Post about your chapter's engagement in this year's CSUnity. If your chapter is not participating in CSUnity, post about a previous service project!

April 20, 2026: Advisor Appreciation! April is Advisor Appreciation Month. Post a photo with your faculty/staff or alumni advisors and express your gratitude for their hard work and support they provide to your chapter.

April 21, 2026: Field Day Fun! Soak up the spring sunshine with a day of fun and friendly competition! Capture teams as they go head-to-head in a tournament-style field day at the annual F/S Field Day event!

April 22, 2026: Wear 'Em Wednesday! Members of our community are invited to proudly display symbols of their organization, such as badges and pins, line jackets, tikis, letters, or organization colors. Show your pride by posting a picture of your organization's symbol on your chapter's official Instagram and sharing what it represents to your members.

- FSL Ram Sticker Drop – members participating in Wear 'Em Wednesday can stop by the Office of Fraternity & Sorority Life (LSC 142) between 9am – 5pm on Wednesday April 22, 2026, in their letters for a free FSL Ram Sticker.

April 23, 2026: Thriving Thursday! Fraternity and sorority membership provides people with transferable skills and experience for their careers. We want you to showcase how members apply those skills in other spaces. Post pictures of members at internships, jobs, or in other professional settings.

April 24, 2026: Focused Friday! Post a picture, video, or story celebrating your chapter's scholars. Highlight individuals with a particular GPA. Share members' research projects or exciting contributions to their academic college or department at CSU.

SOCIAL MEDIA COMPETITION RUBRIC

Day	Theme	Points			Total
Sunday	Service Sunday	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
Monday	Advisor Appreciation	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
Tuesday	Field Day Fun	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
Wednesday	Wear 'Em Wednesday	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
Thursday	Thriving Thursday	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
Friday	Focused Friday	8 points if **all** chapters on the team post on Instagram. Posts must capture the theme of the day	6 points if **most** chapters on the team post on Instagram. Posts must capture the theme of the day	2 points if at least **one** chapter on the team post on Instagram. Posts must capture the theme of the day	
		2 additional points will be awarded if **all** chapters on the team re-post the F/S Programming Board post			
				Total	

BANNER COMPETITION

Banners are a long-standing tradition within the fraternity and sorority community. Fraternities and sororities choose to include their chapter letters, crests, or symbols and other images centered around a particular event or theme and display it proudly.

Rules and Guidelines:

1. One banner entry can be submitted per team. Banners will be judged based upon the criteria below. Collaboration between each of the chapters on the team to design this banner is encouraged.

2. Each chapter's name must be included on the banner in an appropriate manner, fitting the rules and regulations set forth by each chapter.
    a. Please note, our community includes chapters that require their chapter's name to be spelled out as well as exclusively written in certain colors. Please keep this in mind as you design and create your banners. The Programming Board will address any complaints brought forth by chapters.

3. Each team must incorporate the theme of F/S Fest into their banner design. The 2026 F/S Fest theme is Winter Olympics.

4. The maximum size for any banner is 20 square feet: no larger than a flat twin bed sheet. The shape of the banner must be rectangular and can only be two-dimensional. Textured materials are allowed.

5. The use of electricity/batteries on the banner is not permitted.

6. The banner must be created by hand by members of the chapters that are on the team. Light projectors are permitted for tracing designs.

7. Banner sketches and descriptions are due to the Programming Board on **Thursday, March 26, 2026, by 11:59pm** via email to sigevents.fslprogramboard@gmail.com. The Programming Board will review the sketches provided and inform team delegates if any issues arise (i.e., explicit images).

8. Banners are due on **Tuesday, April 21, 2026, by 4:30pm** at the Office of Fraternity and Sorority Life in LSC room 142. The entry will be displayed and judged at Lip Sync Battle and Step & Stroll Off on Wednesday, April 22, 2026.

9. The Programming Board reserves the right to not display banners that are in poor taste.

BANNER COMPETITION RUBRIC

Team #_____ **Judge's Name_____**

Category	Exceptional	Strong	Moderate	Minimal	None	Total
Theme	20 - Banner fully represents theme. Theme is instantly recognizable and clearly communicated through visuals, symbolism, and design choices.	15 - Banner shows clear and effective connection to the theme though some areas could be more connected or emphasized	10 - Banner includes some theme elements but feels secondary to the overall design.	5 - Theme is present but weak, unclear, or hard to recognize.	0 - No thematic elements, or use is inaccurate.	
Creativity & Originality	15 - Unique, imaginative, and highly engaging. Design stands out and feels fresh.	12 - Creative design with some unique elements, though not fully original.	9 - Some creative aspects, but much of the banner feels common or predictable.	6 - Limited creativity, relies on overused designs or ideas.	0 - No creativity, copied or generic design.	
Readability & Clarity	10 - Text and graphics are extremely clear, legible from a distance, and balanced. Chapter names/letters are properly included.	8 - Mostly clear and readable with only minor issues.	6 - Readability is inconsistent; some text or graphics are difficult to see.	4 - Major readability issues; hard to identify chapters or CSU elements.	0 - Text/graphics unclear or missing; banner is not legible.	
Overall Execution & Craftsmanship	5 - Neat, well-constructed, and durable. Care and detail clearly invested.	4 - Well-made, with only minor flaws in neatness or construction.	3 - Adequately made, but noticeable issues (smudges, uneven paint, etc.).	2 - Poor craftsmanship; rushed or sloppy work visible.	0 - Banner unfinished or falls apart due to lack of effort.	
Total:						

Please use this space to take notes or provide feedback for teams. Rubrics will be returned to teams at the final roundtable.

LIP SYNC BATTLE

The purpose of Lip Sync Battle is to get to know all chapters on your team. Lip Sync Battle will take place on Wednesday, April 22, 2026, in the LSC Theatre. Doors open at 5:30pm. Show starts at 6pm.

Rules and Guidelines:

1. Each team is allowed one time block of 10 minutes to perform a choreographed lip sync performance.

2. Teams may have a total of 35 participants. Rosters for each team are due **Friday, April 17, 2026, at 11:59pm** to https://fsl.colostate.edu/f-s-fest-lip-sync-battle-materials-upload/.

3. Teams must submit a full run through of their planned performances. Songs/music compilations, voiceovers, skits, and dances should be submitted by **Friday, April 17, 2026, at 11:59pm** to https://fsl.colostate.edu/f-s-fest-lip-sync-battle-materials-upload/.
    a. Videos must be in .mp4 or .mov format. No YouTube links. Music must be .mp3 format. No Spotify or other streaming platforms. If you are only using part of a song or video, please have the file cut and edited already.
    b. 50% of the members participating must be present in the video.

4. The Programming Board will review the content provided and inform team delegates if any issues arise (i.e., explicit dance moves or actions, offensive jokes or inappropriate subjects including props and costumes). Absolutely no changes can be made to the act after this date (unless the change is requested by the Programming Board).

5. Final performances that differ from the approved video submission may lead to disqualification.

6. Each team must incorporate the theme of F/S Fest into their performance.

7. Points will be awarded based on the criteria in the rubric. All decisions on the performances by the judges are final.

Wristbands and Tickets: Each team will receive 35 wristbands for their performers and 15 tickets for non-performing, in-person audience members. Wristbands and tickets will be given at the third roundtable. The Lip Sync Battle will be live-streamed. Performers and audience members MUST have a wristband or ticket to enter.

Practices: It is highly recommended that each team hold practices for Lip Sync Battle in a public space that can be reserved through Colorado State University rather than chapter facilities. Potential spaces for practices include the Lory Student Center, Campus Recreation Center, and classrooms reservable through facilities.

- Lory Student Center Room Reservation
- Campus Recreation Room Reservation
- Classroom Reservations

- Durrell Center

Consider creating a shared drive or group chat where videos of practices, scripts, and other performance information is stored and accessible by all members. This is also a resource for members who are unable to attend every practice.

Be inclusive and considerate of everyone's schedules.

Utilize clothing, props, and equipment you already have. Purchasing more items is not necessary and not encouraged.

Ensure that all chapters on the team can contribute their talents to the team's overall performance.

Teams will **not** have the opportunity to practice in the venue prior to the final performance.

Stage Dimensions and Venue Information: Teams will perform on a 12' x 16' stage floor. Teams will not have access backstage but will have the opportunity to wait performers in the wings on the right and left sides of the stage.

Lip Sync Battle Rubric

Team #_____ **Judge's Name_____**

Category	Exceptional	Strong	Moderate	Minimal	None	Total
Theme Integration	30 - theme is fully embedded throughout the performance. Multiple clear and creative references; theme feels authentic and essential to the act.	24 - theme is clearly present and intentional in several parts of the performance. Strong use of references though some areas could be more connected.	18 - Some elements of theme are included but integration feels limited or secondary to the act's main theme.	12 - theme is briefly shown or mentioned. References feel last-minute or disconnected from the performance.	6 - No clear thematic elements, or references are inappropriate, inaccurate, or unrecognizable.	
Creativity & Originality	20 - Highly innovative and fresh approach to performance type. Strong originality that keeps audience engaged and sets the act apart.	16 - Some originality and unique elements present. Performance is interesting and avoids being predictable.	12 - A few creative ideas, but much of the act feels familiar or common.	8 - Limited creativity. Relies heavily on overused ideas or formats	4 - No originality. Performance is generic or copied from existing acts without fresh elements.	
Performance Quality & Skill	20 - Technically strong performance with excellent execution, stage presence, timing, and polish.	16 - Good technical ability with minor errors that do not significantly impact the performance.	12 - Average execution with noticeable mistakes or uneven performance quality.	8 - Frequent mistakes, lack of rehearsal evident, or low stage presence.	4 - Performance shows little preparation, poor execution, and minimal effort.	
Team Coordination & Cohesion	15 - Highly synchronized and balanced participation among members. Smooth transitions and unified costuming/props/ music.	12 - Mostly coordinated with only minor timing or participation issues.	9 - Coordination is inconsistent; some members appear disconnected from group flow.	6 - Noticeable lack of teamwork; transitions are awkward or unplanned.	3 - No visible coordination; performance feels fragmented.	
Audience Engagement	10 - Audience is fully engaged and responsive; strong emotional, comedic, or interactive connection.	8 - Audience shows consistent interest and reaction.	6 - Audience engagement is inconsistent or lukewarm.	4 - Limited audience reaction or connection.	2 - No visible audience engagement.	
Appropriateness	5 - All content, costumes, props, and actions follow guidelines; no questionable material.	4 - One minor questionable element that does not violate rules.	3 - Multiple questionable elements that approach rule violations.	2 - Significant concerns about content, but no outright violation.	0 – Clear violation of content rules; subject to disqualification.	
					Total:	

Please use this space to take notes or provide feedback for teams. Rubrics will be returned to teams at the final roundtable.

STEP & STROLL OFF

This year's F/S Fest will provide NPHC and MGC chapters with the opportunity to perform in a Step & Stroll Off. Chapters have the option to participate in the Step & Stroll Off solely or the entire F/S Fest competition.

The Step & Stroll Off will take place on Wednesday, April 22, 2026, in the LSC Theatre as part of the annual Lip Sync Battle. Doors open at 5:30pm. Show starts at 6pm.

Rules and Guidelines:

1. Each chapter is allowed one time block of 7 minutes to perform a step or stroll.

2. Chapters may have a total of 10 participants. At least one participant must be enrolled as a CSU student. Rosters for each team are due **Friday, April 17, 2026, at 11:59pm** to https://fsl.colostate.edu/f-s-fest-lip-sync-battle-materials-upload/.

3. Chapters must submit their performance materials by **Friday, April 17, 2026, at 11:59pm** to https://fsl.colostate.edu/f-s-fest-lip-sync-battle-materials-upload/.
    a. Videos must be in .mp4 or .mov format. No YouTube links. Music must be .mp3 format. No Spotify or other streaming platforms. If you are only using part of a song or video, please have the file cut and edited already.

4. Performances and music selection must not include explicit language, offensive jokes or inappropriate subjects including props and costumes.

Wristbands and Tickets: Each chapter only participating in the Step & Stroll Off will receive 10 wristbands and tickets for their performers and non-performing, in-person audience members. Wristbands and tickets will be available for pick up during Programming Board office hours. Programming board will notify stroll captains via email for pick up times. The Step & Stroll Off will be live-streamed. Performers and in-person audience members MUST have a wristband to enter.

Practices: It is highly recommended that each team hold practices for Step & Stroll Off in a public space that can be reserved through Colorado State University rather than chapter facilities. Potential spaces for practices include the Lory Student Center, Campus Recreation Center, and classrooms reservable through facilities.

- Lory Student Center Room Reservation
- Campus Recreation Room Reservation
- Classroom Reservations
- Durrell Center

Consider creating a shared drive or group chat where videos of practices, scripts, and other performance information is stored and accessible by all members. This is also a resource for members who are unable to attend every practice.

Be inclusive and considerate of everyone's schedules.

Utilize clothing, props, and equipment you already have. Purchasing more items is not necessary and not encouraged.

Teams will **not** have the opportunity to practice in the venue prior to the final performance.

Stage Dimensions and Venue Information: Teams will perform on a 12' x 16' stage floor. Teams will not have access backstage but will have the opportunity to wait performers in the wings on the right and left sides of the stage.

F/S FIELD DAY

Soak up the spring sunshine with a day of fun and friendly competition! Gather your members on the IM fields and go head-to-head in a tournament-style field day featuring basketball, volleyball, relay races, and tug of war. F/S Field Day will occur on Tuesday, April 21, 2026. Check in begins at 4:30pm. Games begin at 5pm.

Rules and Guidelines:

1. All participants must wear closed-toe athletic shoes and appropriate athletic clothing. Each team will be designated a team color at the roundtable. Each participant must wear the color that corresponds with their team for all sports and activities.

2. Teams are expected to demonstrate good sportsmanship and respect toward officials, volunteers, and other participants. Unsportsmanlike conduct may result in point deductions or disqualification.

3. All activities must remain safe and appropriate. No dangerous play, profanity, or aggressive behavior. Chapters or individuals who violate safety expectations will be referred to necessary offices and accountability mechanisms for further review and/or investigation. The chapter(s) may also be forfeited, disqualified, or have points deducted from the competition.

4. Participants may compete in multiple sports, but teams are responsible for ensuring players arrive at the correct courts on time. There must be a minimum of two chapters represented for each sport.
    a. Rosters for each team are due by 11:59pm Thursday, April 16, 2026 via email to fslpbathleticspartnership@gmail.com.

5. Teams must check in at least 10 minutes before their scheduled game or match. Late arrivals may result in forfeiture.

6. All equipment (balls, nets, scoresheets, etc.) will be provided. Teams may not bring substitute equipment.

7. Basketball
    a. Teams will compete in a single elimination bracket-style tournament on half-court.
    b. Teams may have 6-10 players, with 5 players on the court at a time.
        i. A team must have at least 5 players present to begin a game.
    c. Each game will be played for 20 minutes.
    d. To allow players to rest, there will be a break round after semi-finals, before the championship game.

8. Volleyball
    a. Teams will compete in a single elimination tournament.
    b. Teams may have 6-10 players, with 6 players on the court at a time.
        i. A team must have at least 6 players present to begin a game.
    c. Matches will be played for 15 minutes.
    d. To allow players to rest, there will be a break round after semi-finals, before the championship game.

9. Relay Race

a. Each team will select four players to compete in a relay race.
b. The relay race will feature the following activities:
    i. Potato Sack Racing – each player will race through the checkpoints using a potato sack.
    ii. Trivia – players selected for trivia will need to answer three questions correctly before advancing. The questions are Winter Olympics themed.
    iii. Cornhole – players will need to throw one bag into the hole before advancing.
    iv. Flip Cup – players will need to successfully flip two cups before advancing.

10. Points will be awarded based on final team placements in each sport using the criteria in the rubric.

F/S FIELD DAY RUBRIC

Sport	Points	Total
Basketball (0-35 points)	• 35 points will be awarded to the team that places 1st in basketball tournament • 28 points will be awarded to the team that places 2nd in basketball tournament • 22 points will be awarded to the team that places 3rd in basketball tournament • 18 points will be awarded to the team that places 4th in basketball tournament • 14 points will be awarded to the team that places 5th in basketball tournament • 10 points will be awarded to the team that places 6th in basketball tournament • 6 points will be awarded to the team that places 7th in basketball tournament • 3 points will be awarded to the team that places 8th in basketball tournament	
Volleyball (0-35 points)	• 35 points will be awarded to the team that places 1st in volleyball tournament • 28 points will be awarded to the team that places 2nd in volleyball tournament • 22 points will be awarded to the team that places 3rd in volleyball tournament • 18 points will be awarded to the team that places 4th in volleyball tournament • 14 points will be awarded to the team that places 5th in volleyball tournament • 10 points will be awarded to the team that places 6th in volleyball tournament • 6 points will be awarded to the team that places 7th in volleyball tournament • 3 points will be awarded to the team that places 8th in volleyball tournament	
Relay Race (0-30 points)	• 30 points will be awarded to the team that places 1st in the relay race • 20 points will be awarded to the team that places 2nd in the relay race • 19 points will be awarded to the team that places 3rd in the relay race • 15 points will be awarded to the team that places 4th in the relay race • 11 points will be awarded to the team that places 5th in the relay race • 7 points will be awarded to the team that places 6th in the relay race • 4 points will be awarded to the team that places 7th in the relay race • 2 points will be awarded to the team that places 8th in the relay race	
	Total (0-100 points)	