

# 2010 Swb Pob Competition Guidelines

The purpose of the “Swb Pob” competition is of 2 folds: 1) Promote the Hmong fold song value, influence, and tradition as part of the Hmong culture 2) Improve Hmong cultural experiences in Sacramento Hmong New Year.

## A. Competition Process

The competition will involve 6 rounds, each round with 3 minutes to play. The contestants will start at the closest spot of 10 feet. They will play for 3 minutes and move back 5 feet. The process repeats until they reach 35 feet. The last 3 couples left standing are the winners.

## B. Basic Requirements

1. All competitors are required to dress in Hmong clothing and costumes.
2. Each contestant pair will involve a man and women.

## C. Guidelines

The “Swb Pob” competition will follow the following guidelines:

- a. Competition is open to everyone.
- b. First place winner \$100, Second place winner \$70, Third place winner \$ 40.
- c. Time limit per each round of the competition is set 3 minutes max.
- d. Involves 2 ball sizes: smallest for round 1 and 2, large ball for the rest.
- e. The first time a contestant drop the ball, that pair is eliminated.
- f. Contestants will move to the next round when time is up for the round.
- g. Contestants must only use their hand to throw and catch the ball; no exceptions. No other body parts are allowed to touch the ball.
- h. First round will start at 10 feet distance between each couple. Left hand only. Involves various types of ball tossing, based on the host’s call.
- i. Right hand only for the round 2 and alternates thereafter for all 6 rounds. Involves various types of ball tossing, based on the host’s call.
- j. The winners will be the last 3 couple standing.
- k. In the case of a tie, 2 of the largest balls will be used by the each pair of contestants for another 3 minutes.

## D. Scoring system and judges.

None. The host will select two SHNY staff or SHNY activity coordinators to help monitor the competition only.