

## 2020 Fall Sports Virtual Competition Instructions

All of the events and their descriptions, as well as the registration sheet and the final score submission sheet can be found in this section.

You will once again select 3 events to compete in. Note, the Strength Sequence #1 and #2 and the Balance Sequence all count as an individual event. i.e Strength Sequence #1 is one event and Strength Sequence #2 is another event etc. you will need to complete all 4 exercises and poses in each sequence to complete the event.

You will need to submit your Registration form with preliminary scores to your coach by September 25<sup>th</sup>, Coaches will submit registration forms by September 30<sup>th</sup>. You will need to submit your final score submission to your coach by October 28<sup>th</sup>. Coaches will submit final score sheets by October 31<sup>st</sup> by midnight.

Awards format will follow that of the last Virtual Games, final dates will be announced as we get closer.

### Important Dates:

August 30<sup>th</sup> – Workout/Home Practices/Fitness and Health Begins

September 25<sup>th</sup> – Athletes submit your registration and preliminary scores to your coaches

September 30<sup>th</sup> – Coaches submit the registration forms to the state office

October 28<sup>th</sup> – Athletes submit your final score sheet to your coaches

October 31<sup>st</sup> – Coaches submit final score sheets to the state office

October 31<sup>st</sup> – Halloween Zoom Victory Dance, Time TBD

TBD – Awards Dates