

## **2021 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 Fitness Sequence #1 (FS1), #2 (FS2) and #3 (FS3) all count as an individual event. i.e Fitness Sequence #1 (FS1) is one event and Fitness 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 October 7th, Coaches will submit registration forms by October 9th. You will need to submit your final score submission to your coach by November 10th. Coaches will submit final score sheets by November 13<sup>th</sup>.

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

### **Important Dates:**

September 11th – Workout/Home Practices/Fitness and Health Begins

October 7th – Athletes submit your registration and preliminary scores to your coaches

October 9th – Coaches submit the registration forms to the state office

November 10th – Athletes submit your final score sheet to your coaches

November 13th– Coaches submit final score sheets to the state office

TBD – Awards Dates