

# 2020 VIRTUAL FALL COMPETITION

We invite all athletes, Unified partners, coaches and fans to compete in the 2020 Virtual Fall Competition. The two sports offered are cheerleading and football skills. This event is open to everyone and is a safe way to compete against your friends and peers from across the state.

Train and compete from home and come together virtually to celebrate your accomplishments with the Virtual Fall Competition Series beginning Thursday, October 22, and ending with the 2020 Virtual Fall Competition results on Friday, October 23.



## COMPETE FROM HOME

This competition is a safe way for athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive while practicing social distancing.

Here's how it Works:

1. **CHOOSE YOUR EVENTS!** For the 2020 Virtual Fall Competition, individuals can participate in cheerleading and football skills events.
2. **PRACTICE!** After reviewing the list of competition events, begin practicing those events that you want to compete in.
3. **SUBMIT YOUR RESULTS!** We encourage you to submit times, scores and performance recordings for all of the events you practiced. **All scores are due October 19.**

*Note: In order to follow social distancing rules, you should practice and compete in these activities on your own at home; however, virtual interactions with your team through social media, texts, or emails are allowed and encouraged! Coaches can still help virtually with explaining practice activities, collecting and submitting scores, and cheering you on. You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.*

If you need help or don't have access to a computer ask a family member, friend, staff, or coach to help.

Have other questions or need help submitting your results? Contact us at [info@soiowa.org](mailto:info@soiowa.org).

# COMPETITION EVENTS

## Football Skills

Catching

Running

Throwing

Show Your Team Pride

## Cheerleading

Time Out Cheer

Jumps

Band Dance

Halftime Dance

## CELEBRATE YOUR SUCCESS

October 22 & 23

Once you've practiced, competed, and submitted your results, join the Special Olympics Iowa community from across the state to celebrate! All athletes, Unified partners, coaches, family members, and fans are invited to come together virtually to celebrate everyone's success and wins with the Virtual Fall Competition Series.

On Friday, October 23, at 5:00 p.m. tune in on [Special Olympics Iowa's Facebook page](#) for the Virtual Fall Competition Results.

## Safety Information

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

### **You can reduce your risk of exercise injury by:**

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Being aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

### **Stop exercising immediately and seek medical help if you experience symptoms such as:**

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat

**\*Be sure to practice social distancing while exercising.**

# FAQS

**What's the timeline?** Practice begins on Thursday, October 1. Make sure to submit your best times, scores and routine recordings on Monday, October 19. The Virtual Fall Competition Series will kick off Thursday, October 22, and end Friday, October 23, with the Virtual Fall Competition results announcement.

**Who can compete?** Anyone - athletes, young athletes, Unified partners, coaches, and fans.

**What if we normally don't participate in cheerleading or football, can we still participate?**  
YES! This is open to everyone.

**Who am I competing against?** You're competing against everyone in the state during the practice season. We'll division everyone based on their role as an athlete, young athlete, Unified partner coach, or fan as well as their age and ability.

**How do I practice?** Our top priority is that everyone is safe and maintains social distancing rules while practicing. Practice at home or in a space that still allows you to follow social distancing rules (you must be six feet away from other individuals). You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.

**Does my coach need to know I'm competing?** If competing in a group (less than 10) a coach or delegation manager must have completed the Return to Play requirements. If competing individually your coach does not need to know, but it would be great if you let them know—they might like to cheer you on virtually!

**How is cheerleading scored?** The Timeout Cheer, Band Dance, and Halftime Dance will be scored out of 20 points (5 points for every jump, 3 points for every kick, 2 points for motions and up to 10 points for creativity). The Jump event will be out of 15 points (5 points for each jump attempt).

**Do I need to fill out any paperwork to participate?** No paperwork is required to participate.

**What scores do I need to submit when I am done practicing?** Please keep track of your practice times and scores and submit your best. If you are competing in the cheerleading events, you will need to submit a recording of you doing your routine(s) and/or jumps. You can participate in all events or just your favorites.

**Will I get an award?** All event scores will be added together for a total score. Participants will be divisioned by age, then ability. Awards will be sent out the week after Virtual Fall Competition.

**How can I participate in the Virtual Fall Competition Series?** The Virtual Fall Competition Series will be held October 22 and October 23. The series sessions will be announce on October 9 at which point you will be able to begin registering for sessions on the [Virtual Fall Competition](#) page on the Special Olympics Iowa website.

If you need help or still have questions! Please contact us at [info@soiowa.org](mailto:info@soiowa.org).