

2020 Special Olympics Iowa Virtual Fall Competition Events

Choose your events. You can choose to do all the events or just your favorites!

Football Skills

Catching - How many times can you catch the football out of 5 times?

Set up: Football, measuring tape, glove (if available)

- Measure out 5 meters (or 16.4 feet). Have someone throw the football to the athlete from 5 meters away.

What to submit: The score for the 5 attempts. Five points for a caught ball, one point for a dropped ball, zero points for no attempt. Maximum score is 25. Example: Athlete catches three passes, drops one and misses one pass. Score = 5+5+5+1+0=16.

Running - How fast can you walk, roll or run 30 meters?

Set up: Football, stopwatch, four cones or markers.

- Measure and mark the distance of 30 meters (or 98.4 feet). If you are unable to use a measuring tape, you can measure by taking about 40 large steps.

What to submit: The athlete will run the 30 meters as fast as they can while carrying the football. Five seconds is deducted for each dropped ball. Submit the time it took them to run from start to finish. Example: Athletes' time to run 30 meters is 38 seconds submit 38.

Throwing - How far can you throw a football?

Set up: Football, measuring tape, three cones or markers.

- Create a starting line, the athlete will throw the football as far they can.

What to submit: Measure the distance of your throw from the start line to where the football first hits the ground in meters. Give the athlete two trials and record the best score. If the ball lands 25.4 meters out, submit the score as 25.

Show Your Team Pride - Who's your favorite team?

Do you cheer for? The Cyclones? The Hawkeyes? The Bulldogs? The Panthers? We want to see!

What to submit: a photo of you showing off your team pride

Cheerleading

General Cheer Rules

- Individuals can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements
- No Jewelry
- All hair pulled back and out of face
- No stunting or tumbling (Due to COVID-19)
- Poms, signs, and megaphones are the only props allowed and **CAN NOT** be shared between athletes, encourage each athlete to use their own or have a disinfection protocol
- Must be performed outside

Time Out Cheer

Routine Requirements:

- Cheer must include 1 jump and 1 kick performed by at least 1 participant
- Cheer can be said more than once to act as a normal cheer for football

What to Submit: a link to a recording of you performing your time out cheer

Jumps

Requirements:

- Pick up to 3 of your favorite jumps
- You can do a double jump (2 jumps combined with a swing in-between)

What to Submit: a link to a recording of you doing your jumps (Limit of 3 jumps in your submission)

Band Dance

Examples of songs: Hey Song, Sweet Caroline, Land of 1,000 dances

Routine Requirements:

- Dance must include 1 jump and 1 kick performed by at least 1 participant

What to Submit: a link to a recording of you performing your band dance

Halftime Dance

Routine Requirements:

- Time limit of 2 minutes
- Dance must have at least 1 jump and 1 kick performed by at least 1 participant
- Song **MUST** be appropriate and have no vulgar language

What to Submit: a link to a recording of you performing your halftime dance

Please review the safety information below:

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
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising

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 during exercise

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