



## NHIAA Fall Spirit Championships

### Rules for a Remote Competition

**All rules are to be read to the entire team and to be followed as directed with complete honesty and integrity.**

**All COVID-19 prevention efforts from the school district must be strictly adhered to. Any athlete with any symptoms of the virus must stay home and not compete.**

1. Performance will be done, start to finish, with no breaks in the footage or restarts to the original (i.e. one time performance; schools may not film multiple attempts at their routine and choose from the best take). This is to mirror previous Spirit State Championships where schools are judged on one routine only.
2. Team will have from ***Friday, March 5, 2021 at 3:00 p.m. through Saturday, March 6, 2021 at 3:00 p.m.*** to film and complete their routine. Schools will submit their videos no later than **4:00 pm on Saturday, March 6, 2021.**
3. The videographer must have the skill and knowledge to complete the videography as needed.
4. The video must show all four corners of the mat at all times.
5. Video must be in mp4 format.
6. The video needs to be shot in landscape setting at eye level and remain stationary. No zooming, video/sound effects should be used. Video should include unenhanced original sound.
7. Lighting will be adequate so that all areas of the mat are clearly visible.
8. All performing athletes need to remain within the video frame.
9. Video length does not extend beyond routine (The team spiring on, the routine, the team spiring off) and does not include extra skills
10. The athletic director must be present during the competition time and sign off after the team has completed their routine. The coach and senior captains must sign the document stating all rules were followed with integrity.
11. If an athlete gets sick or injured during the routine, and the routine must be stopped, the music should stop and the team remains on the mat. Upon attending to the injured athlete and/or cleaning an infected area, the routine must begin at the point it was stopped due to the injury. The video should remain running at all times and end upon the completion of the routine.
12. The videos will be submitted to the NHIAA via a digital file sharing method by **Saturday, March 6, 2021 at 4:00 p.m.** Additional details will be sent to the Athletic Director prior to the competition.
13. Competition will be aired live on the NFHS Network on ***Sunday, March 7, 2021 at 10:00 a.m.***
14. Scoring of the videos will occur at the NHIAA Office with SONH judges on Sunday, March 7th.
15. Once the scoring is completed, results will be posted on the NHIAA website. All Athletic Directors will receive their team scores via email.
16. The NHIAA will arrange for receipt of the runner up and 1<sup>st</sup> place awards.