

We are so excited to have you with us for the USPC Virtual Competitions!

There are different “segments” of this competition.

- Registration Period
- Video Upload Period
- Judging Period
- Results Posted

We’ll explain what each one is and what to do in each segment.

### Registration Period

The registration period is typically around 3 weeks in length and is when you can sign up for the virtual competition.

After you register, you’ll receive the link and further instructions (almost like the ones listed below) on how to proceed.

Once this period ends, we move on to the Video Upload Period (during the Registration Period, no videos are allowed to be uploaded).

Registration will be on Strider Pro and the link will be on USPC’s website to register.

### Video Upload Period

Here is where you can get started on your video! You can begin practicing, recording, and then when you like your video, upload it to the link sent in your email.

Your discipline may have a course or test to complete, you’ll find that test/course uploaded already in your corresponding division (you may have to scroll right and left on your screen to see your division). Feel free to download the document and use that as a reference to build your course and help with your video.

Make sure you place your video in the correct division! We won’t be able to judge it appropriately if it’s in the incorrect one.

Once the video upload period ends, the site will be locked so no more videos are able to be uploaded, and the link will be sent to our judges.

### INSTRUCTIONS

Each column represents a different division. To upload your video, you’ll have to click on the “+” button below the title of your division and upload your video.

You may upload it as:

- .mp4
- .mov
- Link
- Youtube Link

When you've finished adding your USPC Member ID, First and Last name, you may click the "Publish" button.

NOTE: Your video must be according to the rules and regulations document.

### **Judging Period**

The judges will take a look at your video and score it accordingly. It does take some time for the judges to review all the videos, so please remember to be patient as they look through them!

### **Results Posted**

Once all their scores have been sent to the National Office, we'll post those results in your division (at the same link you uploaded your video) and notify you that results have been posted.

All members will receive a digital certificate, and those who place first – sixth in each division will receive a prize in the mail!

Register with your friends, club/center, and make it a friendly competition not only on a national scale, but locally. Set a date where you all can video each other and cheer each other on. We wish all competitors good luck and lots of fun!