



## 2023 Special Olympics Oregon Summer Season Softball Rules and Guidelines

### COMPETITION DATES AND LOCATIONS

- **Sunday, July 23, 2023 - Albany**

Albany YMCA Fields

3201 Pacific Blvd SW

Albany, OR 97321

Participating Local Programs: Benton, Cottage Grove, Curry, Douglas, Eugene/Springfield, Grant, Harney, High Desert, Jackson, Josephine, Klamath, Linn, Lincoln, Polk, South Coast + **ALL UNIFIED TEAMS**

- **Sunday, July 30, 2023 – Hillsboro**

Hillsboro Stadium - Gordon Faber Recreation Softball Complex

4450 NW 229<sup>th</sup> Ave.

Hillsboro, OR 97124

Participating local programs - Baker, Clackamas, Clatsop, Columbia, Hermiston/Pendleton, Hood River, Jefferson, Marion, Milton-Freewater, Multnomah, Tillamook, Union, Wasco/Sherman, Washington, Yamhill (**ALL UNIFIED will compete in Albany**)

### DEADLINE DATES FOR COMPETITION ROSTERS TO BE ENTERED

- Albany – Monday, May 22nd
- Hillsboro – Monday, May 29th

### RULES

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon softball competitions – see pages 6-10 of this packet. These rules are based upon the USA Softball (formerly ASA) rules for softball <http://oregonusasoftball.com>

USA Softball rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

### COMPETITION REMINDERS

- Each athlete or unified partner may enter only one event. Please see events offered in rules listed on pages 2-9.
- No changes will be allowed on the day of the regional competition. This includes, but is not limited to, changes in divisioning, roster modifications, and addition to a roster (coach, athlete, partner or chaperone).
- A Team Evaluation Questionnaire Form (TEQ) is provided in a separate document that can be obtained by the local program and/or sports manager. Please be sure that a TEQ is completed for your team.
- Qualifying scores are required for all Individual Skills Contest (ISC) athletes at time of registration.

# 2023 Special Olympics Oregon Summer Season

## Softball Rules and Guidelines

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon softball competitions. These rules are based upon the USA Softball (formerly known as Amateur Softball Association) rules for softball <http://oregonusasoftball.com>. USA Softball rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

### SECTION A - OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

- 1) Unified Sports® Softball Team Competition
- 2) Traditional Softball Team Competition
- 3) Coach-Pitch Softball Team Competition
- 4) Individual Skills Competition

Tee-Ball will NOT be offered in 2020

### SECTION B - UNIFORMS

- 1) All players should wear matching uniforms (same color, trim and style). Jerseys must be the same color. The jersey must have at least a 6" number on the back and be contrasting to the shirt color. No player may wear the same number.
- 2) Players should wear softball pants (preferred), shorts or sweats. Players are not permitted to wear denim jeans or cutoffs. Pants should be of the same color.
- 3) Softball shoes are recommended (rubber sole cleats). No metal cleats.

### SECTION C - EQUIPMENT

- 1) Equipment as specified by USA Softball rules shall be used.
- 2) Only official softball bats bearing either the ASA 2000 certification mark or the ASA 2004 certification mark or the ASA 2013 certification mark may be used and must **not** be listed on an ASA Non Approved Bat List (maximum of 34in long and 38 ounces). For a list of ASA Non-Approved bats which also carry an ASA certification mark, please go to [http://usa.asasoftball.com/e/build\\_batlist\\_one\\_page.asp](http://usa.asasoftball.com/e/build_batlist_one_page.asp)
- 3) Additional points of emphasis regarding bats:
  - a) All bats, need to be free of dents, cracks, and rattles. The rattle means that the bat is "breaking loose" on the inside of the bat.
  - b) If you have a question about a bat, please contact your Program and Coach Services staff member at the start of the season to work to clarify if it is a legal bat. Do not wait until the day of competition.
- 4) A first baseman's trapping-type mitt may be worn by any player.
- 5) The catcher must wear a helmet with facemask and throat guard. Chest protector and shin guards are recommended, but not required.
- 6) Any defensive or offensive player can wear an approved plastic face mask/guard.
- 7) All batters and base runners must wear an approved batter's helmet. When purchasing new helmets teams should consider buying helmets with face guards, especially for youth players.
- 8) Any athlete or unified partner serving as a base coach shall wear a batting helmet at all times when on the field of play.
- 9) The ball
  - a) A 12" (30 cm) red-stitch restricted flight softball of COR .44 and a compression of 375 lbs or less must be used for Traditional and Unified Sports® Team Competition.
  - b) 12" IncrediBall (SofTouch) must be used for Coach-Pitch Team Competition, and Individual Skills Competition.
- 10) Wherever possible, Special Olympics Oregon tournaments will use the Double Base at first base for all divisions. This base is 15in by 30in, or two regulation bases placed side by side. Half the base is placed in fair territory and half the base is placed in foul territory. The first base line should intersect the double base. For plays at first base the defensive player will use the half in fair territory and the offensive player will use the half in foul territory. The offensive player may use the entire base when returning to first base.
- 11) All jewelry rings, and watches must be removed prior to entering the field. If a piece of jewelry cannot be removed it must be covered with tape.

## SECTION D - OFFICIALS AND THEIR DUTIES

- 1) There will be at least one umpire for all games during competition.
- 2) Umpires shall have the power to make all decisions on any point not specifically covered in the rules.
- 3) An appeal play is defined as a play in which an umpire is unable to make a decision unless he/she is requested to do so by a coach or player. The appeal can be made if a coach or player asks the umpire to make a ruling.
- 4) The umpires are empowered to make all decisions on the playing field. If a protest is made, it shall be brought to the Softball Rules Committee who will then make a final decision. A protest may only be made if it questions the applicability of the rules. No protest will be considered which pertains to any judgment call made by an umpire.
- 5) In case of injury to any player or participant the umpire will stop play.
- 6) Players and/or coaches may be ejected due to poor sportsmanship, excessive foul language or inappropriate behavior. This can be determined by either the umpire or the Softball Rules Committee.

## SECTION E - COACHES AND THEIR RESPONSIBILITIES

- 1) Coaches shall remain within the designated "coaches' areas" or in the dugout while the game is in progress. Only coaches with official Special Olympics Oregon credentials will be allowed in the dugout or coaches' area.
- 2) If a coach touches a runner while the ball is still in play, that runner will be declared out. Coaches are required to stay within the boundaries of the coaches' boxes.
- 3) Coaches are responsible for knowing and understanding the rules of the game, not only the modified rules in this manual, but also the National Rules of the game. The National Governing Body of rules for Special Olympics Softball is USA Softball (formerly known as the Amateur Softball Association or ASA).
- 4) Protests
  - a) Protests can only be made by the head coach and must be reported to the plate umpire prior to the next pitch. The protest must be given in writing to the umpire and scorekeeper.
  - b) Protests are only allowed for rules interpretations and implementation issues. Protests are not allowed on judgment calls. The Softball Rules Committee will decide on all protests within 30 minutes of the completed game.
  - c) Protest forms will be available at event registration or at each field.

## SECTION F - DIVISIONS

- 1) Individuals and teams will compete by gender and ability in one of three distinct age groups:
  - a) Youth age group (for team competition this means teams with rosters comprised of players solely aged between 8 to 21 years). NOTE: We break this down further into elementary, middle school and/or high school if enough teams are playing in a tournament.
  - b) Adult age group (in team sports, this is any team with at least one player on the roster who is 22 years or older).
  - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.  
Note: The oldest member of a team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, female, and co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- 2) Teams are divisioned for competition based on the following information: Team Evaluation Questionnaire (TEQ) scores, past competition results and coach input.
- 3) Unified Sports teams will be divisioned with other Unified Sports teams except in the following cases:
  - a) When there are not enough teams to create a Unified Sports-only division.
  - b) When a Unified Sports or traditional team is deemed more appropriate to be combined for age, safety or competition-quality reasons.

## SECTION G – GENERAL RULES OF COMPETITION and MODIFICATIONS – Traditional Competition with references for all other levels of team competition (Unified Sports® and Coach-Pitch)

- 1) Playing area and ball
  - a) The field shall conform to USA Softball standards. Bases will be 65 feet apart. The pitching distance is between 40 feet to 50 feet.
  - b) A 12 inch (30 cm) red-stitch restricted flight softball of COR .44, and a compression of 375 pounds or less must be used for Traditional & Unified® Team Competition
- 1) The game and the lineup
  - a) In cases not specifically covered by these rules, USA Softball rules shall govern.

- b) The length of games may vary depending on the tournament format. Generally, games have a time limit of no new inning starting after 60 minutes (this could be reduced to as short as 50 minutes depending on the tournament). Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
  - c) A regulation game shall consist of seven innings or until the time limit is reached, whichever comes first.
    - i) Mercy rules
      - (1) The game will be considered complete if after three (3) full innings of play one team leads the other by 15 runs or more or
      - (2) The games will be considered complete after if five (5) full innings of play one team leads the other by 10 runs or more.
      - (3) A game will be considered complete once the time limit has been reached and the final inning is over; regardless of how many innings have been played.
  - d) The 6-9 run rule will be in effect for traditional and Unified Sports level of competition
    - i) How this rule is applied
      - (1) 6 to 9 run rule per inning (meaning that if a team has scored 5 runs and the bases are loaded, they could score anywhere from 6 to 9 runs with the next run producing at-bat).
  - e) Forfeit time is 10 minutes after the scheduled game time, not 10 minutes after the previous game has completed. All teams should be ready to play (batting order filled out, etc) by this time.
  - f) Unless otherwise determined, a coin toss prior to the start of the game will determine the choice of home team. The team winning the toss may elect to bat first.
  - g) The length of the games will vary depending on the event. (See event specific rules.)
  - h) In case of inclement weather, games will be considered complete after 3 full innings of play.
  - i) A game tied at the end of regulation play shall be continued by playing additional innings until one team has the lead at the completion of an inning.
  - j) Coach-Pitch and Traditional teams may have a maximum of 15 players on the roster.
  - k) Unified Sports® Teams may have a maximum of 16 players on the roster.
  - l) When batting the line-up, there are unlimited changes allowed for players on defense; however, the batting order cannot be changed. This applies for all levels of competition.
    - i) Unified Sports must maintain an alternate batting order or take an out for every player who cannot maintain that order in the line up.
  - m) Coaches must submit their team's batting order to the umpire prior to the start of the game. Players must adhere to this batting order throughout the entire game.
  - n) Traditional and Coach-Pitch teams MUST BEGIN each game with 10 players in the lineup.
    - i) Teams must complete a game with at least 9 players. If at any time the team cannot field at least 9 players at any point during the game (due to ejection, injury or other reason), that team will forfeit.
    - ii) Teams playing with 9 players (after losing a player to ejection, injury or other reason after a game has started) will receive an automatic out in the lineup where the tenth player would have batted.
  - o) Unified Sports teams MUST BEGIN each game with 10 players in the lineup (5 athletes and 5 unified partners).
    - i) A Unified Sports team may complete a game with 9 players if there are 5 athletes and 4 partners on the field of play.
    - ii) Unified Sports teams playing with 9 players (5 athletes and 4 partners) will receive an automatic out in the batting order where the injured/disqualified partner would have batted.
    - iii) If at any time the Unified team drops another player during the game and cannot field at least 5 athletes and 4 partners, the game will be declared a forfeit.
- 2) The batter
- a) When batting, players will take their stance within the lines of the batter's box.
  - b) The count will start with 1 ball and 1 strike (per USA Softball rules) for Traditional and Unified competition.
  - c) Four balls constitute a walk and three strikes constitute an out. If the batter has two strikes and fouls off the third pitch, he/she shall be declared out.
  - d) Throwing the bat
    - i) The first time a batter throws the bat (based on umpire's discretion) both teams will be warned. After the warning whenever any player throws the bat, he/she will be called out. Players will be ejected for a second offense.
- 3) Substitutions
- a) Substitutions may be made anytime that time is called. Substitutes must take the same place in the batting order for the person they are replacing. **The scorekeeper must be notified of all substitutions.**
  - b) Any of the starting players and substitutions may leave and re-enter the game. This may be done by each starting player and substitute only once, with the provision that the players occupy the same position in the batting order as the one they

occupied when they leave the game. A starting player may only re-enter the game for the person who substituted for him/her. Substitutes may re-enter the game in the same manner.

- 4) Base running
  - a) Stealing of bases is not allowed in any division.
  - b) A base runner must maintain contact with the base they are on until a legally pitched ball has reached home plate.
  - c) When using the double base at first base, half the base is placed in fair territory and half the base is placed in foul territory. The first base line should intersect the double base. For plays at first base the defensive player will use the half in fair territory and the offensive player will use the half in foul territory. Offensive players advancing to second base may use the half in fair territory.
  - d) Sliding is permitted for all levels except for Coach-Pitch. Coaches are encouraged to teach proper technique in practice to assure athlete safety.
  - e) Players can only overrun first base without being in danger of being tagged out.
  - f) The Infield Fly Rule will be in effect when there are less than two outs and:
    - i) There are runners on first and second or the bases are loaded.
    - ii) The umpire will announce, "Infield Fly" when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.
- 5) ADA and courtesy runner rules
  - a) Within the USA Softball Official Rules for Softball there is a rule entitled the American Disability Act Rule. (Found in RULE 4 – Players, Coaches, Substitutes – Section 2.) This rule allows players to play defense or offense only, if that player has a physical disability, which prohibits them from playing either offense or defense. Another athlete must play the offensive or defensive position in place of the athlete who is unable.
  - b) A courtesy runner will be allowed at one place in the line-up for an athlete with a physical disability or injury only. The courtesy runner cannot leave their starting position, even at home plate, until signaled by the Umpire. The courtesy runner will be the player who batted last, but is not on base. Serving as a courtesy runner does not count as participating in the game. The courtesy runner may enter after the batter has reached base.
- 6) Sportsmanship
  - a) If in the opinion of the umpire(s) or the Softball Rules Committee a player, coach, or fan is acting in an unsportsmanlike manner, the offending team will be given one warning. A penalty will be assessed to the team or team member for repeated unsportsmanlike behavior. Penalties may include assessing an automatic out in the lineup, ejection from the game, team forfeiture of the game, etc. depending on the nature of the unsportsmanlike conduct.
  - b) Special Olympics Oregon will consider comments such as "Swing, Batter" made by fielders or the players/coaches in the opposing dugout and directed to the batter to be unsportsmanlike. These types of comments are especially inappropriate when directed to players of the opposing team. They are outside of the spirit of Special Olympics competition.

## **SECTION H – UNIFIED SPORTS® TEAM SOFTBALL COMPETITION modifications**

- 2) Team, coach, players, and lineup
  - a) Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.
  - b) The coach and team must know the general principles of the Unified Sports® program.
  - c) Unified Sports® Teams should be made up of athletes and partners who are of similar ages and ability levels. Every attempt should be made to keep all teammates as closely matched as possible. This will decrease the risk of injury and provide a more meaningful sports experience.
  - d) In consideration of safety and dominant play, individuals with significantly greater skill than the majority of their teammates may be prohibited from competing during competition.
  - e) Unified rosters may have up to 16 players.
  - f) The roster shall contain a proportionate number of athletes and partners. During competition, the playing line-up should be five athletes and five partners (six athletes and six Partners if the EP's are used) at any time. A minimum of 5 athletes and 5 partners must start a game or a forfeit will be declared.
  - g) Unified Sports® teams MUST BEGIN each game with 10 players (5 athletes and 5 partners on the field)
  - h) If a team has exactly 5 partners (no substitutes) and a partner gets injured during the game, and cannot continue playing, the team will be allowed to complete that game with 5 athletes and 4 partners. However, if the partner cannot play in the next game, the team would forfeit and only be able to play for participation since the 10-person starting lineup requirement would not be met.

- i) Extra players (one athlete and one partner), referred to as “EP’s”, are optional, but if they are used, it must be made known prior to the start of the game and be listed on the scoring sheet in the regular batting order. If the EP’s are used, they must be used the entire game.
  - j) If the EP’s are used they must be used all game, all 12 must bat and any 10 may play defense. Defensive positions may be changed, but the batting order must remain the same.
  - k) The EP’s may be substituted for at any time. The substitute must be a player who has not yet been in the game. The starting EP’s may re-enter.
  - l) The catcher must be able to safely play that position, and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or competition committee feels that the catcher cannot safely play that position they may ask the coach to replace the catcher.
  - m) In Unified Sports® competition, games committee and staff have the authority to work with on-field umpires to warn a team who’s unified partners dominate and/or encroach on the play of Special Olympics athletes.
    - i) An example of partner dominance would be a pitcher moving to cover home plate to take a throw from another fielder. The catcher should make the play if in position.
    - ii) If dominate play continues, umpires, games committee officials and staff may impose sanctions such as reversal of an on-field call, player/coach ejection, or game forfeiture.
- 3) Pitching and batting
- a) The count will start with 1 ball and 1 strike (per USA Softball rules) for Traditional and Unified competition
  - b) Four balls constitute a walk and three strikes constitute an out. If the batter has two strikes and fouls off the third pitch, he/she shall be declared out.
  - c) The batting order shall be an alternation of athletes and partners . No exceptions.
    - i) An out will be recorded for each at bat in the line up where the order cannot be met. In Unified Sports®, it is recommended that teams use a batting order with substitutes instead of batting their entire line up to avoid this issue.
  - d) The ball must be pitched in an underhand motion, and must travel in an arc that is no less than 6 feet and no greater than 12 feet.
- 4) Defensive positions
- a) During competition, the position requirements are as follows: two athletes and two partners in both the infield and the outfield, and one athlete and one partner as pitcher and catcher.

## SECTION H – COACH-PITCH TEAM COMPETITION

- 1) Playing area and ball - The field shall conform to USA Softball standards with the following modifications.
- a) Bases may be modified to a distance of 60 feet.
  - b) A “neutral zone” will be marked in an arc of 41 feet from home plate. Any ball batted from a tee that does not cross this line will be designated a foul ball, unless fielded within this zone by a defensive player while the ball is still moving.
  - c) A coaches’ circle will be located 10 feet beyond second base and made with a 6-foot diameter. One coach from the defensive team may be allowed to stand in this circle while his team is on the field.
  - d) 12” Easton IncrediBall® (SofTouch) must be used for Coach-Pitch Team Competition.
- 2) Team, coach, pitcher-coach, players, and lineup
- i) A Coach-Pitch MUST BEGIN each game with 10 players in the lineup.
  - ii) A Coach-Pitch team must complete a game with at least 9 players. If at any time the team cannot field at least 9 players, the game will be declared a forfeit.
  - iii) Coach-pitch teams playing with 9 players will receive an automatic out in the lineup where the tenth player would have batted.
  - b) It is the batting team’s coaches’ responsibility to adjust the height of the tee (for the two batters on each team who are permitted to use a tee). Please do not expect the umpire to do this for any batter.
  - c) Each team has a coach, called the Pitcher-Coach, who pitches to their own team.
    - i) The Pitcher-Coach must be at least 25 feet from the batter and can be as far away as 45 feet.
    - ii) They must pitch the ball with an underhand motion, but they do not have to put an arc on the pitch as stated in ASA rules.
    - iii) The Pitcher-Coach must make every attempt to move out of the way of defensive players attempting to make a play. The defense will position a defensive player next to the pitcher. If the coach interferes with the defense, or touches the ball, the batter will be called out.
    - iv) The Pitcher-Coach cannot touch any player and must stay within the vicinity of the pitcher’s circle.
    - v) The Pitcher-Coach should wear a team uniform shirt or matching coach’s shirt.

- vi) The Pitcher-Coach must be listed on the Official Team Roster. They should be familiar with the players and the players should be familiar with their pitching. They must be at least 16 years of age.
  - d) Teams will be allowed a defensive coach in the field, as in Tee-Ball, behind second base. The defensive coach must stay in the coach's circle and cannot touch any players.
  - e) The catcher must be able to safely play that position, and understand its positioning. The catcher must also be able to routinely field pitches and return them to the pitcher. If the umpire or competition committee feels that the catcher cannot safely play that position they may ask the coach to replace the catcher.
  - f) The outfielders must play a minimum of 10 feet behind infielders. Four outfielders must start play, on each pitch, in the outfield.
- 3) The game
- a) The length of games may vary depending on the tournament format. Generally, games have a time limit of no new inning starts after 60 minutes but can vary from tournament to tournament. Half-innings must be completed. Full Innings must be completed after the time limit if the home team is trailing or the game is tied.
  - b) A regulation game shall consist of six innings or until the time limit is reached, whichever comes first. The game will be considered complete if after five full innings of play one team leads the other by ten runs or more. A game will be considered complete once the time limit has been reached and the final inning is over, regardless of how many innings have been played.
  - c) Teams will switch sides when whichever of the following occurs first: A team bats through its lineup (maximum 15 in the order) or gets 3 outs.
- 4) Pitching and batting
- a) **For coach-pitch competition only, the count will start with 0 balls and 0 strikes.**
  - b) Teams will be allowed to use the tee for 2 batters within the lineup, if needed. These batters will have to hit the ball within the foul lines and beyond the 41 ft. "neutral zone" line to be ruled a fair ball. The tee must be used in the same place in lineup each time the batting team goes through the lineup.
  - c) When a tee is used, all defensive players must stand behind the neutral zone before the ball is hit. They may enter the neutral zone once the ball is hit. If the defensive team plays the ball in the neutral zone while it is moving the ball is live.
  - d) If the batter completely misses the ball, or the ball and the tee, the attempt shall be ruled a strike.
  - e) If the batter has two strikes and fouls the third attempt, he/she shall be declared out.
  - f) Players cannot bunt.
  - g) Coach pitching distance may vary but must be a minimum of 25 feet.
  - h) Batters cannot be walked. Umpires will call strikes. A foul on the third strike is an out.
  - i) Batters will get a maximum of 7 pitches. If the batter has neither made an out, nor put the ball in play after 7 pitches, the batter will be called out.
  - j) Pitchers do not have to put an arc on the pitch as in USA Softball rules.
- 5) Base running
- a) Players can only overrun first base without being in danger of being tagged out.
  - b) Sliding is not allowed in coach-pitch. If a player slides, he/she will be called out.
  - c) When a ball is put in play by the batter and fielded by the defense, the Umpire will call time when the ball is held by the defense in the infield. Runners halfway to the next base will be allowed that base.
  - d) The umpire must remove the tee if base runners are advancing to home plate.
  - e) The Infield Fly Rule will be in effect when there are less than two outs and there are runners on first and second or the bases are loaded. The umpire will announce, "Infield Fly" when one of the above conditions exists and a batter hits a pop-fly in the infield. Please note that an infield fly is a judgment call by the umpire and NOT subject for controversy. When the Infield Fly Rule is declared, the batter is automatically OUT. The ball is alive and runners may advance at the risk of the ball being caught. The runner may also tag-up and advance after a defensive player has touched the ball.

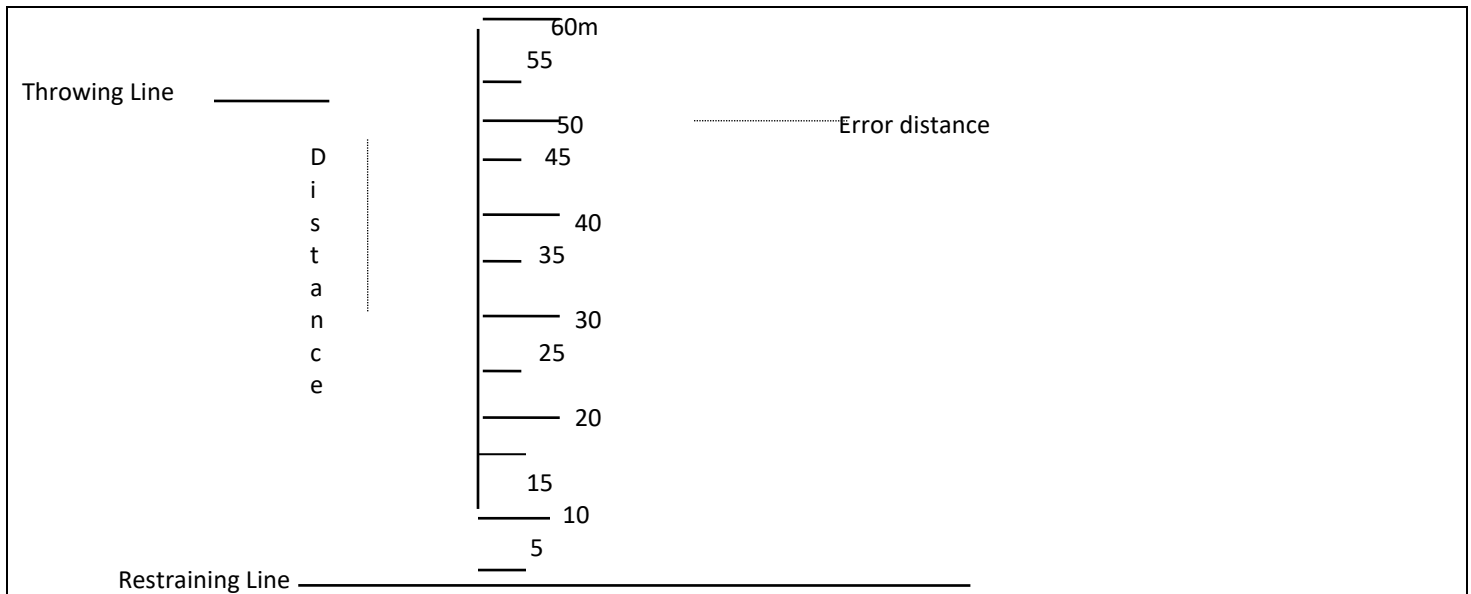
## **SECTION J –SOFTBALL INDIVIDUAL SKILLS COMPETITION (ISC) – Level 2 (SOOR does not offer Level 1)**

- 1) The Softball Individual Skills Competition is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team softball.
- 2) Four events comprise the Individual Skills Competition: base running, throwing, fielding and hitting.
- 3) The athlete's final score is determined by adding together the scores achieved in each of these four events. Athletes will be pre-divisioned according to their total scores from these four events.
- 4) The same volunteers should remain at an event throughout the competition so that consistency is provided.
- 5) Events

- a) Base running
  - i) Equipment
    - (1) Three bases
    - (2) Home plate
    - (3) Stopwatch
  - ii) Purpose
    - (1) To measure the athlete's base running ability.
  - iii) Description
    - (1) Bases are set up like a baseball diamond and positioned 65 feet apart.
    - (2) The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base en route.
  - iv) Scoring
    - (1) The time stops when the athlete touches home plate after circling the bases. The time elapsed in seconds is subtracted from 60 to determine the point score. A penalty of five seconds for each base missed or touched in an improper order shall be assessed. The best score of two trials is recorded

b) Throwing

THROWING DIAGRAM



- i) Equipment
  - (1) Regulation field
  - (2) Two measuring tapes (with meters and feet)
  - (3) 12" Easton IncrediBall® (SofTouch) softballs
  - (4) Two small cones or marking stakes
- ii) Purpose
  - (1) To measure the athlete's ability in throwing for distance and accuracy.
- iii) Description
  - (1) The player being tested stands behind the restraining line, far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player's score. If a player steps on/over the line before releasing the ball, the trial is repeated. There is a maximum of two repeats.
- iv) Scoring



- (1) The throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance - the number of meters the ball landed off target - away from the throwing line. The player's score is the better of the two throws. Both error scores and distance are measured to the nearest meter; i.e., if a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player's score is 44 points. (Distance thrown (50) minus number of meters off target (6) results in a new score of 44M.) Athletes score one point per meter; i.e., 44m = 44 points. If score falls between meters, score should be rounded down; i.e., 44.73 = 44 points.

c) Fielding

i) Equipment

- (1) 12" Easton IncrediBall® (SofTouch) softballs
- (2) Measuring tape (with meters and feet)
- (3) Chalk/line
- (4) Cones

ii) Purpose

- (1) To measure athlete's fielding ability.

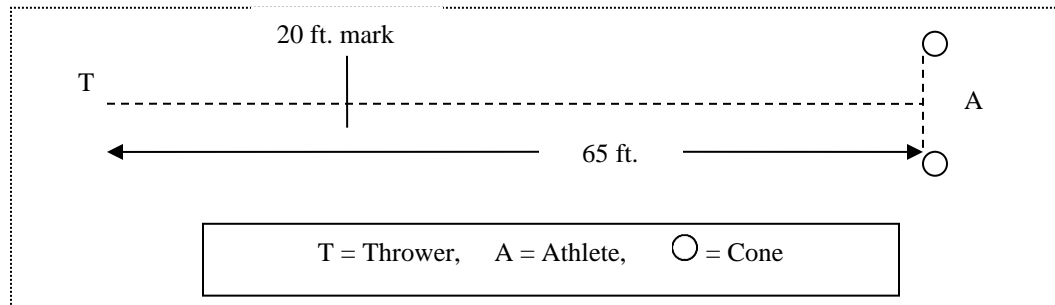
iii) Description

- (1) The athlete will stand between and behind the two cones. The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 20 foot chalk mark. The athlete may move through the cones toward the ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials.

iv) Scoring

- (1) The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked; zero points for a missed attempt; for a maximum score of 50.

FIELDING DIAGRAM



d) Hitting

i) Equipment

- (1) Batting tee
- (2) 12" Easton IncrediBall® (SofTouch) softballs
- (3) Bat
- (4) Measuring tape (with meters and feet)
- (5) Chalk

ii) Purpose

- (1) To measure the athlete's ability to hit for distance when hitting off a batting tee.

iii) Description

- (1) Standing in a regulation-size batter's box (i.e., 7'7" by 3'3", the athlete is instructed to hit the ball off the tee. The athlete receives three attempts.

iv) Scoring

- (1) The distance of the longest hit shall determine the athlete's final score. The distance of a hit is measured from the batting tee to the point where the ball touches the ground. The distance is measured to the nearest meter; i.e., 1m = 1 point, 46m = 46 points. If the score falls between meters, scores should be rounded down; i.e., 46.73 = 46 points.

e) Final score

- i) A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Competition.