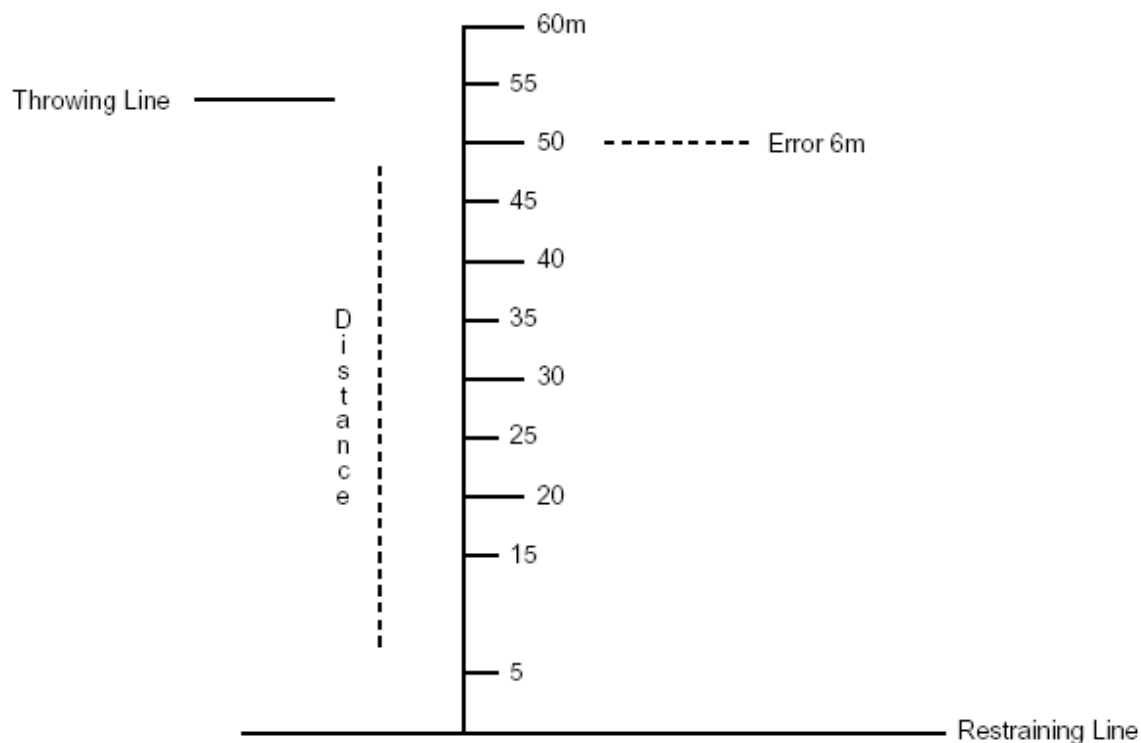


Softball Individual Skills Assessment and Individual Skills Contest - Event Description

1. Throwing



EQUIPMENT

- Regulation field, 2 measuring tapes, softball, 2 small cones or marking stakes.

PURPOSE

- To measure the athlete's ability in throwing for distance and accuracy.

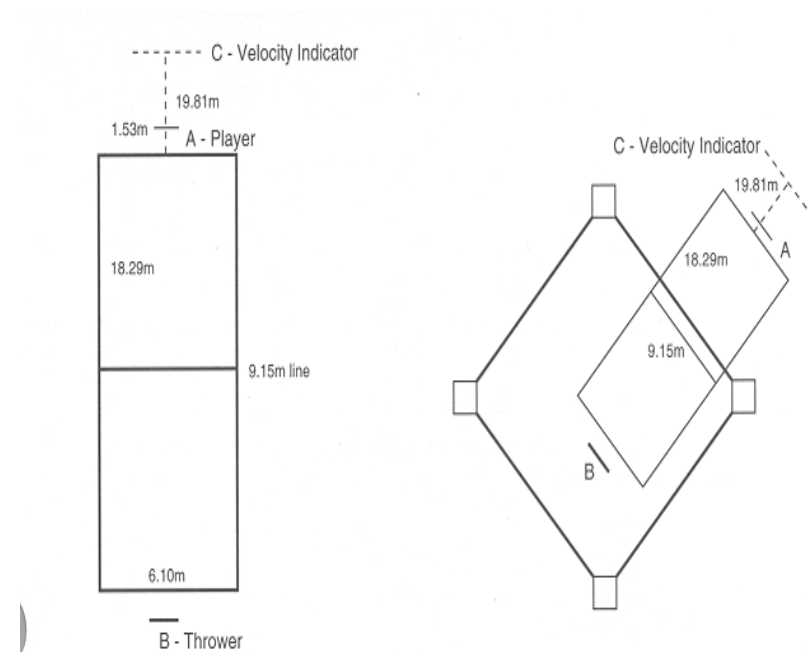
DESCRIPTION

- The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has 2 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 marketing 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 or over the line before releasing the ball, the trial must be repeated. There will be a maximum of 2 repeats.

SCORING

- The net 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 (perpendicular to) the 50 m point on the measuring tape, but is 6m off to one side, the player score of 44 points. (Distance thrown (50) minus number of meter target (6) results in a net score of 44m.) Athletes score 1 point per meter. I.E.:44m = 44points. If the score falls between meters, the score should be rounded down. I.E.: 44.73m = 44 points.

2. Fielding



EQUIPMENT

- 30 cm (12") softballs, measuring tape, chalk/line, cones.

PURPOSE

- To measure athlete's fielding ability.

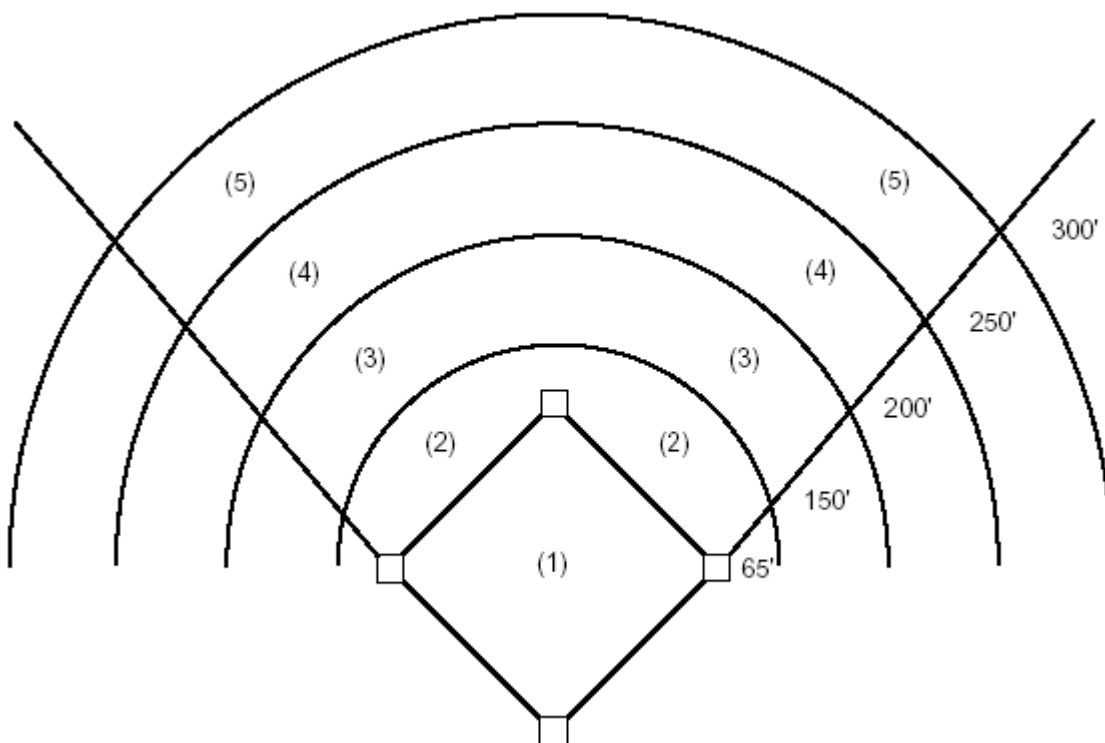
DESCRIPTION

- 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 6.10m (20") chalk mark. The athlete may move aggressively toward 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.

SCORING

- The athlete receives 5 points for a clearly fielded ball (either caught or trapped against the body but off the ground); 2 points for a ball is blocked; 0 points for a missed attempt, for a maximum score of 50.

3. Batting



EQUIPMENT

- Standard softball field, 12 marking cones, softballs, bat, measuring tape, and chalk.

PURPOSE

- To measure athlete's batting ability

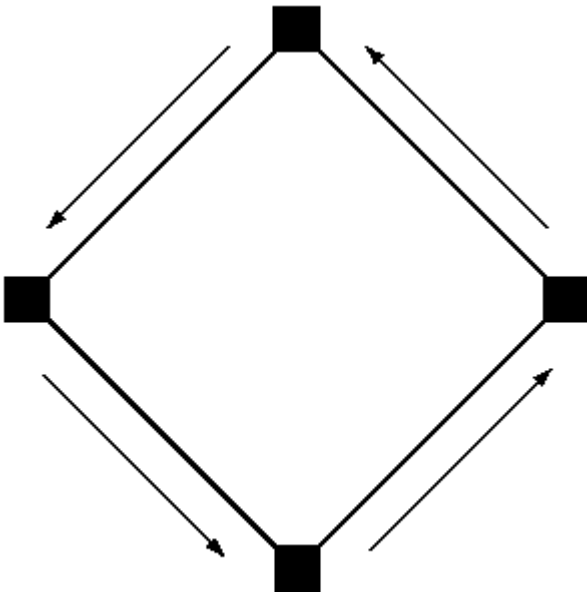
DESCRIPTION

- The batter assumes a normal batting stance at the plate. From the pitchers mound a coach will throw five (5) hittable pitches that the batter attempts to hit as far as possible. The pitches should be within a (6'-12') regulation arch. Only five (5) swings are allowed to each batter.

SCORE

- 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 first touches the ground. The distance is measured to the nearest meter ie: 1 meter = 1 point, 46 meters = 46 points. If the score falls between meters, scores should be rounded down ie: 46.73m = 46 points.

4. Base Running



EQUIPMENT

- Three bases, home plate, stopwatch

PURPOSE

To measure the athlete's base running ability.

DESCRIPTION

- Bases are set up like a baseball diamond and positioned 19.81 meter (65') apart. The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base en route.

SCORING

- The time starts 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 5 seconds for each base missed or touched in an improper order shall be assessed. The best score of two trials is recorded.



SOFTBALL SKILLS SCORECARD

ATHLETE'S NAME	BASE-RUNNING	THROWING	FIELDING	BATTING	ATHLETE'S TOTAL SCORE
TEAM TOTAL					