

The Hit

Objective: The HIT portion of the program will test a competitor's ability to hit from a stationary batting tee, along a tape measure from home plate, toward straight-away centerfield. Hits will be measured for distance and accuracy.

Suggested Equipment:

- One (1) adjustable batting tee
- Six (6) baseballs
- Six (6) 11-inch softballs
- Six (6) 12-inch softballs
- Two (2) different sized aluminum baseball/softball bats



Note: Participants may use their own equipment. If a participant brings his/her own bat, it must be made available to all others competing.

Measuring tape (at least 250 feet, positioned 50 feet away from the front of home plate, through second base toward straight-away centerfield).

String (used to determine accuracy).

Six (6) small bean bags/flags used to mark each hit.

Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.

Procedure:

Each competitor will be allowed three swings in an attempt to hit the ball.

Participants in the 7/8 and 9/10 girls division should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 girls division should compete with a 12-inch softball.



All participants in the boys division compete with a standard baseball.

A swing and a miss counts as one attempt (one swing = one attempt).

A running or walking start is not permitted. Participant may take a single stride step, but cannot take multiple steps in attempt to hit the ball from a walking or running start.

Only the best attempt, as determined by the administrator, will count toward a competitor's score.

Measuring:

- Two spotters are essential for accurately measuring the distance.
- Positioned 50 feet in front of home plate, the measuring tape should run through the pitchers rubber and second base to centerfield.
- For each ball hit, Spotters A or B mark the spot where each ball first lands on the fly, not where the ball stops rolling.
- After the competitor's third and final attempt, the administrator will determine the best hit and measure that attempt. If two or more hits are too close to differentiate, then both or all of the attempts should be measured, with only the best attempt scored.