

# Skills Contests

## INFORMATION

Each team is allowed 3 entries per event, so for the individual events, a team may submit 3 players.

For the events that require a group (throwing and base running relay, each require a team of 3 participants.

The teams may enter up to 3 different groups.

When the coaches check-in, they will be given “tickets” to pass out to the players that are participating (They will be given the exact number of tickets allowed for each event. This will prevent teams from having more players participating than they are allowed.

The girls will then take their ticket to the designed field of whatever event they are participating in. The field locations will be handed out at check-in.

# Skill Events

**Throwing:** The throwing contest will consist of a team of 3 participants. They will be placed in a line approximately 70 feet apart from one another. The ball will start at one end, to be thrown down the line and back. This is a timed event.

**Base running:** Each participant will be timed as they start at home plate and run all the way around the bases, making sure to touch each one in consecutive order.

**Relay:** A team of 3 will participate in a base running relay. Each participant will run all the way around the bases, starting at home plate and touching each one in consecutive order. The next participant in line will start once their teammate has crossed home plate. This is a timed event.

**Pitching:** Pitchers will throw 6 pitches: a fastball strike anywhere in the zone, an inside corner fastball strike, an outside corner fastball strike, a change-up strike anywhere in the zone, a high fastball anywhere over the plate (must be catchable), and a low fastball anywhere over the plate (must be catchable). 1 point will be awarded for each correctly placed pitch. Then pitchers will begin a game of “around the world” (outside low, outside high, middle high, inside high, inside low, middle low, right down the middle) Pitchers will receive  $1/10^{\text{th}}$  of a point for each spot they hit or 1 whole point for every completed rotation. Pitchers must supply their own catchers. This event will be scored by an umpire.

**Homerun:** Each participant will receive 5 pitches. We will keep track of how many balls are put in play and how many are hit over the fence.