

Softball - Individual Skills Scoresheet



Athlete Name	Qualifying Score
Delegation	Age

Base Running

The purpose is to measure the athlete's base running ability.

- **Set-Up:**
 - Bases are set up like a diamond and positioned 19.81 meters (65 feet) apart.
 - Athlete starts on home plate and runs the bases as fast as possible, touching each base en route.
- **Scoring:**
 - Time starts when the athlete leaves home plate and stops when the athlete returns to home plate after circling the bases.
 - Time elapsed in seconds is subtracted from 60 to determine the point score.
 - The penalty of five seconds for each base missed or touched in improper order shall be assessed.

Base Running Attempt 1		Base Running Attempt 2	
------------------------	--	------------------------	--

Throwing

The purpose is to measure the athlete's ability in throwing for distance and accuracy.

- **Set-Up:**
 - The throwing line is chalked to out to 60 meters.
 - Athlete stands behind the restraining line, back far enough to take one or more steps in preparation for throwing.
 - Athlete has two attempts to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. If the athlete steps on or over the line before releasing the ball, the attempt must be repeated. There will be a maximum of two repeats.
- **Scoring:**
 - The net throwing score equals the throwing distance (measured at a point on the throwing line) minus the error distance (the number of meters the ball landed off target away from the throwing line). For example, if the ball lands even with the 50 meter point on the chalk line, but is six meters off to one side, the player's score is 44 points.
 - Athletes score one point per meter; for example, 44 meters equals 44 points. If the score falls between meters, the score should be rounded down; for example, 44.73 equals 44 points.

Throwing Attempt 1		Throwing Attempt 2	
--------------------	--	--------------------	--

Fielding

The purpose is to measure the athlete's fielding ability.

- **Set-Up:**
 - Athlete will stand between and behind 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 6.10 meter (20 inch) chalk mark. The athlete may move toward the thrown ball.
 - If the thrown ball is outside the cones, the throw must be repeated.
 - Athlete gets five fielding attempts per trial. Each athlete receives two trials.
- **Scoring:**
 - 5 points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground).
 - 2 points for a ball that is blocked.
 - Zero points for a missed attempt.

1	2	3	4	5	Total (Max 50 pts)
6	7	8	9	10	

Hitting

The purpose is to measure the athlete's ability to hit for distance when hitting off a batting tee.

- **Set-Up:**
 - Standing in a regulation batter's box, the athlete is instructed to hit the ball off a batting tee.
 - The athlete receives three attempts.
- **Scoring:**
 - 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; for example, one meter equals one point and 46 meters equals 46 points.
 - If the score falls between meters, scores should be rounded down; for example, 46.73 equals 46 points.

Hitting Attempt 1		Hitting Attempt 2		Hitting Attempt 3	
-------------------	--	-------------------	--	-------------------	--

Base Running Total	Throwing Total	Fielding Total	Hitting Total	Grand Total