**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL TEAM SOFTBALL
SCORESHEET & PROCEDURES

The Field:
- **Base Distances:** Base distance is 65 feet and the pitching distance is 50 feet from the back of home plate. Pitchers can pitch from up to 6 feet from the back of the rubber back.

Equipment:
- Legal Bat
- Glove for pitcher
- Softballs**:** Men twelve (12") inch slow-pitch; eleven (11") inch slow-pitch. Only restricted flight softballs with a Ball COR of .44, and a Ball Compression of 375
- Bases
- Stopwatch
- Strike zone mat
- 3 bases
- Tape Measure
- 200-300 ft tape measure or rope
- Survey Flags -or- Tent Pegs -or- Stakes (3)-or something else to "mark the spot"

The Competition:
Team competition will consist of 4 challenges performed by team members. The Team must be of all of one gender. Athletes may play on only one softball team. There is no minimum number of players needed to constitute a team (i.e. a team can be one person if only one person on a qualified team wants to participate)

1. Running Challenge
2. Pitching Challenge
3. Batting Challenge (2)
4. Throwing Challenge

Points are awarded for each challenge. Medals will be awarded by age/gender category.

VIRTUAL TEAM SOFTBALL

Scoring:

Results will be turned in by team captains. Winners will be determined by gender and age category.

Running Challenge
- 10 attempts – time each runner – times will be averaged by number of required of times (10) for team score. Stop watch runs when runner leaves home plate.
- Runner runs from home plate to first base to second base and stop watch stops.
- Minimum of 50% of registered team members must complete
- 21 points for the team with the fastest team average time. 3 less points for each place below first place in descending order down to 0 points.

Pitching Challenge
- Pitcher(s) at regulation rubber throws 20 pitches, if it hits the strike zone mat =1 point. All pitches that hit the mat are legal with no pitch height requirement.

Batting Challenge 1st/2nd
- 25 attempts per team to hit the ball inbounds (bouncing or in air) between 1st and second base. Must pass between the bases to score-1 point 0 points for misses, foul balls, or balls that do not pass between the correct bases.
- Minimum of 50% of registered team members must complete

Batting Challenge 2nd/3rd
- 25 attempts per team to hit the ball inbounds bouncing or in air) between 2nd and 3rd base.- Must pass between the bases to score-1 point 0 points for misses, foul balls, or balls that do not pass between the correct bases.
- Minimum of 50% of registered team members must complete
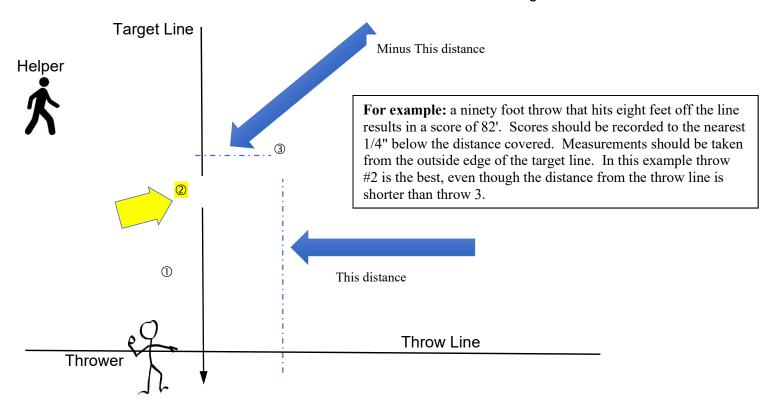
VIRTUAL TEAM SOFTBALL

Throwing Challenge

- This is the same challenge/competition as the Senior Games Softball Throw event.

- 21 points for the team with the longest team average distance. 3 less points for each place below first place in descending order down to 0 points.

- Minimum of 50% of registered team members must complete.

▪ It is simplest to do this activity at an athletic field with marked foul lines or sidelines. If this is not possible, take a long section of string/twine, or a long tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.

▪ Mark a line perpendicular to the end of the line/ tape measure / string from which you will throw. This is the foul line. You are not to step past this line on a throw or during the follow through.

▪ After warming up, station an assistant well out the line from where you will throw. He/she should have the survey flags / tent pegs / stakes with them to mark the throws.

▪ Take one or two practice throws. This will give the assistant an idea of where he/she should be stationed to mark your competition throws.

▪ You may now throw up to three (3) competition throws. Your assistant is to place a marker at the spot on each throw where the softball first hits the ground (not where it comes to rest).

Once the competition throws have been marked, it is time to measure and record them:

1. Take the tape measure place one end at the spot marked for the first throw and pull 90 degrees to the target line

2. Measure the total distance thrown minus the distance from the target line.

For example: a ninety foot throw that hits eight feet off the line results in a score of 82'. Scores should be recorded to the nearest 1/4" below the distance covered. Measurements should be taken from the outside edge of the target line. In this example throw #2 is the best, even though the distance from the throw line is shorter than throw 3.

VIRTUAL TEAM SOFTBALL
Score Card

Running Challenge
Run Home Plate to first base to second base

Runners	Time
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

VIRTUAL TEAM SOFTBALL

Throwing Challenge

Each Throw is distance from "throw line" minus distance from target line

Player	Throw 1	Throw 2	Throw 3	BEST THROW
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

VIRTUAL TEAM SOFTBALL

Pitching Challenge

20 pitches thrown

Pitcher (s): _____   _____   _____

	Pitch 1	Pitch 2	Pitch 3	Pitch 4	Pitch 5	Pitch 6	Pitch 7	Pitch 8	Pitch 9	Pitch 10	Totals
Mat 1 pt											

	Pitch 11	Pitch 12	Pitch 13	Pitch 14	Pitch 15	Pitch 16	Pitch 17	Pitch 18	Pitch 19	Pitch 20	Totals
Mat 1 pt											
Grand Total											

VIRTUAL TEAM SOFTBALL

Batting Challenge-Hit Ball between 1st/2nd

Batters	Successful attempts = 1 point
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	

VIRTUAL TEAM SOFTBALL

<u>Batting Challenge: Hit ball between 2nd/3rd</u>

Batters	Successful attempts = 1 point
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	