



HIT

Objective: The HIT portion of the program will test a competitor's ability to hit a baseball from a stationary 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
- Five (5) baseballs
- Two (2) different sized aluminum bats (recommended sizes: 28 & 32 inch).

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.
- 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

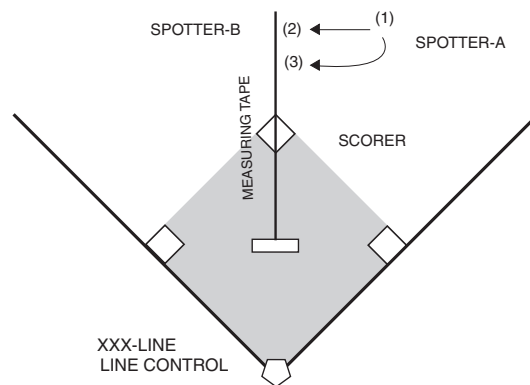
- Two spotters are essential for accurately measuring the distance.
- Positioned 50 feet in front of home plate, the measuring tape should run through the pitchers rubber and second base to centerfield.
- For each ball hit, Spotters A or B mark the spot where each ball first lands on the fly, not where 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.

Measure the hitter's best attempt by using the following method:

1. Spotters A & B stand on opposite sides of the tape measure, holding several bean bags/flags to mark the initial landing of the batted balls. A string (50 foot minimum) lies perpendicular to the tape measure. After final attempt is marked, the spotters determine the best attempt to measure (see diagram point 1).
2. Once the best attempt is located, Spotter A goes to marked spot (point 1). Then, Spotter B stands on the tape measure holding the other end of the string (point 2). Spotter A walks towards the tape measure keeping the string tight (point 3).
3. Upon reaching the tape measure, Spotter A calculates the inaccuracy of the hit and the distance traveled. **Distance traveled – inaccuracy + initial 50 feet = total distance (see example on p. 14).**
4. Record total distance and see provided HIT Conversion Table to determine the total points earned.

Suggested Staff and Field Set Up:

Spotters A & B:	Mark the spots where each ball first lands and determine each competitor's best hit. Measure the distance of the best attempt and subtract the inaccuracy.
Line Control:	Keeps the line orderly and assists in ball retrieval.
Scorer:	Records measurements on scoresheet and uses provided HIT Conversion Table to calculate total point score.
Administrator:	Places ball on tee.



Scoring

- Scores will be based on distance and accuracy.
- If the competitor fails to hit the ball in his/her three attempts, he/she will receive the minimum score of 50 points.
- If a ball carries over a fence, continue to measure if at all possible. If not, use your best judgment. If the ball hits the fence on a fly, the measurement should be the distance from home plate to the fence.
- A competitor will receive the minimum score of 50 points for a hit of less than 50 feet.