



Virginia Senior Games

Henrico County, VA ♦ May 16-19, 2018 ♦ (804) 652-1411
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



Sport	<i>Softball Hit and Throw</i>	
Events	Measuring the distance a softball is hit off of a tee and the distance a softball is thrown.	
Dates & Times	Thursday, May 17, 9:00 a.m.	
Location	Glen Allen Softball Complex 2175 Mountain Rd. Glen Allen, VA 23060	
Contact Person	Elbert Grinnell	
	Phone: (804) 652-1421	Email: gri10@henrico.us
Format of Event	Competition will be in men and women's divisions with age categories. Softball hit and softball throw scores will be combined as one event for awards. The organizer reserves the right to change the format for any age division based on entry numbers, space restrictions, or any other circumstances.	
Rules	Section 1 - Softball Hit 1.1 The softball-hitting contest will be judged on distance only. Each competitor will be allowed one practice hit, followed by three competition hits. 1.2 Distance will be measured at the spot the ball hits the ground from the air. It will be measured in feet and inches. 1.3 The hitting area will be outlined by foul lines. Any balls hit outside the foul lines will be scratched and given no score. 1.4 A batting tee will be used during the softball hitting competition. A ball will be placed on the tee and competitors must take their swings from a stationary position. No running or unnecessary advantages allowed. Section 2 - Softball Throw 2.1 The throwing competition will be judged for both distance and accuracy. Each participant will be allowed one practice throw followed by three competition throws. 2.2 A designated line and marker location where competitors must release the ball. Stepping on or crossing over the line before or while releasing the ball will result in a no score for that particular throw. 2.3	



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A straight line will be laid out in the throwing area for purposes of measuring distance and accuracy.

2.4

The throws will be measured by total distance thrown from where the ball hits the ground minus the distance the ball lands from the distance and accuracy line. Throw will be measured in feet and inches. For example: if a participant throws the ball 140 feet, but it is 10 feet away from the distance and accuracy line, his throw would be 130 feet.

Section 3 - Scoring

3.1

Hitting and throwing scores will be combined to determine the winners.

*The full list of rules can be found at:

<http://www.vrps.com/EducationEvents/VSGVirginiaSeniorGames.aspx>

Awards

Gold, Silver, and Bronze Medals will be given for Men's, Women's, and Mixed Divisions in each age category (50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89; 90-94; 95-99; 100+). All medal winners will be recognized immediately following competition.

Entry Regulations

Individuals age 50 or older by December 31 of the competition year are eligible to participate, if properly registered. The Virginia Senior Games are considered "open" games, meaning participants from other states are permitted and encouraged to compete in the Virginia Senior Games. The Senior Games strongly recommends that each participant consult his or her physician in regard to practice and participation in this program or any similar physical activity program.

Course Map





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Equipment	Competitors will be required to use the provided equipment below: Batting Tee (Tanner Tee 26-43") Softballs (Macgregor 11", 375 ASA Yellow Poly Softball) Players must bring their own softball bat.
Athlete Check-In	Stop by Athlete Check-in to receive your information packet, t-shirt, participant bag, and name tag. Belmont Recreation Center 1600 Hilliard Road, Henrico, VA 23228, (804) 652-1410 Tue, May 15 4-6 pm Wed, May 16 7 am-2 pm Thu, May 17 7 am-2 pm Fri, May 18 7 am-7 pm Sat, May 19 7-11 am