



# Virginia Senior Games

Henrico County, VA ♦ May 12-16, 2020 ♦ (804) 652-1411  
www.virginiaseniorgames.org ♦ Email: VSG@henrico.us



<b>Sport</b>	<b><i>Softball Hit and Throw</i></b>	
<b>Events</b>	Measuring the distance a softball is hit off of a tee and the distance a softball is thrown.	
<b>Dates &amp; Times</b>	Thursday, May 14, 9:00 a.m.	
<b>Location</b>	Glen Allen Softball Complex 2175 Mountain Rd. Glen Allen, VA 23060	
<b>Contact Person</b>	Elbert Grinnell	
	Phone: (804) 652-1421	Email: gri10@henrico.us
<b>Format of Event</b>	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.	
<b>Rules</b>	<b>Section 1 - Softball Hit</b> 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. <b>Section 2 - Softball Throw</b> 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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<b>Equipment</b>	<p>Competitors will be required to use the provided equipment below:          Batting Tee (Tanner Tee 26-43")          Softballs (Macgregor 11", 375 ASA Yellow Poly Softball)</p> <p>Players must bring their own softball bat.</p>
<b>Athlete Packet Pick-Up</b>	<p>Packet Pick-Up is where athletes can pick up their <b>information packet, VSG 2020 t-shirt, participant bag, and name tag</b>. Multiple pick-ups are permitted.</p> <p>Athletes <b>DO NOT</b> need to pick up packets prior to their events in order to participate. However, shipping charges will apply to athletes who are not onsite to pick up their registration packets or medals and would like them later.</p> <p><b>BELMONT RECREATION CENTER</b>  <i>1600 Hilliard Rd, Henrico, VA 23228, (804) 652-1410</i></p> <p>Tue, May 12 .....4:00pm-6:00pm          Wed, May 13 .....7:00am-2:00pm          Thu, May 14 .....7:00am-2:00pm          Fri, May 15 .....7:00am-6:00pm          Sat, May 16 .....7:00am-10:00am</p>