

# 2020 Virtual Softball Events



Choose your activities. You can choose to do all the events or just your favorites!



## Base Running

How fast can you walk, roll or run the bases?

**Set up:** You will need two items to mark your bases with. Measure and mark the distance between one set of bases about 19.81 meters (or 65 feet). If you are unable to use a measuring tape, you can measure by taking about 25 large steps.

**What to submit:** The time it takes you to run, walk, or roll from one base to another. Your time will be submitted in minutes and seconds using the format Minute:Second Second.



## Throwing

How far can you throw a softball?

**Set up:** You will need a softball and measuring tape.

**What to submit:** The distance of your throw in meters and centimeters. (Distance will need to be submitted in the following format MM:CC)



## Fielding

How many times can you field the ball out of 5 attempts?

**Set up:** You will need a softball, measuring tape, and glove (if available). Measure out 6.10 meters (or 20 feet). Have someone throw a grounder to you from 6.10 meters away.

**What to submit:** The number of successfully fielded balls (either caught in glove or trapped against the body, but off the ground) out of 5 consecutive attempts.



## Hitting

How far can you hit a softball?

**Set up:** You will need a batting tee (if available), softball, bat, and measuring tape. Use a batting tee, something similar to a batting tee, or have someone toss balls to you.

**What to submit:** Measure the distance of your hit from the batting tee to the point where the ball first hits the ground in meters and centimeters. (Distance will need to be submitted in the following format MM:CC)

### Please review the safety information below:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

#### You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Being aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

#### Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat

**\*Be sure to practice social distancing while exercising.**