SOFTBALL SKILLS ASSESSMENT SCORE SHEETS

1. Base Running

   a. Equipment: Three bases, home plate, stopwatch.

   b. Purpose : To measure the athlete's base-running ability.

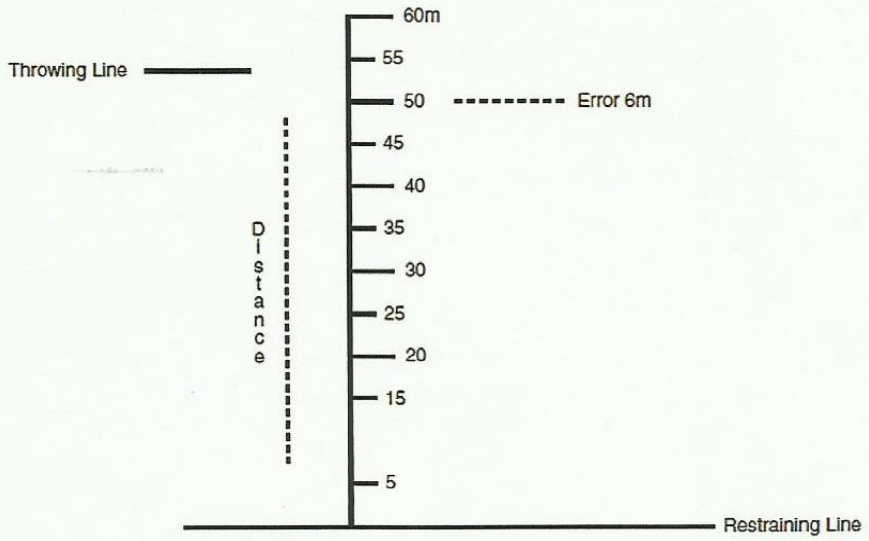
   c. Description: Bases are set up like a baseball diamond and positioned 19.81 meters (65 feet) apart. The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base en route.

   d. Scoring: The time starts when the athlete leaves home plate and stops when the athlete returns to home plate after circling the bases. The time elapsed in seconds is subtracted from 60 to determine the point score. A penalty of five seconds for each base missed or touched in improper order shall be assessed. The best score of two trials is recorded.

ATHLETE'S NAME	TRIAL ONE	TRIAL TWO

2. Throwing

a. Equipment: Regulation field, two measuring tapes, softballs, two small cones or marking



b. Purpose: To measure the athlete's ability in throwing for distance and accuracy.

c. Description: The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player's score. If a player steps on or over the line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.

d. Scoring: The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance, the number of meters the ball landed off target, away from the throwing line. The player's score is the better of the two throws. Both error scores and distance are measured to the nearest meter; for example, if a ball lands even with (perpendicular to) the 50-meter point on the measuring tape, but is 6 meters off to one side, the player's score is 44 points (Distance thrown [50] minus number of meters off target [6] results in a net score of 44 meters). Athletes score one point per meter; for example, 44 meters equals 44 points. If the score falls between meters, the score should be rounded down; for example, 44.73 equals 44 points

ATHLETE'S NAME	TRIAL ONE	TRIAL TWO

3. Fielding

a. Equipment: 30.5-centimeter (12-inch) softballs, measuring tape, chalk/line, cones.

b. Purpose: To measure athlete's fielding ability.

c. Description: The athlete will stand between and behind the two cones. The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 6.10-meter (20-inch) chalk mark. The athlete may move aggressively toward the ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials.

d. Scoring: The athlete receives five points for a clearly fielded ball (either caught in glove or trapped against the body, but off the ground); two points for a ball that is blocked; zero points for a missed attempt, for a maximum score of 50

ATHLETE'S NAME	TRIAL ONE	TRIAL TWO	TRIAL THREE	TRIAL FOUR	TRIAL FIVE

4. Hitting

a. Equipment — Batting tee, 30.5-centimeter (12-inch) red-stitch restricted-flight softballs, bat, measuring tape and chalk.

b. Purpose — To measure the athlete's ability to hit for distance when hitting off a batting tee.

c. Description — Standing in a regulation-size batter's box (i.e., 2.31 meters [7 feet, 7 inches] by 99 centimeters [3 feet, 3 inches]}, the athlete is instructed to hit the ball off the tee. The athlete receives three attempts.

d. Score — The distance of the longest hit shall determine the athlete's final score. The distance of a hit is measured from the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter; for example, one meter equals one point; 46 meters equals 46 points. If the score falls between meters, scores should be rounded down; for example, 46.73 equals 46 points. A player's final score is determined by adding together the scores achieved in each of the four events which comprise the Individual Skills Competition.

ATHLETE'S NAME	TRIAL ONE	TRIAL TWO	TRIAL THREE