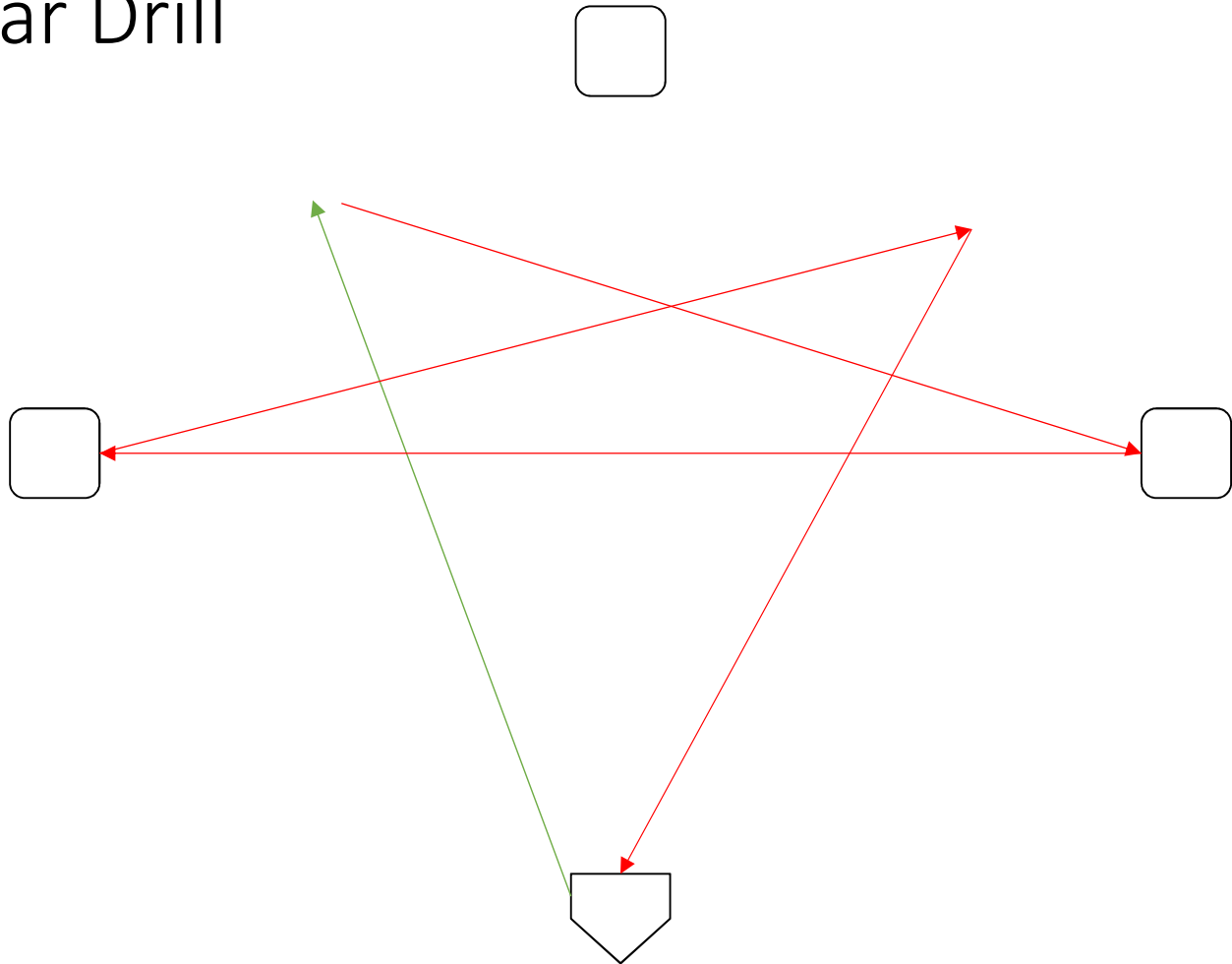




Mid-Atlantic Region

Softball Regional Tournament
Skills & Drills Competition Reference Guide

Star Drill

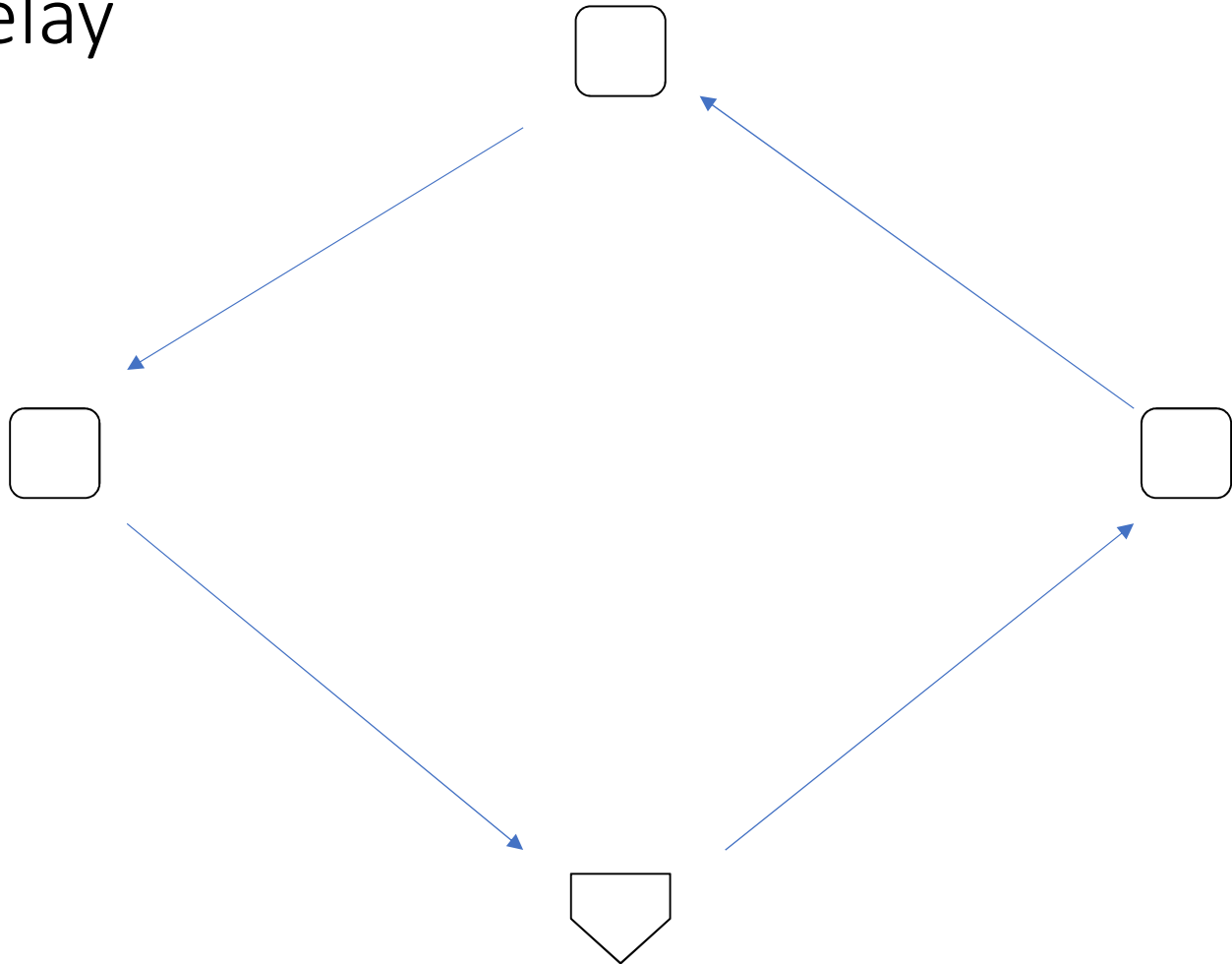


The coach will hit the ball to the shortstop, who will then throw it to the first baseman, then the third baseman, then the second baseman, who then throws it home.

Time will start upon the shortstop making contact with the ball, and will end when the catcher has possession of the ball on home plate. First and third must be in contact with the bag upon release of their respective throw. A three second penalty will be assessed if in violation.

Each team will get two turns to complete this event. Fastest time will count.

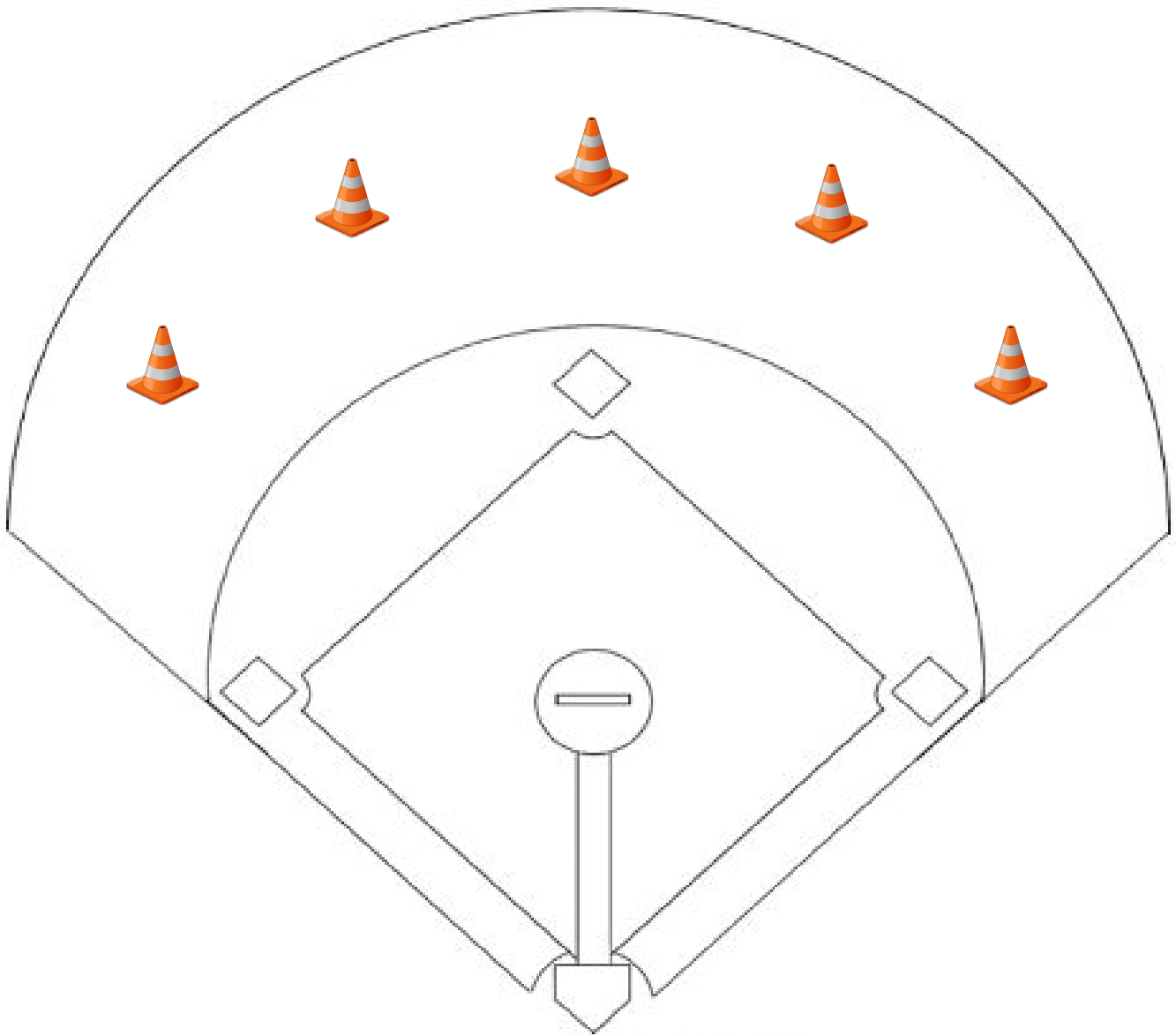
Relay



The first runner will start with one foot on home plate, while holding a softball. On the count of GO, the runner will race around the bases. Upon arriving at home, she will pass the softball off to the next runner. They will repeat this process until all four participants have completed one rotation around the bases. Time starts on the word GO. Time stops when the last runner touches home plate.

A three second penalty will be assessed for missing a bag or plate.

Home Run Derby



Each batter will get eight (8) swings. Missed balls, foul balls, or any ball hit in the infield or before the cones is considered an out. Any ball hit beyond the cones in the air is worth one point. A ball that hits the fence in the air is three points. A ball hit over the fence is five points. Rules may vary slightly on each field and age division.