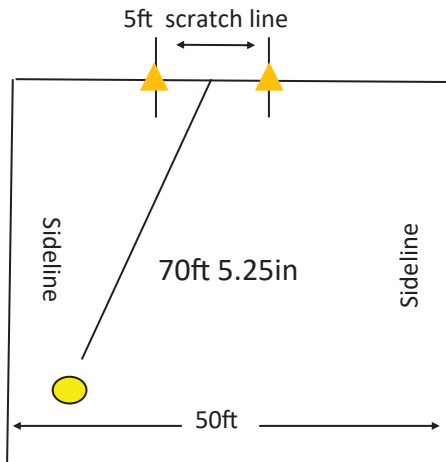


Softball Throw

- 1) Each child will be allowed 3 throws
- 2) No glove, tape or other foreign substance may be applied to the throwing hand
- 3) The throw may be from either a standing position or on the run
- 4) Athlete's throw must be done between 5ft throwing chute and must lie within 50ft wide sidelines
- 5) The athlete must release the ball without stepping on or over the scratch line doing so will result in a scratch
- 6) All 3 throws must be recorded, in the case of a tie, the 2nd best throw will determine the winner



How It's Measured

- 1) Throw is recorded from the center of the 5ft scratch line to where the ball first hits the ground.
- 2) Measure to the middle of the ball
- 3) Throw recorded in feet and inches to the nearest 1/4in

Standing Long Jump

- 1) Each jumper will have three chances to jump
- 2) Competitors may rock forward and backward, but may not lift either foot completely off the ground or slide it in any direction.
- 3) The jumper must take off from behind the scratch line, if the jumper's shoe extends over the line the jump will result in a scratch.
- 4) Both feet must be parallel to each other, and equal distance from the scratch line before jumping. Both feet must leave the ground at the same time.
- 5) All 3 jumps must be recorded, in the case of a tie, the 2nd best jump will determine the winner

How It's Measured

- 1) Measurement will be from the child's closest body part to the front scratch line.
- 2) Measure in feet and inches to nearest 1/4inch

