

## **PITCH, HIT, RUN (Ages 40+)**

**Dates: Friday, September 24**

**Entry Deadline: September 24**

Stars and Stripes

3701 S Lake Hefner Drive

Oklahoma City, OK 73116

### **EVENTS**

Men 40+, 45+, 50+, 55+, 60i+, 65+, 70+, 75+, 80+

Women 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+

Event Check In:

Opening Ceremony 6:30 pm

Event Begins: 7:00 pm

### **PITCH**

1. Each competitor receives six attempts to hit the designated "Strike Zone".
2. Participants pitch/throw from 35 feet away – Participants compete with a 12-inch softball.
3. The "Strike Zone" target (17" x 30" banner) reflects a standard MLB™ strike zone.
4. The competitor must start from the pitching line and deliver each ball to the "Strike Zone" target.
5. Treat the pitching line just as you would a pitching rubber in a real game.
6. A participant can follow through after the pitch/throw and finish in front of the pitching line.
7. Each attempt hitting ANY portion of the "Strike Zone" target is worth 75 points.
8. If a player receives zero strikes, they receive a minimum score of 50 points.
9. A conversion table is used to determine the points awarded.

### **HIT**

1. Each competitor will be allowed three swings in an attempt to hit the 12" softball ball as far and straight as possible.
2. The best of the three attempts will count toward a competitor's score.
3. The distance is determined by the spot the ball hits minus the distance from the tape measured to the nearest foot rounded up or down.
4. If a ball carries over a fence, the measure will be taken if possible, if not the best judgement will be made. If the ball hits the fence on a fly, the measurement will be the distance from home plate to the fence.
5. A swing and a miss counts as one attempt (one swing = one attempt).

6. A running or walking start is not permitted. Participant may take a single stride step, but cannot take multiple steps in attempt to hit the ball from a walking or running start.
7. Three strikes or a hit of less than 50 feet will receive a score of 50 points.
8. A conversion table is used to convert feet to points.

#### **RUN**

1. The competitor will start at second base.
2. He/she will begin from a standing start, and begin running when the administrator yells GO!
3. The runner will be timed from the moment he/she leaves second base, touches an anchored third base, to when he/she touches home plate. No sliding is allowed.
4. Runner must touch third base and home plate; if not the minimum score of 50 points is received.

#### **TIEBREAKERS**

In the event of a tie when awarding the CHAMPION in each division age group, the player with the highest Hit score among those involved with the tie will win the tiebreaker. If a tie still exists, the player with the highest Run score of those involved with the tie will win the tiebreaker.

**This is not a National Senior Games Qualifying event.  
You'll have lots of fun playing outside in the fresh air.**

#### **STATE DIRECTOR**

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