



VIRTUAL SOFTBALL THROW SCORESHEET & PROCEDURES

Each Throw is distance from “throw line” minus distance from target line

Throw 1	Throw 2	Throw 3	BEST THROW

Space Needed:

200 to 250 feet of open space at least 30 feet wide

Materials Needed:

- Softballs (Men 12”, Women 11”)
- Long Marked Line on Ground -or- Long Section of String/Twine
- Tape Measure
- Shorter Section of String or Twine (10-20 feet)
- Survey Flags -or- Tent Pegs -or- Stakes (3)-or something else to “mark the spot” where the ball hits

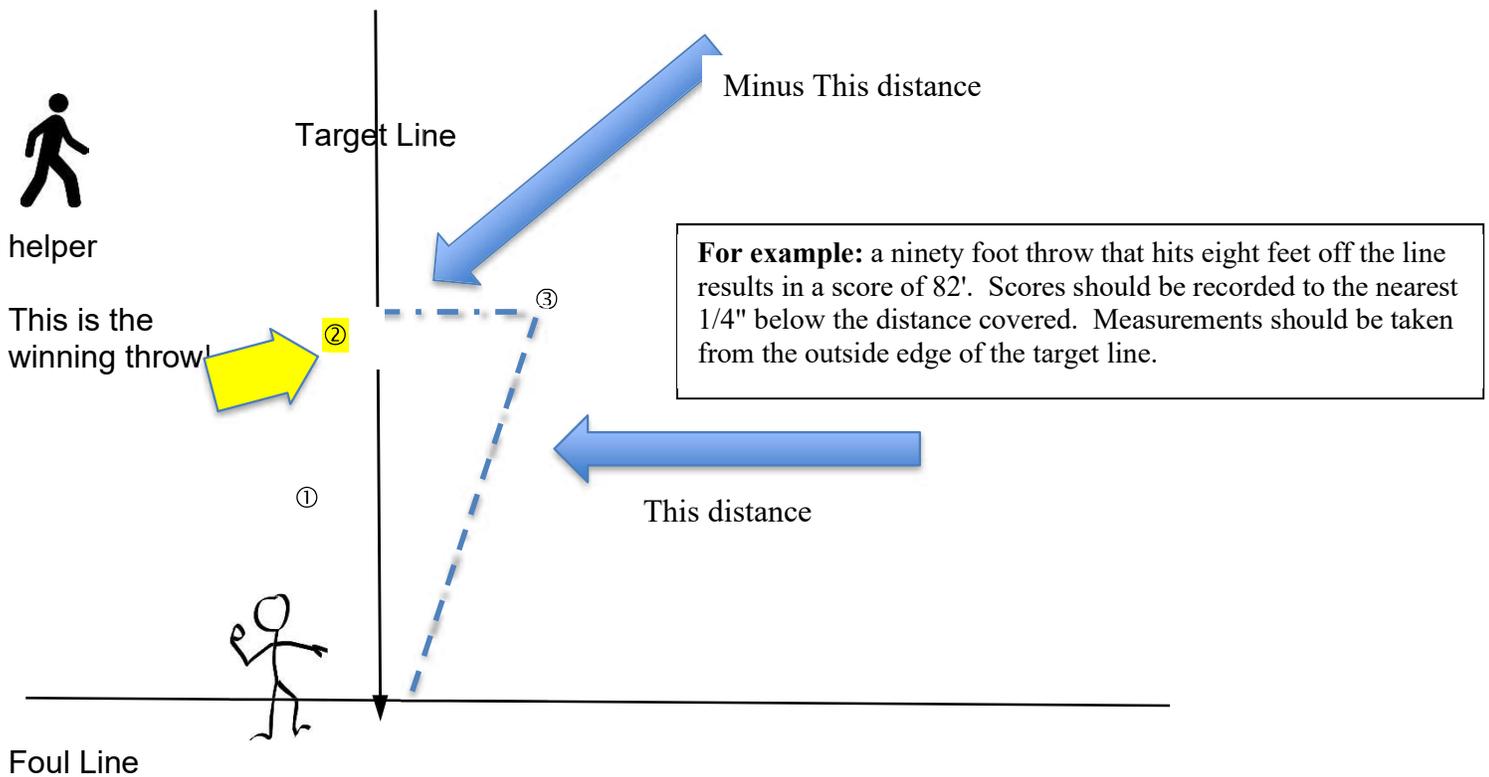
Assistant:

1 Person to Mark Landing Spot of Softballs, can be socially distanced and wear a mask. (if participant throws further than they can accurately “see” where the ball lands).

Preparation:

- It is simplest to do this activity at an athletic field with marked foul lines or sidelines. If this is not possible, take a long section of string/twine, or a long tape measure (approx. 200 feet) and stretch it taut in the direction you will be throwing.
- Mark a line perpendicular to the end of the line / tape measure / string from which you will throw. This is the foul line. You are not to step past this line on a throw or during the follow through.
- You should warm up sufficiently prior to throwing in order to avoid injury. Stretching and easy throwing for a few minutes before actually performing the activity is strongly recommended.
- After warming up, station your assistant well out the line from where you will throw. He/she should have the survey flags / tent pegs / stakes with them to mark the throws.
- Take one or two practice throws. This will give your assistant an idea of where he/she should be stationed to mark your competition throws.
- You may now throw up to three (3) competition throws. Your assistant is to place a marker at the spot on each throw where the softball first hits the ground.

VIRTUAL SOFTBALL THROW



Once your competition throws have been marked, it is time to measure and record them:

1. Take the shorter piece of string/twine, place one end at the spot marked for the first throw and pull 90 degrees to the target line
2. While the thrower holds the string on the target line, the assistant will take his/her end of the string and the marker and will pull it back in an arc in such a way as to subtract the distance off the line from the total distance. The assistant will then place the marker on the throwing line. Repeat this procedure for subsequent throws.
3. Using a tape measure, measure the distance from the foul line to each of the markers. Record on the scorecard the distance of all three throws to the nearest one-half inch and submit to NCSG.

The Game

1. The objective is for men to throw a 12" softball for distance and accuracy and women to throw an 11" softball for distance and accuracy.
2. The longest net distance (distance of throw less deviation) will determine the winner.