Special Olympics
Minnesota

Softball Skills: Individual Skills

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MN.07.ELK: Elk River

07

Base Running

Best out of two trials. For each trial, take 60 seconds, add 5 seconds for each penalty (a penalty is a missed base) and subtract the time taken to complete the trial. Both times are measured to the nearest second and should be rounded down. IE: 22.67 = 22 seconds.

	Penalty	Time	Score
Trial 1:	60 - _____	- _____	= _____
Trial 2:	60 - _____	- _____	= _____

Best Score:

Hitting

The distance of the longest hit shall determine the athletes' 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, IE: 1m = 1 point. 46m = 46 points. If the score falls between meters, scores should be rounded down IE: 46.73 = 46 points.

Attempt 1	Attempt 2	Attempt 3
_____	_____	_____

Best Score:

Fielding

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 and zero points for a missed attempt for a maximum score of 50 (10 total attempts in two sets of five).

Total Score:

Throwing

The net throwing score equals the throwing distance, measured at a point on the throwing line straight acrss 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. IE: If a ball lands even with (perpendicular to) the 50m point on the measuring tape, but is 6m off to one side, the player score is 44 points. (Distance thrown (50) minus number of meters off target (6) results in a net score of 44m.) Athletes score one point per meter. IE: 44m = 44 points. If score falls between meters, score should be rounded down. IE: 44.73 = 44

	Distance	Error	Score
Throw 1	_____	- _____	= _____
Throw 2	_____	- _____	= _____

Best Score:

An athlete's final score is determined by adding together the scores achieved in each of their four events and writing that score in the box to the right.

Final Score: