



Home Run Derby *Event Overview*

EQUIPMENT NEEDED



Designated Zone/Base Markers

(You can use cones, a chair, or any large, stationary object that will not move)



Softballs and Bats

If you do not have a softball, use another object (whiffle ball, baseball, etc.)



Measuring Tape

*If you do not have measuring tape, take big steps.
1 Big Step = 1 Meter, 3 Feet*



Batting Tee

If you cannot swing from a pitch thrown, you may use a batting tee. If you do not have a batting tee, use an umbrella stand

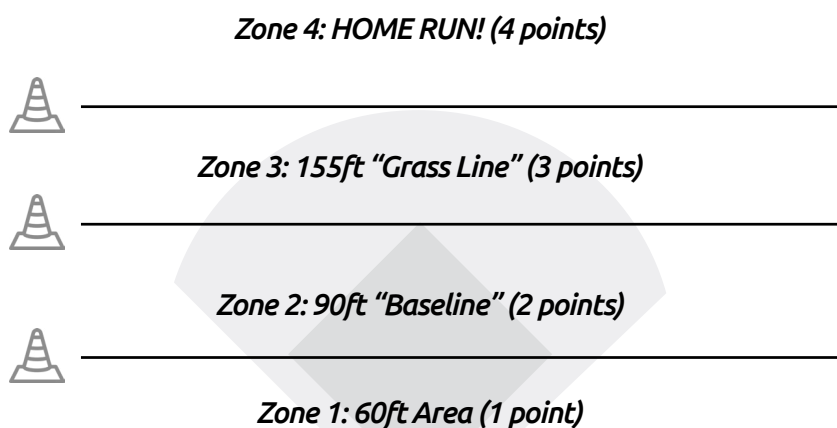


Helmet

RULES

- Groups of 5: Each hitter will compete with 10 consecutive swings.
- There will be 4 designated zones (1-4, 1 being the closest, 4 being the furthest)
- When a hitter makes contact with the ball, whatever zone the BALL FIRST HITS THE GROUND IN will be the number of points the hitter will receive for that hit.
- If a softball was hit out of play, it is worth 0 points.
- After a hitter has used all 10 of their consecutive swings, the points from each hit will be added together.
- Once all team members complete the event, add up all individual scores together to get your team total.

How many homeruns can your team execute?



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames

