

The logo features a stylized silhouette of a baseball player in a batting stance, positioned to the left of the word "Pitch". The silhouette is white with a red and blue background. The word "Pitch" is in a bold, dark blue, sans-serif font. Below "Pitch", the words "Hit & Run" are written in a larger, bold, sans-serif font. "Hit" is blue, "&" is dark blue, and "Run" is red. A small red dot is located at the end of a horizontal line that extends from the bottom of the "Run" text.

Pitch
Hit & Run

**COMPETITION
RULES**

ACTIVATING THE EVENT

PITCH

OBJECTIVE:

The pitch portion of the competition will test the accuracy of an athlete's throw.

EQUIPMENT:

- Strike zone target (to be provided) reflecting *MLB*[®] strike zone (17"x30")
- Zip ties for hanging the target
- Measuring tape
- Cone, chalk, tape, pitching rubber etc. to indicate throwing line
- Five (5) baseballs
- Five (5) 11-inch softballs (7/ 8 and 9/10 divisions)
- Five (5) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event objective to on-deck player
- Judge: One confirms the player has one foot behind the throwing line – one is primary judge on scoring/bullseye
- Scorekeeper: Records each player's strikes and corresponding score

FIELD SET UP:

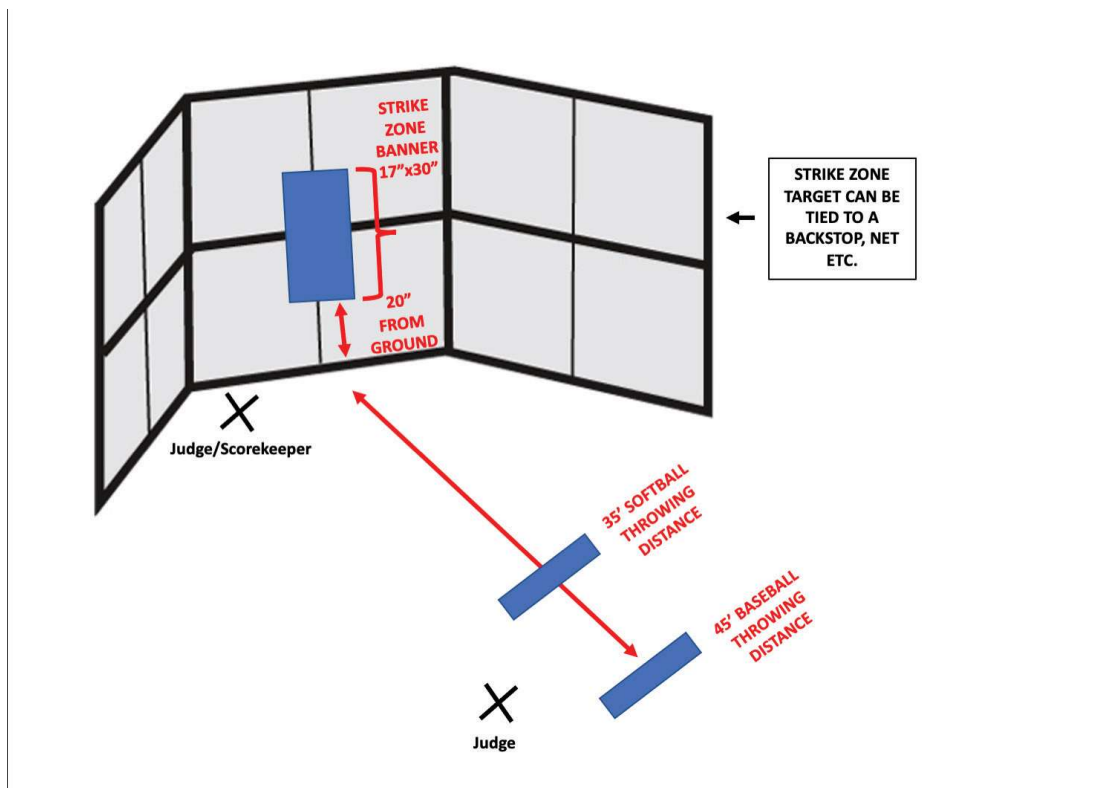
- Competition can be performed on any available surface
- Put a marker (cone, line, etc.) to indicate where players should stand when throwing - the markers should be the distance below depending on sport.
- Baseball - 45 ft.
- Softball - 35 ft.
- The Strike Zone should be tied to a fence, backstop or net 20" from the ground

PROCEDURE:

- Players can throw overhand or underhand towards the target
- Each player gets five (5) attempts to hit the strike zone target
- The player must start from the designated throwing line while throwing towards the target
- Players must start with one foot touching the throwing line
- They may not take steps or run into the throw, but they can follow through and finish with their feet off or in front of the throwing line
- The Judge of the event should stand at the throwing line and has final say on whether the ball hits the Strike Zone target
- The Scorekeeper should also assist with scoring balls or strikes
- If any portion of the target is hit, it counts towards the athlete's total points
- When not throwing, all other athletes should avoid waiting near the target and should wait in dugouts or at least 20 yds. from the target and pitcher on either side

SCORING:

- Each time an athlete hits the target, they are awarded 50 points
- If the athlete hits the bullseye on the target at any point, they get 100 points



HIT

OBJECTIVE:

Hit the ball off of a tee as far and as straight as possible.

EQUIPMENT:

- Adjustable Batting Tee
- Measuring Tape
- Cones, chalk, tape etc. to indicate each hitting zone
- Five (5) baseballs
- Five (5) 11-inch softballs (7/ 8 and 9/10 divisions)
- Five (5) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event to on-deck player
- Batting Coach: Assist batter with adjusting tee and place the balls on the tee
- Judges (2): Confirm each zone and corresponding score - retrieve the balls
- Scorekeeper: Records the batter's score

FIELD SET UP:

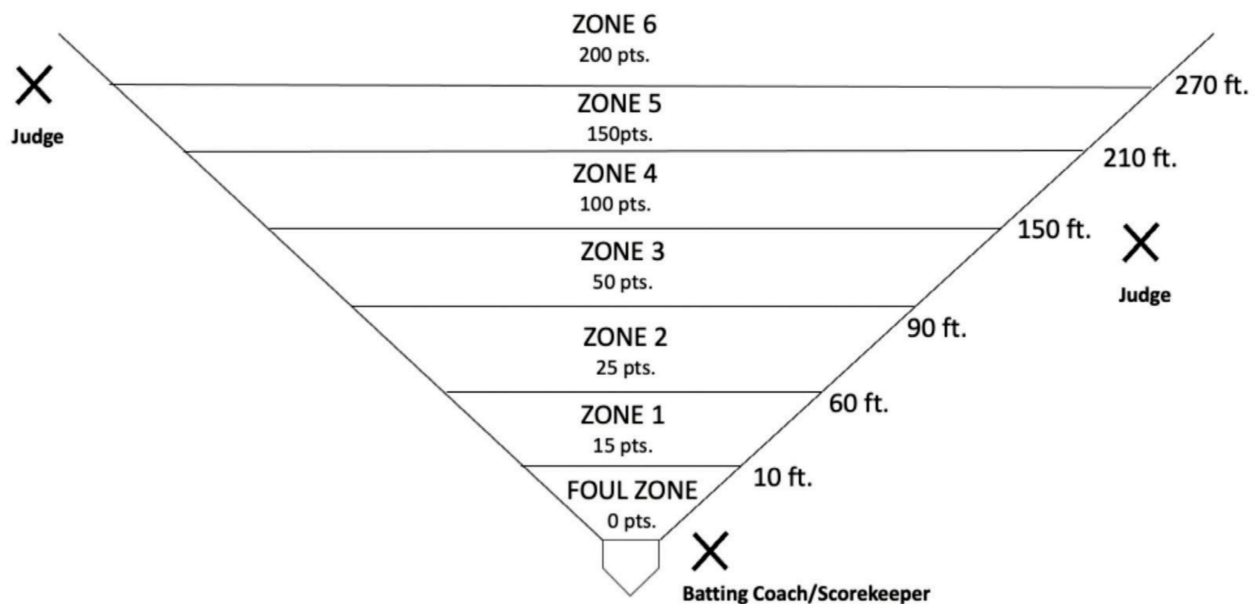
- Batting tee set up at home plate
- Each hitting zone should be measured, and then indicated using cones, chalk, tape etc.
 - To put zones in place on the field, hold a measuring tape at the back of home plate and measure the distance. Move the measuring tape across the field and use cones or markers to mark the distance from foul line to foul line
- Hitting Zones:
 - Foul (0 pts): 0-10 ft
 - Zone 1 (15 pts): 10-60 ft
 - Zone 2 (25 pts): 60-90 ft
 - Zone 3 (50 pts): 90-150 ft
 - Zone 4 (100 pts): 150-210 ft
 - Zone 5 (150 pts): 210-270 ft
 - Zone 6 (200 pts): 270+ ft

PROCEDURE:

- The hitter can adjust the tee to their desired height
- Each hitter gets 5 tries off the tee
- Only balls in fair territory count
- Each ball earns points, depending on the zone in which it lands
- There should be multiple Judges in the field near each zone line, determining any close calls and final zones where balls land and tallying scores
- Any athletes that are not hitting must either be assisting with spotting in the field (as determined by event organizer), in the dugouts, or 20 yds. from the tee on either side

SCORING:

- Every ball that lands in fair territory counts towards an athlete's overall score
- Score is based on where ball lands, not where it stops rolling
- The zones each have different points associated, as indicated below
- At the end of each player's turn, all 5 swings are totaled to give an overall number



RUN

OBJECTIVE:

Measure the speed of an athlete, and how quickly they can run from home to first

EQUIPMENT:

- Measuring Tape
- Cones, chalk, tape, bases etc. to indicate start and finish
- Stop Watch (2)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event objective to on deck runner
- Line Judge: Timer & confirming the runner is in a proper start stance behind the line.
- Timer: Primary stopwatch operator and starter
- Scorekeeper: Records each runners time and corresponding score

FIELD SET UP:

- Competition can be performed on any available surface
- Measure a straight running distance of 90 ft. (this should be a straight line)
- Mark the distance at the start and finish lines, so athletes know where the event starts and ends

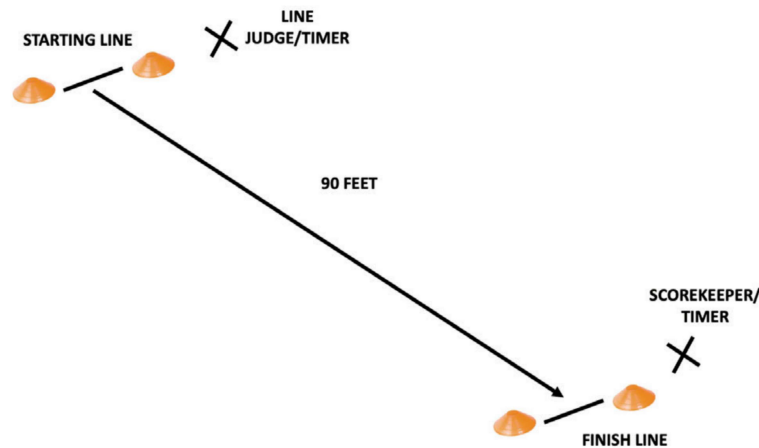
PROCEDURE:

- Each participant gets two (2) attempts to run - the fastest time will be scored
- Athletes must start in a standing runner's stance, as if they are leading off of a base
- Athletes do not have to dry swing before running
- A Line Judge should be at the starting line with a stopwatch and to monitor the player's start
- A Timer is at the finish line as primary stopwatch operator and starter
- A scorekeeper is at the finish line recording all times and corresponding scores.
- The Facilitator, Line Judge, or Timer can also record times if needed.

- The Timer will call out “1-2-3 GO!” or blow a whistle to indicate when the runner should begin
- The clock stops when the runner crosses the finish line. Runners DO NOT have to stop on the base.
- We recommend two people keep time, one at the starting line and one at the finish line, to minimize timing mistakes
- If an athlete false starts twice in a row, the time is disqualified and it counts as one of their turns

SCORING:

- The fastest of an athlete’s two attempts is what will be used for scoring
- Using the Run Conversion Chart, the Scorekeeper will find the player’s fastest time and record the corresponding point value.



RUN CONVERSION CHART:

< 3.9sec add 5pts for each tenth of a second under 4.0

Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
4.0	600	5.0	500	6.0	400	7.0	300	8.0	200
4.1	590	5.1	490	6.1	390	7.1	290	8.1	190
4.2	580	5.2	480	6.2	380	7.2	280	8.2	180
4.3	570	5.3	470	6.3	370	7.3	270	8.3	170
4.4	560	5.4	460	6.4	360	7.4	260	8.4	160
4.5	550	5.5	450	6.5	350	7.5	250	8.5	150
4.6	540	5.6	440	6.6	340	7.6	240	8.6	140
4.7	530	5.7	430	6.7	330	7.7	230	8.7	130
4.8	520	5.8	420	6.8	320	7.8	220	8.8	120
4.9	510	5.9	410	6.9	310	7.9	210	8.9	110

≥ 9.0sec equals 100 pts

DIVISION CHAMPION SCORING & WINNERS

PROCEDURE:

- At the conclusion of the event, announce winners and present them with their awards, whether on-site immediately following the competition, or post-event once all scores are tallied
 - We also recommend announcing your winners digitally via website/email/social media channels
- Within 24 hours of your event, you are required to submit results on the *PHR* website: www.mlb.com/pitch-hit-and-run
 - Direct link to results submission:
www.mlb.com/pitch-hit-and-run/submit-results
- After the completion of all *Pitch, Hit & Run* competitions, the individual with the highest grossing score in each age division will be crowned the Local Event winner for that age group
 - Local Event winners and participants are pooled together with individuals from their region to determine who moves on to a Team Championship, based on their cumulative score
- RCX Sports will reach out to any of your winners who qualify to advance to the Team Championships
- Let us know if you had any outstanding performers, or interesting stories at your events!
We want to hear from you! (PHR@mlb.com)

DIVISION CHAMPION TIEBREAKERS

OPTION ONE:

Format will be used at Team Championship and Finals. Best to use if/when you have all participants competing at the same time.

EQUIPMENT:

- Strike zone target (to be provided) reflecting *MLB*® strike zone (17"x30")
- Zip ties for hanging the target
- Measuring tape
- Cone, chalk, tape, pitching rubber etc. to indicate throwing line
- Three (3) baseballs
- Three (3) 11-inch softballs (7/ 8 and 9/10 divisions)
- Three (3) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the Event Objective to ondeck player
- Judge: Confirm the player has 1 foot on our behind the throwing line. Primary judge on scoring balls or strikes
- Scorekeeper: Records each player's strikes and corresponding score

FIELD SET UP:

- Competition can be performed on any available surface
- Put a marker (cone, line, etc.) to indicate where players should stand when throwing - the markers should be the distance below depending on sport.
 - Baseball - 45 ft.
 - Softball - 35 ft.
- The Strike Zone should be tied to a fence, backstop or net 20" from the ground

PROCEDURE:

- Players will compete again in the PITCH competition
- The player with the highest score during the initial PITCH competition gets to decide if they want to throw 1st or 2nd. If players had tied PITCH scores the order will be determined by a coin flip.
- Each player gets one (1) attempt to hit the strike zone target
- Players will alternate each throw until a winner is crowned.
- Players can throw overhand or underhand towards the target
- The athlete must start from the designated throwing line while throwing towards the target
- Athletes must start with one foot touching the throwing line
- They may not take steps or run into the throw, but they can follow through and finish with their feet off or in front of the throwing line
- The Judge of the event should stand at the throwing line and has final say on whether the ball hits the Strike Zone target
- The Scorekeeper should also assist with scoring balls or strikes
- If any portion of the target is hit, it counts towards the athlete's total points
- When not throwing, all other athletes should avoid waiting near the target and should wait in dugouts or at least 20 yds. from the target and pitcher on either side

SCORING:

- Each time an athlete hits the target, they are awarded 50 points
- If the athlete hits the bullseye on the target at any point, they get an additional 100 points
- Tiebreaker competition scores will not be added to the winning athlete's total competition score submitted to the *MLB*[®]

OPTION TWO:

This format should be used if you have participants compete at different times of the day.

Look at each competitors' totals in each competition and compare them head to head to determine the winner.

- Look at overall first-place winners in any of the three competitions. The athlete with the most 1st place rankings in the individual competitions, wins the tiebreaker
- If none of the athletes were individual competition winners, or they won the same number of competitions, look at each individual score to determine who had better scores in each of the competitions. Whoever had the best scores, wins. (Best two out of three wins)
- If a winner still can't be determined, the competitions will be weighted as follows:
 - Pitch
 - Hit
 - Run
 - Example:
 - ATHLETE 1 - Pitch = 400, HIT = 600, Run = 310 - TOTAL = 1310
 - ATHLETE 2 - Pitch = 350, HIT = 600, Run = 360 - TOTAL = 1310
 - These athletes tied in one competition and each had a higher score than the other in the remaining two competitions - so we move head-to-head in each competition:
 - ATHLETE 1 had the higher Pitch score (which is our first determining factor in head-to-head tiebreakers) so they would win the overall competition

The logo features the MLB silhouette on the left, followed by the word "Pitch" in a bold, dark blue sans-serif font. Below "Pitch" is the word "Hit" in a bold, light blue sans-serif font, followed by an ampersand "&" in the same dark blue font, and finally the word "Run" in a bold, italicized red sans-serif font. A thin red horizontal line is positioned below the word "Run".

 **Pitch**
Hit & Run