

# Pitch Hit & Run™



PRESENTED BY



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## **WELCOME**

Major League Baseball® would like to thank you for participating in the exciting Major League Baseball® PITCH HIT & RUN™ presented by MLB Network™ (PITCH HIT & RUN™) competition. This skills program provides boys and girls, ages 7-14, the opportunity to showcase their pitching, hitting & running abilities in one of two divisions: baseball or softball.

The competition is easy to execute and the program includes three levels of competition, including the Finals during the World Series™. The PITCH HIT & RUN™ program is administered by the Baseball & Softball Development Department of Major League Baseball®. Additional program management is done by LEJ Sports Group and other MLB partners.

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# MISSION STATEMENT

To provide youngsters across the country with an opportunity to participate, free of charge, in an exciting baseball/softball skills competition in the safest atmosphere possible; to provide youth organizations with an easily administered program that communicates effectively, supplies consistent and timely information, and delivers all materials on schedule in an effort to provide the highest quality program of its kind.

PITCH HIT & RUN™ is intended to encourage youth participation and showcase the top youth talent in baseball/softball. Since there is no registration fee for this program, every boy and girl, ages 7-14, will have a chance to compete. Participants will compete in three important aspects of baseball/softball: pitching, hitting & running.

## PROGRAM OVERVIEW

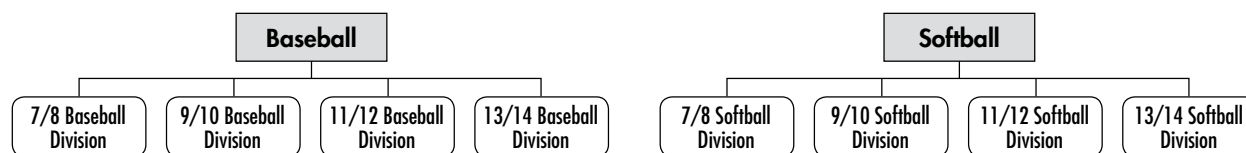
### PARTICIPANT REGISTRATION



All participants must have their parent or guardian **REGISTER ONLINE at [PitchHitRun.com](https://PitchHitRun.com)** prior to the competition. Parents/guardians should be ready and able to show proof of participant age (copy/picture of birth certificate, etc.).

### DIVISIONS/AGE GROUPS

**There are two separate divisions of PITCH HIT & RUN™: baseball and softball. Participants may compete in either division.** Once a participant has competed in a division, he/she must remain in that division for all subsequent levels of the competition, and may not switch divisions. **This should reflect the respective division in which the participant plays locally in team/league play.** Attempts to compete in both divisions will result in disqualification. Participants will compete in one the eight division age groups listed below. Age is determined as of July 17, 2021 (please see age verification chart on p.8).



### SAFETY PRECAUTIONS

Please consider baseball/softball safety regulations throughout the warm-up period and during the administration of the PHR competition to avoid injuries to the participants. All parents and spectators should remain off the field at all times. As you read through the administration of each skill in the handbook, please be aware of the safety note indicated at the bottom of the page (Pitch - p.10, Hit - p.12 and Run - p.14). If you have any questions or need suggestions with regard to safety precautions, please contact [pitchhitrun@mlb.com](mailto:pitchhitrun@mlb.com).

Prior to hosting the event, please review your state and local regulations on recreational gatherings, as well as the Return to Play safety recommendations found at [PitchHitRun.com/return](https://PitchHitRun.com/return).

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# **LOCAL COMPETITION COORDINATOR'S RESPONSIBILITIES**

1. Register online at [PitchHitRun.com](http://PitchHitRun.com).
2. Receive information/materials necessary to host a competition.
3. Promote your competition:
  - Visit [PitchHitRun.com/host](http://PitchHitRun.com/host) for electronic resources to promote your event to your digital and social media networks.
  - Share your unique registration link with your network to ensure online pre-registration.
  - Participants should be encouraged to register online prior to the week of your event.
  - Utilize promotional material provided in your Host Kit.
4. **Receive list of pre-registered participants; to be provided via email the week of your event.\*** From this, you can create scoresheets (electronic scoresheets can be found at [PitchHitRun.com/host](http://PitchHitRun.com/host)). If you are interested in receiving this listing earlier, please contact [pitchhitrun@mlb.com](mailto:pitchhitrun@mlb.com).
5. Staff and administrate competition. See p. 17 for a Competition Review Summary to assist in administering the competition.
6. Award participants (see p. 6 for rules on who is awarded and advances).
7. Submit Local Competition results at [PitchHitRun.com/host](http://PitchHitRun.com/host).\*\* If you encounter problems submitting results, please contact [pitchhitrun@mlb.com](mailto:pitchhitrun@mlb.com).

\*Any participant registrations after this listing is distributed will need to be added manually by the Host. Please refer to the REGISTRATION CHECKLIST at [PitchHitRun.com/host](http://PitchHitRun.com/host) for guidance.

\*\*All participant registrations must be completed online at [PitchHitRun.com](http://PitchHitRun.com) in order to participate at the Local level and advance to subsequent levels.

Visit [PitchHitRun.com/host](http://PitchHitRun.com/host) to download electronic materials, submit results and utilize other host resources.

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# **LEVELS OF COMPETITION**



PITCH HIT & RUN™ is established in geographic markets across North America. The markets encompass neighboring states/provinces, when necessary, to ensure the availability of the program to all participants. Participants are eligible to advance through three (3) levels of competition – Local, Team Championship and Finals.

## ***Local Level***

***Through mid/late July\****

It is recommended that Local events be held prior to mid-July with results received immediately following to ensure that Local winners can have the opportunity to advance to the nearest Team Championship.



**IMPORTANT NOTE: In order to have a participant advance to subsequent levels, ALL participant registrations and results must be logged online at [PitchHitRun.com](https://PitchHitRun.com).**

\*The date of the Team Championship in each Major League Baseball® market will determine how late a corresponding Local Competition may be scheduled, which means you could schedule your Local Competition later in July if you find out that your corresponding Team Championship is scheduled on a later date. **To avoid any conflict with the winners advancing in the competition, please attempt to conduct your local event by mid-July.**

## ***Team Championship***

***Mid-July – September***

This level of competition consists of the top Champions from the Local Level and may be hosted at MLB® ballparks or MLB® approved facilities.

## ***Finals***

***World Series™***

The top youngsters from the Team Championship Level will compete at the Finals during the 2021 World Series.™

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# WHO IS AWARDED & WHO ADVANCES

## **Local Competition**

The CHAMPION for each division age group that is represented at your Local Competition is awarded and is eligible to advance to their assigned Team Championship.

The CHAMPION is determined by comparing the CUMULATIVE score of participants' pitch, hit and run scores in each division age group.



**NOTE: The PITCH HIT & RUN™ competition no longer awards individual skill winners, i.e. Pitch Champ, at the Local level.**

**The Local CHAMPION in each division age group DOES NOT automatically advance to the Team Championship.** His/her score must be compared to other qualifiers in that MLB® team market\* in order to determine the top three (3) scorers in each division age group who will advance to the Team Championship. All qualifiers will be notified by PITCH HIT & RUN™ as to their advancement.

*\*The geographic location of a Local event will determine the Team Championship in which the winners will be eligible for and have to opportunity to advance to. Team Championship assignments are pre-determined and may not be adjusted. Local Champion scores in each division age group within each Team Championship market will be ranked and participants will be notified accordingly as to their possible advancement.*

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## ***Team Championship***

All scores are reset to zero and all participants will receive the following:

- PITCH HIT & RUN™ Cap
- PITCH HIT & RUN™ T-shirt
- Team Championship Award
- Two (2) tickets to a game in their MLB® Team Market

The Team Champion in each division age group has the opportunity to advance to the Finals. **All Major League Baseball® Team Champions DO NOT automatically advance to the Finals.** His/her score is compared to the other Major League Baseball® Team Champions in their division age group to determine the top scorers advancing to the Finals.

## ***Finals***

All scores are again reset to zero and participants receive an all-expenses paid trip for two (2) to compete in the Finals held during the World Series™.

## ***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.

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# **COMPETITION RULES**

## ***Birthdate/Age Verification Chart***

For all levels of the PITCH HIT & RUN™ program, each competitor's age is taken as of July 17, 2021. Use the chart below to determine the appropriate age group for each competitor.

### **Age as of July 17, 2021**

Age 7/8	July 18, 2012 to July 17, 2014
Age 9/10	July 18, 2010 to July 17, 2012
Age 11/12	July 18, 2008 to July 17, 2010
Age 13/14	July 18, 2006 to July 17, 2008

**Parents/guardians should be ready and able to show proof of participant age (copy/picture of birth certificate, etc.)**

## ***Major League Baseball® Sponsorship Regulations***

If not for the funding of Major League Baseball® and its sponsors, this program would not be free for organizations nor participants. There are strict regulations and applicable law for use of the Major League Baseball® PITCH HIT & RUN™ presented by MLB Network™ logo or any wordmark, logo or other trademark of Major League Baseball®, any of the 30 Major League™ Clubs, sponsors or any of their affiliated entities. Request for usage must be submitted to Major League Baseball® via LEJ Sports Group.



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## ***Eligibility***

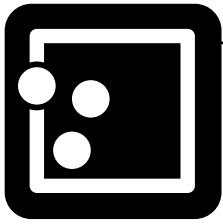
- The competition is free for all participants.
- All boys and girls, ages 7-14, are welcome to participate.
- Participants may compete in more than one Local Competition, but may only compete once in subsequent levels of the competition.
- Competing in both divisions will result in disqualification.
- All participants must submit an ONLINE registration form.
- Parents/guardians should be ready and able to show proof of participant age (copy/picture of birth certificate, etc.).



## ***Miscellaneous***

- In the event of threatening weather conditions, cancellations and rescheduling will be determined by PITCH HIT & RUN™ officials at the competition site.
- PITCH HIT & RUN™ endorses proper conduct and good sportsmanship.
- Major League Baseball®, LEJ Sports Group, and state coordinators and organizers of PITCH HIT & RUN™ reserve the right to make rulings and recommendations regarding PITCH HIT & RUN™ determined to be in the best interest of the program. All rulings and recommendations are final.
- Participation in PITCH HIT & RUN™ authorizes Major League Baseball® and LEJ Sports Group to use participant's name, likeness and other personal rights for promotional use without compensation.

Note: Research has shown that it will take each participant approximately two (2) minutes to complete the competition. Considering this time allotment, if you are expecting 200 kids or more, be prepared to have multiple fields and/or multiple stations available, or consider having two (2) separate competitions.



## PITCH

Visit [PitchHitRun.com](https://PitchHitRun.com) and click on About for instructional videos to assist you with the administration and setup of the PITCH

**Objective:** The PITCH portion of the competition will test how accurately a competitor can throw strikes to a designated “Strike Zone” target from a designated distance (35 feet for the softball division and 45 feet for the baseball division). **Any method of underhand/overhand pitching or throwing is accepted.** An attempt hitting ANY portion of the target will be deemed a strike.

### **Suggested Equipment:**

- **Baseball Division** - Six (6) baseballs
- **Softball Division** - Six (6) 11-inch softballs (Participants in the 7/8 and 9/10 age groups)
- **Softball Division** - Six (6) 12-inch softballs (Participants in the 11/12 and 13/14 age groups)
- “Strike Zone” target (provided in Host Kit)
- Pitching Line (pitching rubber, cones, chalk line, etc.)
- Cable Ties (provided in Host Kit)

### **Procedure:**

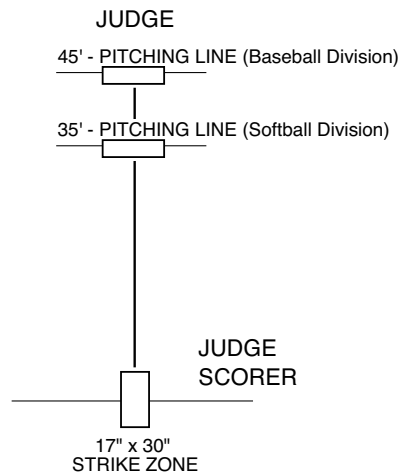
- Each competitor receives six attempts to hit the designated “Strike Zone”.
- **Baseball Division:** Participants pitch/throw from **45 feet** away
  - Participants compete with a standard baseball
- **Softball Division:** Participants pitch/throw from **35 feet** away
  - Participants in the 7/8 and 9/10 age groups should compete with an 11-inch softball
  - Participants in the 11/12 and 13/14 age groups should compete with a 12-inch softball
- The “Strike Zone” target (17” x 30” banner) reflects a standard MLB™ strike zone.
- It is recommended that the “Strike Zone” target be adhered to a backstop/fence or net with the provided Cable Ties. The bottom of the “Strike Zone” target should measure **20 inches from the ground** for all competitors.
- The competitor must start from the pitching line and deliver each ball to the “Strike Zone” target. Treat the pitching line just as you would a pitching rubber in a real game. A participant can follow through after the pitch/throw and finish in front of the pitching line.
- Each attempt hitting ANY portion of the “Strike Zone” target is worth 75 points.

### **Safety:**

- Due to the involvement of a pitched ball, please ensure that participants are standing neither behind the target, nor within 50 feet of the side of the target.
- Utilize the Return to Play safety recommendations at [PitchHitRun.com/return](https://PitchHitRun.com/return).

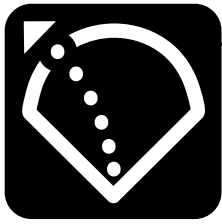
### Suggested Staff and Field Set Up:

- Judge: Stands at the pitching line to ensure the competitor has at least one foot touching during the delivery. A participant can follow through after the pitch/throw and finish in front of the pitching line.
- Judge: Determines the number of pitches hitting the "Strike Zone" target.
- Scorer: Records the number of pitches hitting the "Strike Zone" target and points earned on the scoresheet.



### Scoring:

- Score is based on the number of pitches that hit ANY portion of the "Strike Zone" target.
- Each attempt hitting ANY portion of the "Strike Zone" target is worth 75 points. See page 19 for a Conversion Table.
- If the participant does not hit any portion of the target, he/she will receive zero points for that pitch.
- If a player receives zero strikes, they should receive the minimum score of 50 points.



## HIT

Visit [PitchHitRun.com](https://PitchHitRun.com) and click on About for instructional videos to assist you with the administration and setup of the HIT

**Objective:** The HIT portion of the competition will test a competitor's ability to hit from a stationary batting tee where hits will be measured for distance and accuracy.

### **Suggested Equipment:**

- One (1) adjustable batting tee
- **Baseball Division** – Six (6) baseballs.
- **Softball Division** – Six (6) 11-inch softballs (Participants in the 7/8 and 9/10 age groups)
- **Softball Division** – Six (6) 12-inch softballs (Participants in the 11/12 and 13/14 age groups)
- Measuring tape (at least 250 feet, positioned from home plate, through second base toward straight-away centerfield).
- String (at least 50 feet, used to determine accuracy).
- Six (6) small bean bags/flags used to mark each hit.

### **Procedure:**

- Each competitor will be allowed three swings in an attempt to hit the ball.
- Only the best of the three attempts, as determined by the administrator, will count toward a competitor's score.
- A swing and a miss counts as one attempt (one swing = one attempt).
- 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.
- **Baseball Division** – Participants compete with a standard baseball
- **Softball Division** – Participants in the 7/8 and 9/10 age groups should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 age groups should compete with a 12-inch softball.

### **Measuring:**

- Two spotters are essential for accurately measuring the distance.
- The measuring tape should run in a straight line away from the batting tee.
- For each ball hit, Spotters A or B mark the spot where each ball first lands on the fly, NOT where the ball stops rolling.
- After the competitor's third and final attempt, the administrator will determine the best hit and measure that attempt. If two or more hits are too close to differentiate, then both or all of the attempts should be measured, with only the best attempt scored.

### **Safety:**

- Please ensure that all participants are out of the way of any swinging bats or hit balls. It is recommended that all participants not stationed at the batting tee remain in the dugout area, behind a fence and/or at a safe distance away from the hitting area in order to avoid injury.
- Utilize the Return to Play safety recommendations at [PitchHitRun.com/return](https://PitchHitRun.com/return).

## Suggested Method for Measuring the Hitters Best Attempt

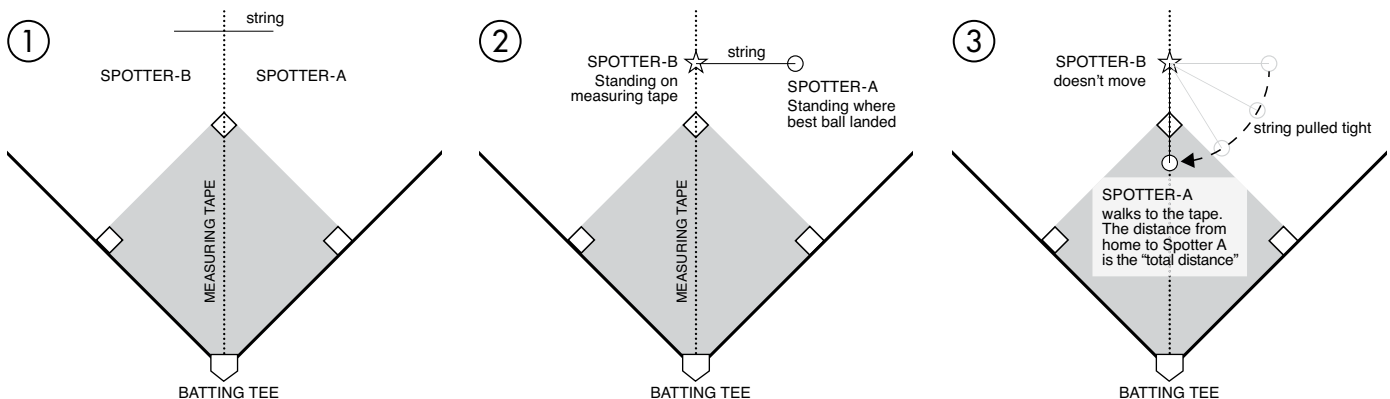
- 1) Spotters A & B stand on opposite sides of the measuring tape, holding several bean bags/flags to mark the initial landings of the batted balls. A string (50 ft minimum) lies perpendicular to the tape measure in preparation for measurement.
- 2) After the three hit attempts and the best attempt is located, Spotter A (circle) goes to the marked spot of the ball holding one end of the string and Spotter B (star) stands on the tape measure perpendicular to the spot of the ball holding the other end of the string, making sure the string is pulled tight.
- 3) Spotter A walks towards the measuring tape while Spotter B stands still. The string should be pulled tight between them. Once Spotter A reaches the tape measure, the distance between the batting tee and Spotter A will be the "total distance" used to calculate the batter's hit score with the conversion chart.

This method provides an easy way to determine the total distance of the batters hit. The total distance is calculated as:

**distance traveled – inaccuracy = total distance (see example on p. 16)**

### Suggested Staff and Field Set Up\*:

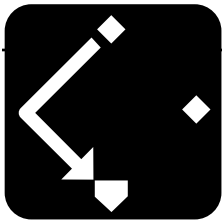
- Spotters A & B:** Mark the spots where each ball first lands and determine each competitor's best hit. Measure the distance of the best attempt and subtract the inaccuracy.
- Line Control:** Keeps the line orderly and assists in ball retrieval.
- Scorer:** Records measurements on scoresheet and uses provided HIT Conversion Table to calculate total point score.
- Administrator:** Places ball on tee.



\*If a ball diamond is unavailable, the HIT can be conducted in any open space.

### Scoring

- Scores will be based on distance and accuracy rounded to the nearest foot. See page 20 for a Conversion Table.
- If the competitor fails to hit the ball in his/her three attempts, he/she will receive the minimum score of 50 points.
- A competitor will receive the minimum score of 50 points for a hit of less than 50 feet.
- If a ball carries over a fence, continue to measure if at all possible. If not, use your best judgement. If the ball hits the fence on a fly, the measurement should be the distance from home plate to the fence.



## RUN

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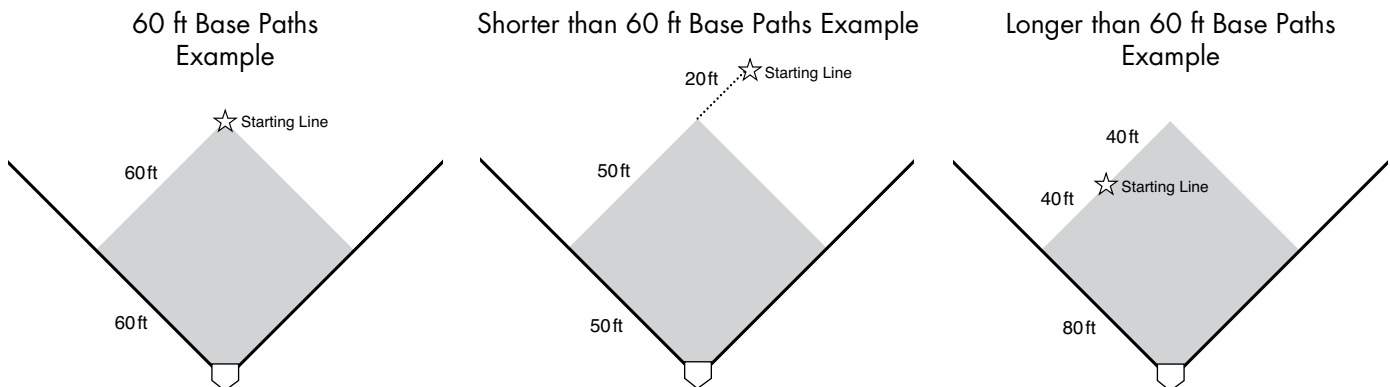
**Objective:** The RUN portion of the competition will measure a competitor's speed in a sprint from the start line, touching third base, and touching home plate. **ALL participants will run a total of 120 feet.**

### IMPORTANT:

The most important thing to remember is that for competition consistency, **all competitors complete one turn at third base, and must run the correct total distance** (120 feet for ALL). The competition standard for the distance between bases will be 60 feet.

**Adjusting Base Paths: Youth fields with base paths that are longer or shorter than 60 feet can easily be adjusted to be in compliance by moving the start line.**

- If the bases are 50 feet in distance, then the runner must start 20 feet behind second base toward right-center field, and then can run a straight line to third base and continue to home plate ( $70+50=120$  feet).
- If the bases are 80 feet apart, then the runner starts 40 feet in front of second base, towards third base, and runs the regular route to home plate ( $40+80=120$  feet).



### Suggested Equipment:

- Two (2) bases (bases should be anchored or strapped in place securely)
- Chalk line, cone or base to serve as the start line
- One (1) digital stopwatch

### Procedure:

- The competitor will start at second base or the indicated start line.
- He/she will begin from a standing start, and begin running when the administrator yells GO!
- The runner will be timed from the moment he/she leaves second base or the indicated start line, touches an anchored third base, and touches home plate. No sliding is allowed.

### Safety:

- Please make sure that bases are anchored or strapped in place securely and that the judge positioned near third base is well out of the way of any participant making a wide turn. Also be sure to conduct a pre-inspection of the surface to ensure the field is free of ruts and holes.
- Utilize the Return to Play safety recommendations at [PitchHitRun.com/return](http://PitchHitRun.com/return).

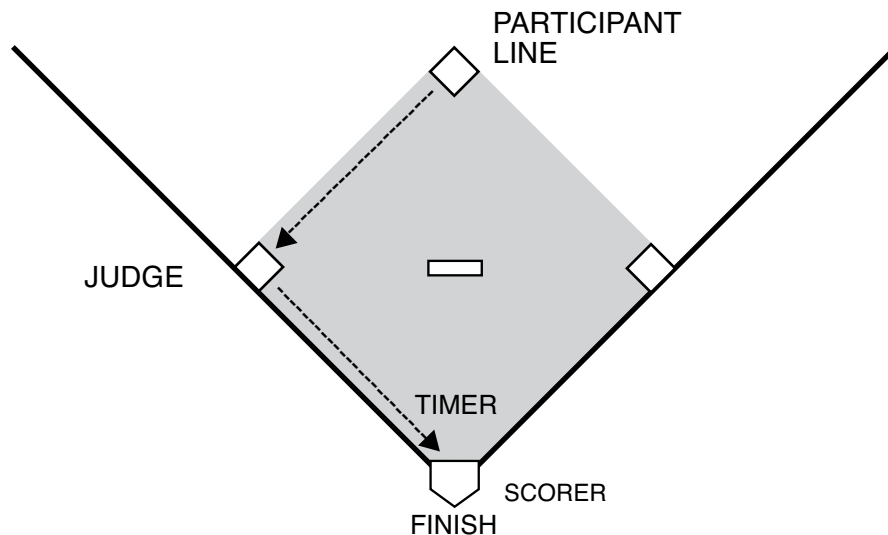
## Suggested Staff and Field Set Up\*:

**Starter:** Stands at second base and yells "GO!" to designate when the competitor is to begin running.

**Judge:** Positioned at third base to insure that all runners successfully tag.

**Timer:** Located at home plate, begins timing when the starter yells, "GO!" and stops when the runner tags home plate.

**Scorer:** Records all times and uses RUN Conversion Tables to determine total point value.



\*If a ball diamond with bases is unavailable, the RUN can be conducted in any open space. In this case, instead of secured bases, mimic the base paths with cones or markers to make a similar path.

## Scoring:

- The runner must touch third base and home plate for the time to be official. If a runner misses a base, he/she will receive the minimum score of 50 points and not be given the opportunity to run again.
- The runner should be allowed to run again if he/she has a false start.
- A competitor will receive the minimum score of 50 points for intentionally sliding into home plate.
- See page 21 for a Conversion Table to easily translate the RUN time into a point total.
- A competitor will receive the minimum score of 50 points for a time of more than 9.50 seconds.

# POINT SCORING SYSTEM

Each portion of the competition is individually scored and converted to a total point score through the use of conversion tables. Conversion Tables are provided (pages 19-21), which will allow administrators to easily tabulate point totals.

## PITCH

Total points based on six (6) pitches to a designated "Strike Zone" target.

- Each throw hitting any portion of the "Strike Zone" target = 75 points.
- If a player receives zero strikes, they should receive a minimum score of 50 pts.

## HIT

Total Points based on the best distance from a competitor's three (3) attempts. Only the best attempt is scored.

- Round up or down to the nearest foot.
- A hit of less than 50 feet will result in the minimum score of 50 points.
- Example: A competitor hits the ball 129'6" (round up to 130'), but the ball lands ten (10) feet to the left of the measuring tape. The total distance would be  $130 - 10 = 120$  feet. Use the conversion table on p. 20 and convert 120 feet to 240 points.

## RUN

Total points based on the competitor's time from the start line to home plate. Use conversion chart on p. 21

- A time of more than 9.50 seconds will result in the minimum score of 50 points.
- Competitor must touch third base and home plate. If not, the minimum score of 50 points is received.

### Sample Score Sheet: 7/8 Baseball Division

Participant	Pitch (6 Pitches/45 ft)		Hit (3 Swings: Best Attempt)		Run (1 Run/120 ft)		Total Score
	Name	# Targets Hit	Points	Total Distance	Points	Time	
John	4	$4 \times 75 = 300$	40	min score = 50	8.99	101	451
David	3	$3 \times 75 = 225$	51	$51 \times 2 = 102$	8.25	175	502
William	0	min score = 50	65	$65 \times 2 = 130$	7.02	298	478
Mark	1	$1 \times 75 = 75$	67	$67 \times 2 = 134$	9.55	min score = 50	259
Sean	4	$4 \times 75 = 300$	102	$102 \times 2 = 204$	8.07	193	697
Brandon	2	$2 \times 75 = 150$	10	min score = 50	8.10	190	390
Corey	2	$2 \times 75 = 150$	75	$75 \times 2 = 150$	11.22	min score = 50	350

7/8 Baseball  
Champion

For this example, Sean would be the 7/8 Baseball Division Champion that is eligible for possible advancement to the Team Championship.



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# COMPETITION REVIEW

## Registration

- **Each participant must REGISTER ONLINE.** If a participant did not pre-register online, they should register online on-site at the event (via parent cellphone etc.). Please refer to the REGISTRATION CHECKLIST provided at [PitchHitrun.com/host](http://PitchHitrun.com/host) for guidance.
- Verify each participant's date of birth by viewing their birth document. If not available, verify verbally by asking the participant.
- Age is taken as of July 17, 2021, see chart.

Age 7/8	July 18, 2012 - July 17, 2014
Age 9/10	July 18, 2010 - July 17, 2012
Age 11/12	July 18, 2008 - July 17, 2010
Age 13/14	July 18, 2006 - July 17, 2008

## Ball Selection

**BASEBALL:** All baseball players should use a standard baseball for the duration of the event.

**SOFTBALL:** Softball players in the 7/8 and 9/10 divisions use a 11 inch softball.

Softball players in the 11/12 and 13/14 divisions use a 12 inch softball.

## PITCH

- Adhere target to a fence or something similar so that the bottom of the target measures 20 inches above the ground.
- Baseball players throw from 45 ft away from the target; Softball players throw from 35 ft away from the target.
- Each participant gets six (6) attempts to hit any portion of the strike zone banner. If the ball touches any portion of the banner, the player is awarded a strike.
- Each strike is worth 75 points towards to player's total PITCH score. If a player received zero strikes, they should receive the minimum score of 50 points.

## HIT

- Each participant gets three (3) swings to hit the ball off of a batting tee, a swing and a miss counts as an attempt.
- The participants are trying to hit the ball as straight and far as possible.
- Volunteers should use markers to mark where each ball lands initially (not where it rolls).
- Measure the best attempt and record the total distance (rounded to the nearest ft) using the formula below:  
Total Distance = Distance Traveled (how far the ball went) – Inaccuracy (distance from center).
- See p.13 for suggested measuring technique.
- If the "Total Distance" is less than 50 ft, the participant should receive the minimum score of 50 points.
- The "Total Distance" should be doubled in order to calculate the players HIT score.

## RUN

- Each participant should run a total of 120 feet while rounding one base.
- Participants should start at 2nd base and run to home plate (base paths may need to be adjusted, see p.14).
- Participants need to touch 3rd base and home plate, if not, they will receive a minimum score of 50 points.
- Volunteers should time the participants from when they start running until the foot touches home plate, use conversion chart on p.21 to convert time to RUN score.

## Awards

- For each age group and division represented, the CHAMPION should be awarded.
- The CHAMPION is determined by comparing the CUMULATIVE score of participants' pitch, hit and run scores in each division age group.
- In the case of a tie, please see tie breaker rules on p.7.

## Post-Competition

- Visit [PitchHitRun.com/host](http://PitchHitRun.com/host) and submit your results.

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## **SUGGESTED EQUIPMENT FOR COMPETITIONS**

### **SUGGESTED EQUIPMENT FOR COMPETITIONS**

- Five (5) administrators
- Tape Measure (at least 250 feet)
- Weights or object to hold tape measure in place
- Six (6) baseballs (any type of standard hardball)
- Six (6) 11-inch Softballs (7/8 & 9/10 age groups)
- Six (6) 12-inch Softballs (11/12 & 13/14 age groups)
- Six (6) flags or bean bags
- One (1) digital stopwatch
- String (non-elastic; minimum of 50 feet)
- One (1) Strike Zone Target\*
- One (1) Pitching Rubber/Chalk Line
- Four (4) Cable Ties\*
- Conversion Tables\*
- One (1) adjustable batting tee
- Writing utensils
- Clipboard
- Handbook\*
- Registration Checklist (found at [PitchHitrun.com/host](http://PitchHitrun.com/host))
- Scoresheets\*
- Participation cards for all participants\*
- Basic First Aid equipment and emergency contact list
- Table for registration
- Calculator

#### **To be provided\***

**(Note: Experience has shown that the above equipment listed is the minimum necessary to conduct a successful competition. It is important to have additional numbers in case of equipment failures.)**

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# ***CONVERSION TABLES***

## ***"PITCH" CONVERSION TABLE***

Number of Targets Hit = Points

0 = 50

1 = 75

2 = 150

3 = 225

4 = 300

5 = 375

6 = 450

## **"HIT" CONVERSION TABLE**

Distance = Points	Distance = Points	Distance = Points	Distance = Points	Distance = Points	Distance = Points
<50 = 50	91 = 182	133 = 266	175 = 350	217 = 434	259 = 518
50 = 100	92 = 184	134 = 268	176 = 352	218 = 436	260 = 520
51 = 102	93 = 186	135 = 270	177 = 354	219 = 438	261 = 522
52 = 104	94 = 188	136 = 272	178 = 356	220 = 440	262 = 524
53 = 106	95 = 190	137 = 274	179 = 358	221 = 442	263 = 526
54 = 108	96 = 192	138 = 276	180 = 360	222 = 444	264 = 528
55 = 110	97 = 194	139 = 278	181 = 362	223 = 446	265 = 530
56 = 112	98 = 196	140 = 280	182 = 364	224 = 448	266 = 532
57 = 114	99 = 198	141 = 282	183 = 366	225 = 450	267 = 534
58 = 116	100 = 200	142 = 284	184 = 368	226 = 452	268 = 536
59 = 118	101 = 202	143 = 286	185 = 370	227 = 454	269 = 538
60 = 120	102 = 204	144 = 288	186 = 372	228 = 456	270 = 540
61 = 122	103 = 206	145 = 290	187 = 374	229 = 458	271 = 542
62 = 124	104 = 208	146 = 292	188 = 376	230 = 460	272 = 544
63 = 126	105 = 210	147 = 294	189 = 378	231 = 462	273 = 546
64 = 128	106 = 212	148 = 296	190 = 380	232 = 464	274 = 548
65 = 130	107 = 214	149 = 298	191 = 382	233 = 466	275 = 550
66 = 132	108 = 216	150 = 300	192 = 384	234 = 468	
67 = 134	109 = 218	151 = 302	193 = 386	235 = 470	
68 = 136	110 = 220	152 = 304	194 = 388	236 = 472	
69 = 138	111 = 222	153 = 306	195 = 390	237 = 474	
70 = 140	112 = 224	154 = 308	196 = 392	238 = 476	
71 = 142	113 = 226	155 = 310	197 = 394	239 = 478	
72 = 144	114 = 228	156 = 312	198 = 396	240 = 480	
73 = 146	115 = 230	157 = 314	199 = 398	241 = 482	
74 = 148	116 = 232	158 = 316	200 = 400	242 = 484	
75 = 150	117 = 234	159 = 318	201 = 402	243 = 486	
76 = 152	118 = 236	160 = 320	202 = 404	244 = 488	
77 = 154	119 = 238	161 = 322	203 = 406	245 = 490	
78 = 156	120 = 240	162 = 324	204 = 408	246 = 492	
79 = 158	121 = 242	163 = 326	205 = 410	247 = 494	
80 = 160	122 = 244	164 = 328	206 = 412	248 = 496	
81 = 162	123 = 246	165 = 330	207 = 414	249 = 498	
82 = 164	124 = 248	166 = 332	208 = 416	250 = 500	
83 = 166	125 = 250	167 = 334	209 = 418	251 = 502	
84 = 168	126 = 252	168 = 336	210 = 420	252 = 504	
85 = 170	127 = 254	169 = 338	211 = 422	253 = 506	
86 = 172	128 = 256	170 = 340	212 = 424	254 = 508	
87 = 174	129 = 258	171 = 342	213 = 426	255 = 510	
88 = 176	130 = 260	172 = 344	214 = 428	256 = 512	
89 = 178	131 = 262	173 = 346	215 = 430	257 = 514	
90 = 180	132 = 264	174 = 348	216 = 432	258 = 516	

**ADD  
2 points for  
each foot over  
275 feet.**

## **"RUN" CONVERSION TABLE**

Time = Point	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points	Time = Points
≥9.50 = 50	8.92 = 108	8.34 = 166	7.76 = 224	7.18 = 282	6.60 = 340	6.02 = 398
9.49 = 51	8.91 = 109	8.33 = 167	7.75 = 225	7.17 = 283	6.59 = 341	6.01 = 399
9.48 = 52	8.90 = 110	8.32 = 168	7.74 = 226	7.16 = 284	6.58 = 342	6.00 = 400
9.47 = 53	8.89 = 111	8.31 = 169	7.73 = 227	7.15 = 285	6.57 = 343	5.99 = 401
9.46 = 54	8.88 = 112	8.30 = 170	7.72 = 228	7.14 = 286	6.56 = 344	5.98 = 402
9.45 = 55	8.87 = 113	8.29 = 171	7.71 = 229	7.13 = 287	6.55 = 345	5.97 = 403
9.44 = 56	8.86 = 114	8.28 = 172	7.70 = 230	7.12 = 288	6.54 = 346	5.96 = 404
9.43 = 57	8.85 = 115	8.27 = 173	7.69 = 231	7.11 = 289	6.53 = 347	5.95 = 405
9.42 = 58	8.84 = 116	8.26 = 174	7.68 = 232	7.10 = 290	6.52 = 348	5.94 = 406
9.41 = 59	8.83 = 117	8.25 = 175	7.67 = 233	7.09 = 291	6.51 = 349	5.93 = 407
9.40 = 60	8.82 = 118	8.24 = 176	7.66 = 234	7.08 = 292	6.50 = 350	5.92 = 408
9.39 = 61	8.81 = 119	8.23 = 177	7.65 = 235	7.07 = 293	6.49 = 351	5.91 = 409
9.38 = 62	8.80 = 120	8.22 = 178	7.64 = 236	7.06 = 294	6.48 = 352	5.90 = 410
9.37 = 63	8.79 = 121	8.21 = 179	7.63 = 237	7.05 = 295	6.47 = 353	5.89 = 411
9.36 = 64	8.78 = 122	8.20 = 180	7.62 = 238	7.04 = 296	6.46 = 354	5.88 = 412
9.35 = 65	8.77 = 123	8.19 = 181	7.61 = 239	7.03 = 297	6.45 = 355	5.87 = 413
9.34 = 66	8.76 = 124	8.18 = 182	7.60 = 240	7.02 = 298	6.44 = 356	5.86 = 414
9.33 = 67	8.75 = 125	8.17 = 183	7.59 = 241	7.01 = 299	6.43 = 357	5.85 = 415
9.32 = 68	8.74 = 126	8.16 = 184	7.58 = 242	7.00 = 300	6.42 = 358	5.84 = 416
9.31 = 69	8.73 = 127	8.15 = 185	7.57 = 243	6.99 = 301	6.41 = 359	5.83 = 417
9.30 = 70	8.72 = 128	8.14 = 186	7.56 = 244	6.98 = 302	6.40 = 360	5.82 = 418
9.29 = 71	8.71 = 129	8.13 = 187	7.55 = 245	6.97 = 303	6.39 = 361	5.81 = 419
9.28 = 72	8.70 = 130	8.12 = 188	7.54 = 246	6.96 = 304	6.38 = 362	5.80 = 420
9.27 = 73	8.69 = 131	8.11 = 189	7.53 = 247	6.95 = 305	6.37 = 363	5.79 = 421
9.26 = 74	8.68 = 132	8.10 = 190	7.52 = 248	6.94 = 306	6.36 = 364	5.78 = 422
9.25 = 75	8.67 = 133	8.09 = 191	7.51 = 249	6.93 = 307	6.35 = 365	5.77 = 423
9.24 = 76	8.66 = 134	8.08 = 192	7.50 = 250	6.92 = 308	6.34 = 366	5.76 = 424
9.23 = 77	8.65 = 135	8.07 = 193	7.49 = 251	6.91 = 309	6.33 = 367	5.75 = 425
9.22 = 78	8.64 = 136	8.06 = 194	7.48 = 252	6.90 = 310	6.32 = 368	5.74 = 426
9.21 = 79	8.63 = 137	8.05 = 195	7.47 = 253	6.89 = 311	6.31 = 369	5.73 = 427
9.20 = 80	8.62 = 138	8.04 = 196	7.46 = 254	6.88 = 312	6.30 = 370	5.72 = 428
9.19 = 81	8.61 = 139	8.03 = 197	7.45 = 255	6.87 = 313	6.29 = 371	5.71 = 429
9.18 = 82	8.60 = 140	8.02 = 198	7.44 = 256	6.86 = 314	6.28 = 372	5.70 = 430
9.17 = 83	8.59 = 141	8.01 = 199	7.43 = 257	6.85 = 315	6.27 = 373	5.69 = 431
9.16 = 84	8.58 = 142	8.00 = 200	7.42 = 258	6.84 = 316	6.26 = 374	5.68 = 432
9.15 = 85	8.57 = 143	7.99 = 201	7.41 = 259	6.83 = 317	6.25 = 375	5.67 = 433
9.14 = 86	8.56 = 144	7.98 = 202	7.40 = 260	6.82 = 318	6.24 = 376	5.66 = 434
9.13 = 87	8.55 = 145	7.97 = 203	7.39 = 261	6.81 = 319	6.23 = 377	5.65 = 435
9.12 = 88	8.54 = 146	7.96 = 204	7.38 = 262	6.80 = 320	6.22 = 378	5.64 = 436
9.11 = 89	8.53 = 147	7.95 = 205	7.37 = 263	6.79 = 321	6.21 = 379	5.63 = 437
9.10 = 90	8.52 = 148	7.94 = 206	7.36 = 264	6.78 = 322	6.20 = 380	5.62 = 438
9.09 = 91	8.51 = 149	7.93 = 207	7.35 = 265	6.77 = 323	6.19 = 381	5.61 = 439
9.08 = 92	8.50 = 150	7.92 = 208	7.34 = 266	6.76 = 324	6.18 = 382	5.60 = 440
9.07 = 93	8.49 = 151	7.91 = 209	7.33 = 267	6.75 = 325	6.17 = 383	5.59 = 441
9.06 = 94	8.48 = 152	7.90 = 210	7.32 = 268	6.74 = 326	6.16 = 384	5.58 = 442
9.05 = 95	8.47 = 153	7.89 = 211	7.31 = 269	6.73 = 327	6.15 = 385	5.57 = 443
9.04 = 96	8.46 = 154	7.88 = 212	7.30 = 270	6.72 = 328	6.14 = 386	5.56 = 444
9.03 = 97	8.45 = 155	7.87 = 213	7.29 = 271	6.71 = 329	6.13 = 387	5.55 = 445
9.02 = 98	8.44 = 156	7.86 = 214	7.28 = 272	6.70 = 330	6.12 = 388	5.54 = 446
9.01 = 99	8.43 = 157	7.85 = 215	7.27 = 273	6.69 = 331	6.11 = 389	5.53 = 447
9.00 = 100	8.42 = 158	7.84 = 216	7.26 = 274	6.68 = 332	6.10 = 390	5.52 = 448
8.99 = 101	8.41 = 159	7.83 = 217	7.25 = 275	6.67 = 333	6.09 = 391	5.51 = 449
8.98 = 102	8.40 = 160	7.82 = 218	7.24 = 276	6.66 = 334	6.08 = 392	5.50 = 450
8.97 = 103	8.39 = 161	7.81 = 219	7.23 = 277	6.65 = 335	6.07 = 393	
8.96 = 104	8.38 = 162	7.80 = 220	7.22 = 278	6.64 = 336	6.06 = 394	
8.95 = 105	8.37 = 163	7.79 = 221	7.21 = 279	6.63 = 337	6.05 = 395	
8.94 = 106	8.36 = 164	7.78 = 222	7.20 = 280	6.62 = 338	6.04 = 396	
8.93 = 107	8.35 = 165	7.77 = 223	7.19 = 281	6.61 = 339	6.03 = 397	

**Add 1 point for each hundredth of a second under 5.50**



