

Skills Competition Rules:

Thank you for participating in the USSSA Great Lakes/Midwest National Championships. The below information will detail the events of each skills competition, the rules and the participants. All Skills Competitions will be held on July 14th at the O'Fallon Family Sports Park. There are ample opportunities in this skills competition, and we hope that you take full advantage of this and get as many players involved in this event as possible.

This event will be administered in stations at the park to help organize the activities as much as possible. Please get through these as quickly as you can.



BASE RUNNING RELAY (O'Fallon, Red Quad Field 5 - Infield)

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. The top 2 teams per age group in this relay will win awards.

THROWING – STAR DRILL (O'Fallon, Red Quad Field 8 - Infield)

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, 1B throws to 3B, 3B throws to 2B, and 2B throws to the Catcher. Each team will get two timed opportunities; the best time will be used for ranking. The top 2 teams per age group will win awards.

CATCHER'S COMPETITION (O'Fallon, Red Quad Field 6 – Deep Infield)

The catcher will place all of their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, glove and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher's gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

PITCHING VELOCITY COMPETITION (O'Fallon, Red Quad Field 6 - Infield)

Each participant will get one warm-up pitch followed by 3 “clocked” pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

DIZZY BAT RACE (O'Fallon, Red Quad Field 5 - Outfield)

All team participants may participate in this competition, and ONE COACH is required for this event. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant's forehead touches a bat. The top two teams in each division, with the shortest time, will win an award.

Skills Competition

USSSA National Championships



Team Name: _____

Manager Name: _____

Age Division: _____ Class _____

Base Running Relay

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. Teams can enter as many teams as they want, but players can only participate on one team. Example: Suzy can be on Team 1, but she cannot participate on Team 2, 3 or 4. The top 2 teams per age group in this relay will win awards.

Location

O'Fallon, Red Quad Field 5 - Infield

Team Members

Competition Time: _____

Please bring this form with all the information completed (leave competition results blank) to the Support Staff at each contest station.

Skills Competition

USSSA National Championships



Team Name: _____

Manager Name: _____

Age Division: _____ Class _____

Star Drill

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, 1B throws to 3B, 3B throws to 2B, and 2B throws to the Catcher. Each team will get two timed opportunities; the best time will be used for ranking. Teams can enter as many teams as they want, but players can only participate on one team. Example: Suzy can be on Team 1, but she cannot participate on Team 2, 3 or 4. The top 2 teams per age group will win awards.

Location

O'Fallon, Red Quad Field 8 - Infield

Team Members

Player 1:
Player 2:
Player 3:
Player 4:
Player 5:

Competition Time # 1: _____

Competition Time # 2: _____

Please bring this form with all the information completed (leave competition results blank) to the Support Staff at each contest station.

Skills Competition

USSSA National Championships



Team Name: _____

Manager Name: _____

Age Division: _____ Class _____

Catcher's Competition

The catcher will place all their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, glove and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher's gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

Location

O'Fallon, Red Quad Field 6 – Deep Infield

Player Name

Competition Time: _____

Please bring this form with all the information completed (leave competition results blank) to the Support Staff at each contest station.

Skills Competition

USSSA National Championships

Team Name: _____

Manager Name: _____

Age Division: _____ Class _____



Pitching Velocity Competition

Each participant will get one warm-up pitch followed by 3 “clocked” pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

Location

O’Fallon, Red Quad Field 6 - Infield

Player Name: _____

1.	2.	3.
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Player Name: _____

1.	2.	3.
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Please bring this form with all the information completed (leave competition results blank) to the Support Staff at each contest station.

Skills Competition

USSSA National Championships



Team Name: _____

Manager Name: _____

Age Division: _____ Class _____

Dizzy Bat Relay

This will be a 4-person race. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant’s forehead touches a bat. One team member must be a Coach. Teams can enter as many teams as they want, but players can only participate on one team. Example: Suzy can be on Team 1, but she cannot participate on Team 2, 3 or 4. A Coach must participate on every team, but the same rules apply. If you run out of coaches, a parent can participate. The top two teams in each division, with the shortest time, will win an award.

Location

O’Fallon, Red Quad Field 5 – Outfield

Team Members

Coach 1:
Player 1:
Player 2:
Player 3:

Competition Time: _____

Please bring this form with all the information completed (leave competition results blank) to the Support Staff at each contest station.