



SOFTBALL THROW RULES

1. The softball throwing competition will be conducted using a #11 softball.
2. Each participant will be allowed three throws; throws are taken consecutively.
3. Only the participant's farthest throw will count in the competition. Throws should be measured to the nearest 1/8 inch.
4. Participants are allowed at least one or two practice throws prior to the start of competition.
5. No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.
6. The softball throw may be made from either a standing position or on the run.
7. Stepping on or over the scratch line constitutes a foul.

A participant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul).

8. The throw must be made from inside the five-foot throw marks indicated on the scratch line. The ball must land inside the fifty-foot wide parallel sidelines. The line is out of bounds.
9. Each legal throw will be measured for distance from a point at the center of the five foot throw marks located on the scratch line to the spot where the ball lands nearest the scratch line and between two parallel sidelines.
10. In the case of a tie, the tie will be broken by the next best throw to determine the winner.

PLEASE NOTE: Running events take precedence over field events. Any participant called to a running event must first check-in with the official at the current field event. Then, at the completion of the participant's running event, the participant will be allowed to reenter the field event without penalty (i.e. allowed to re-enter at the same height, throw, attempt, etc. where the participant left).