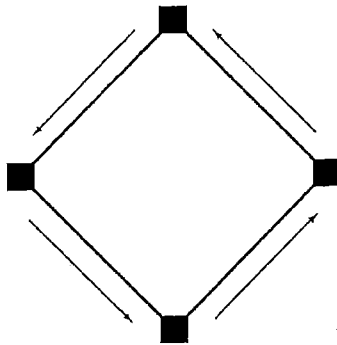


SOFTBALL TEAM SKILLS ASSESSMENT TEST

8. Team Skills Assessment Test

Individual scores from each of the following skills assessment tests are submitted to the Competition Organizing Committee by all teams entering Special Olympics softball competition. These tests are designated to help the Competition Committee gain a preliminary idea as to the ability level of the teams entered in the tournament. This allows the Committee to place teams in preliminary divisions for on-site evaluation. When there is a large number of teams entered in a competition and little time to carry on-site evaluations, these tests can be critical to the success of the tournament. These tests are to be used as an enhancement to, not a replacement for, on-site observation and evaluation.

a. Softball Team Skills Assessment Test (SAT) Test Number One—Base running



SET-UP

- Standard softball field.
- Three bases, home plate, stopwatch.

TEST

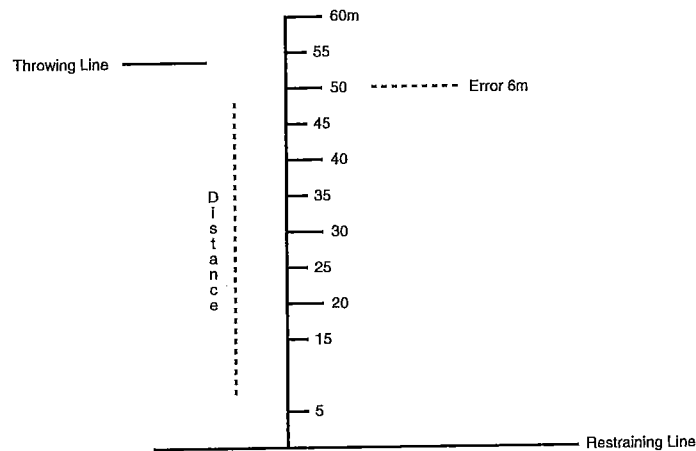
- Bases are set up like a baseball diamond and positioned 19.81 meters (65 feet) apart.
- The athlete is instructed to start at home plate and run around the bases as fast as possible, touching each base en route.

SCORING

- The time starts when the athlete leaves home plate.
- The time stops when the athlete touches home plate after circling the bases.
- The time elapsed in seconds is subtracted from 60 to determine the point score.
- A penalty of five seconds for each base missed or touched in improper order shall be assessed.
- The best score of two trials is recorded.
- Athletes should not be asked to take the two trials consecutively.

**SOFTBALL**

b. Softball Team Skills Assessment Test (SAT)
Test Number Two—Throwing

**SET-UP**

An outfield or a smooth grass field that can be marked off in meters (feet).
Two measuring tapes, softballs, two small cones or marking stakes.

TEST

The player being tested stands behind the restraining line, back far enough to take one or more steps in preparation for throwing. The player has two trials to throw the softball as far and as straight as possible down the throwing line, without stepping over the restraining line. Coaches, assistants or other waiting players should be positioned in the field to indicate, using a cone or marking stake, the spot where each ball first touches the ground. The better of the two throws is measured and recorded as the player's score. If a player steps on or over the restraining line before releasing the ball, the trial must be repeated. There will be a maximum of two repeats.

SCORING

The net throwing score equals the throwing distance, measured at a point on the throwing line straight across from (perpendicular to) the spot where the ball landed, minus the error distance—the number of meters the ball landed off target, away from the throwing line. The player's score is the better of two throws. Both error scores and distance scores are measured to the nearest meter.

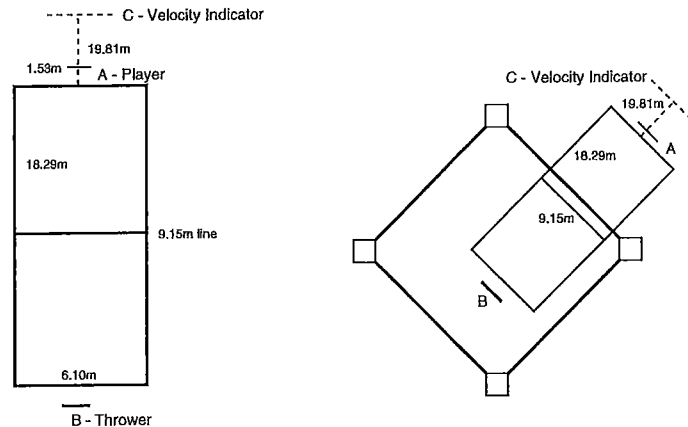
Scoring Example:

If a ball lands even with (perpendicular to) the 50-meter point on the measuring tape, but is 6 meters off to one side, the player's score is 44 points (Distance thrown [50 meters] minus number of meters off target [6 meters] results in a net score of 44 meters). Athletes score one point per meter; for example, 44 meters equals 44 points. If the score falls between meters, score should be rounded down; for example, 44.73 equals 44 points.



SOFTBALL

c. Softball Team Skills Assessment Test (SAT) Test Number Three—Fielding



SET-UP

Standard infield or a smooth field with short grass on which chalk markings or cones can be placed.
Softballs, fielding gloves, measuring tape.

TEST

The player being tested stands in a ready position (A) behind a 1.53-meter (5-foot) restraining line.
A thrower stands behind the throwing line and throws two practice and six test balls to each player.

Each throw must strike the ground before the 9.15-meter (30-foot) line and must stay within the sideline boundaries of the marked area. The throw should be made sidearm, with sufficient velocity to carry an untouched ball to line C – the velocity indicator distance beyond the end line. The prescribed distance beyond the end line is marked by a cone or similar object. Of the six test trials, two balls should be thrown directly to the player, two to the right and two to the left side of the player. The player attempts to field each ball cleanly (i.e., with no noticeable bobbling or temporary loss of control) and toss it back to the thrower. On each trial, the player starts behind the 1.53-meter (5-foot) restraining line, but must move forward of the 18.29-meter (60-foot) line toward the approaching ground ball in order to obtain maximum points. Any throw not made as specified should be repeated. (Note: It is important to periodically check the velocity of the throw by occasionally instructing the player to let a ball go by untouched. Throws should reach the velocity marker).

SCORING

Each ball cleanly fielded in front of the 18.29-meter (60-foot) end line counts five points.

A ball which is bobbled, but stopped from going past the player, counts four points.

Balls fielded behind the 18.29-meter (60-foot) line receive three points for cleanly fielded balls and two points for bobbled balls.

Balls are considered to have been fielded in front of the 18.29-meter (60-foot) end line when at least the player's glove and ball are clearly in front of the line.

Any ball which is missed entirely, or touched but gets past the player, scores no points.

The score is the sum of all six trials.

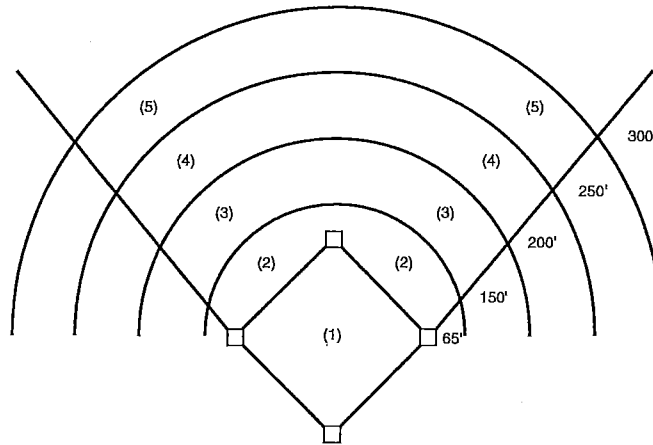
It is recommended that the scorer stand just outside the marked area, even with the 18.29-meter (60-foot) end line.

Maximum score is 30 points.

**SOFTBALL**

d. Softball Team Skills Assessment Test (SAT)

Test Number Four—Batting

**SET-UP**

Standard softball field, 12 marking cones, softballs, bats, measuring tape.

TEST

The batter assumes a normal batting stance at the plate.

From the pitcher's mound, a coach will throw five hittable pitches that the batter attempts to hit as hard and far as possible.

These pitches should be within a regulation arc (6-12 feet).

Only five swings are allowed to each batter.

SCORING

The distance of the longest hit shall determine the athlete's final score. The distance of a hit is measured from home plate to the point where the ball first touches the ground. The distance is measured to the nearest meter; for example, one meter equals one point; 46 meters equals 46 points. If score falls between meters, scores should be rounded down; for example, 46.73 equals 46 points.