



Coach Pitch Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 6

For the skills competitions, team 1 will complete their qualifying rounds while team 2 shags and helps out.

Each team has a mix of 6U, 7U, and 8U players, and will identify their top two scorers in each age group in each competition.

Note for 8U, each team has one participant in the Home Run Derby. Those players will simply be placed directly in the finals.

All three 8U players will be automatically placed in the Road Runner finals as well.

Home Run Derby

Qualifying

- Coaches will pitch to their own team members
- Every Participant gets 10 swings in qualifying.
- The 2 high scorers for each age group on each team will advance to the age group finals
 - Ideally each team would have 2 6U finalists and 2 7U finalists
- If multiple players on a team tie for the high score, all will advance to the finals.
- If no players in an age group on a team hit home runs in "qualifying", then no one will advance to the finals for that team/age group.

Finals:

- Every Participant gets 10 swings in the finals.
- The high scorer for each age group will be the champion
- If multiple players tie for the high score, they will participate in 2:00 minute timed swing off.
- If no players in an age group hit home runs in the finals, tie breaker will be determined by the player with the highest average exit speed velocity from Friday team workouts



Coach Pitch Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 6

Road Runner

- **Qualifying**
 - Each coach will time his team's sprints
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The 2 players with the best time in each group on each team will advance to finals
 - Ideally each team would have 2 6U finalists and 2 7U finalists
 - If multiple players tie for the best time, all will advance to finals
- **Finals**
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The player with the best time in each group will be the champion
 - If 2 players tie for the best time, they will each get another chance in a tie breaker round
 - If they are still tied in the tie breaker round, winner will be determined by player with best sprint speed from team workouts



8U/9U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 4

For the skills competitions, team 1 will complete their qualifying rounds while team 2 shags and helps out.

Each team has a mix of 8U and 9U players, and will identify their top scorers in each age group in each competition.

Home Run Derby

Qualifying

- Coaches will pitch to their own team members
- Every Participant gets 10 swings in qualifying.
- The 2 high scorers for each age group on each team will advance to the age group finals
 - Ideally each team would have 2 8U finalists and 2 9U finalists
- If multiple players on a team tie for the high score, all will advance to the finals.
- If no players in an age group on a team hit home runs in "qualifying", then no one will advance to the finals for that team/age group.

Finals:

- Every Participant gets 10 swings in the finals.
- The high scorer for each age group will be the champion
- If multiple players tie for the high score, they will participate in 2:00 minute timed swing off.
- If no players in an age group hit home runs in the finals, tie breaker will be determined by the player with the highest average exit speed velocity from Friday team workouts



8U/9U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 4

Road Runner

- **Qualifying**
 - Each coach will time his team's sprints
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The 2 players with the best time in each group on each team will advance to finals
 - Ideally each team would have 2 8U finalists and 2 9U finalists
 - If 2 players tie for the best time, both will advance to finals
- **Finals**
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The player with the best time in each group will be the champion
 - If 2 players tie for the best time, they will each get another chance in a tie breaker round
 - If they are still tied in the tie breaker round, winner will be determined by player with best sprint speed from team workouts



10U Skills Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 3

For the skills competitions, team 1 will complete their qualifying rounds while team 2 shags and helps out. Each team will identify their top scorers in each in each competition.

Home Run Derby

Qualifying

- Coaches will pitch to their own team members
- Every Participant gets 10 swings in qualifying.
- The 2 high scorers on each team will advance to the age group finals
 - Ideally each team would have 2 Home Run and 2 Roadrunner finalists
- If multiple players on a team tie for the high score, all will advance to the finals.
- If no players on a team hit home runs in "qualifying", then no one will advance to the finals for that team.

Finals:

- Every Participant gets 10 swings in the finals.
- The high scorer will be the champion
- If multiple players tie for the high score, they will participate in 2:00 minute timed swing off.
- If no players in an age group hit home runs in the finals, tie breaker will be determined by the player with the highest average exit speed velocity from Friday team workouts



10U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 3

Road Runner

- Qualifying
 - Each coach will time his team's sprints
 - Each participant on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The 2 players with the best times on each team will advance to finals
 - Ideally each team would have 2 finalist
 - If more than 2 players tie for the best times, all will advance to finals
- Finals
 - Each participant will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The player with the best time in each group will be the champion
 - If multiple players tie for the best time, they will each get another chance in a tie breaker round
 - If they are still tied in the tie breaker round, winner will be determined by player with best sprint speed from team workouts



11/12U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 2

For the skills competitions, team 1 will complete their qualifying rounds while team 2 shags and helps out.

Each team has a mix of 11U and 12U players, and will identify their top 2 scorers in each age group in each competition.

Home Run Derby

Qualifying

- Coaches will pitch to their own team members
- Every Participant gets 10 swings in qualifying.
- The 2 high scorers for each age group on each team will advance to the age group finals
 - Ideally each team would have 2 11U finalists and 2 12U finalists
- If multiple players on a team tie for the high score, all will advance to the finals.
- If no players in an age group on a team hit home runs in "qualifying", then no one will advance to the finals for that team/age group.

Finals:

- Every Participant gets 10 swings in the finals.
- The high scorer for each age group will be the champion
- If multiple players tie for the high score, they will participate in 2:00 minute timed swing off.
- If no players in an age group hit home runs in the finals, tie breaker will be determined by the player with the highest average exit speed velocity from Friday team workouts



11U/12U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 2

Road Runner

- Qualifying
 - Each coach will time his team's sprints
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The 2 players with the best time in each group on each team will advance to finals
 - Ideally each team would have 2 11U finalists and 2 12U finalists
 - If multiple players tie for the best time, all will advance to finals
- Finals
 - Each participant in each age group on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The player with the best time in each group will be the champion
 - If 2 players tie for the best time, they will each get another chance in a tie breaker round
 - If they are still tied in the tie breaker round, winner will be determined by player with best sprint speed from team workouts



13U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 1

For the skills competitions, team 1 will complete their qualifying rounds while team 2 shags and helps out.

Each team will identify their top scorers in each in each competition.

Home Run Derby

Qualifying

- Coaches will pitch to their own team members
- Every Participant gets 10 swings in qualifying.
- The 2 high scorers on each team will advance to the age group finals
 - Ideally each team would have 2 Home Run and 2 Roadrunner finalists
- If multiple players on a team tie for the high score, all will advance to the finals.
- If no players on a team hit home runs in "qualifying", then no one will advance to the finals for that team.

Finals:

- Every Participant gets 10 swings in the finals.
- The high scorer will be the champion
- If multiple players tie for the high score, they will participate in 2:00 minute timed swing off.
- If no players in an age group hit home runs in the finals, tie breaker will be determined by the player with the highest average exit speed velocity from Friday team workouts



13U Skill Competition Guidelines

All Events and Activities: Rabbit Hill Park, Field 1

Road Runner

- Qualifying
 - Each coach will time his team's sprints
 - Each participant on the team will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The 2 player with the best times on each team will advance to finals
 - Ideally each team would have 2 finalist
 - If more than 2 players tie for the best times, all will advance to finals
- Finals
 - Each participant will be timed running around the bases starting from the right hand batters box. Time starts on their first step
 - The player with the best time in each group will be the champion
 - If multiple players tie for the best time, they will each get another chance in a tie breaker round
 - If they are still tied in the tie breaker round, winner will be determined by player with best sprint speed from team workouts