

HOME RUN DERBY RULES

1. A team consists of 4 people.
2. Co-Rec teams consist of 2 men and 2 women.
3. Individual entries will be accepted.
4. Teams and individuals will choose a time during sign-up.
5. Men will hit a 12" softball. Women will hit an 11" softball. Recreational Services will supply softballs for the competition.
6. Each participant will receive 10 swings. If the ball is hit foul or the batter swings and misses, those will be included in the 10 swings.
7. A player from the batter's team will pitch to the batter. The pitcher must stand at least 40 feet from home plate.
8. Each participant is allowed 2 warm-up hits prior to competing.
9. In men's competition, a ball flying 150 feet will receive 2 points, a ball flying 200 feet will receive 4 points, 250 feet will receive 6 points, and 300 feet will receive 8 points.

In women's competition, a ball flying 100 feet will receive 2 points, a ball flying 150 feet will receive 4 points, a ball flying 200 feet will receive 6 points, and 250 feet will receive 8 points.

10. Only the distance the ball traveled in the air will be counted. A ground ball and foul balls will receive *no* points.
11. An individual's total score includes all points accumulated in the 10 swings. A team's total score includes all points accumulated by the 4 individuals.