

**Softball Throw**  
General Guidelines

1. The ball throwing competition will be conducted using a softball with a minimum circumference of 30.14 centimeters (11 7/8 inches), and a maximum circumference of 30.78 centimeters (12 1/8 inches). The minimum weight of the softball must be 17 decagrams (six ounces) and its maximum weight must be 19.13 decagrams (6.75 ounces).
2. The throw may be from either a standing position or on the run.
3. No glove, tape or other foreign substance may be applied to the throwing hand unless it is required for medical reasons.
4. Stepping on or over the scratch line constitutes a foul. A contestant must throw within the five-foot throw marks. A contestant is permitted one run-up without releasing the ball. Failure to release the ball on a second run-up shall constitute a trial (foul).
5. Each thrower will be allowed three (3) trials. The longest trial will be considered the winner.
6. In case of a tie, the contestant whose next best performance is better than the second best performance of any other competitor tied for that place shall be declared the winner.
7. Each legal throw will be measured for distance from a point at the center of the five foot throw marks to the spot where the ball lands between two parallel sidelines.
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. The measurement is taken from the center of the five-foot throw marks located on the scratch line to the point touched by the ball, which is nearest the scratch line.
- 9. All measurements shall be done in meters.**