



**Registration link:**

<http://pitchhitrun.leagueapps.com/events/980519-ridgefield-little-league>

**INFORMATION:**

Major League Baseball Pitch Hit & Run (PHR) is a FREE, 1-day event for boys and girls ages 7-14\* that is simple to host. PHR is the official skills competition of Major League Baseball.

Participants compete in either the Baseball Division or Softball Division and have the opportunity to advance through four levels of competition including Locals, Sectionals, Team Championships and the National Finals during MLB All-Star Week.

**LEVELS OF COMPETITION**

- Local Competition - early 2019 - Early/Mid May
- All-Around, Pitching, Hitting and Running Champions advance from EACH division age group.
- Sectional Competition - Early/Mid May-Early June, Each Sectional is part of an MLB team's geographic market.
- All-Around Champions in each division age group are ELIGIBLE to advance to their markets Team Championship.
- The top 3 scores in each division age group among the Sectional All-Around Champions within each MLB geographic market will advance to the Team Championships.\*\*\*
- MLB Team Championship - Late May – June - Held in all 30 Major League Ballparks.
- Participants must place first in their age group to be ELIGIBLE to advance. The top 3 scores in each division age group out of all 30 MLB Team Championships will advance to the National Finals.\*\*\*
- National Finals - MLB All-Star Week
- National Finalists will receive an all-expense paid trip to MLB All-Star Week. Finalists will participate in an array of festivities upon arrival, including competing on-field prior to shagging fly balls during the Home Run Derby!
- PRIZES/AWARDS: At each level of competition competitors will receive an item for their participation. Prizes at different levels of competition include certificates, medals, trophies and other awards. National Finalists receive a trip to MLB All-Star Week.

\* Competitors compete in four age groups: 7/8, 9/10, 11/12, 13/14. Age is determined as of July 17, 2019.

\*\* Weather permitting, specific dates within your market will be available upon determination of each Team Championship date.

\*\*\* Advancement notified by PHR Headquarters. All-Around Champions at the Sectional and Team Championship do NOT automatically advance.



## **The Pitch - Objective**

The PITCH portion of the program will test how accurately a competitor can throw strikes to a designated "Strike Zone" target from a designated distance (35 feet for the softball division and 45 feet for the baseball division). Any method of underhand/overhand pitching or throwing is accepted. An attempt hitting ANY portion of the target will be deemed a strike.

### **Procedure**

- Each competitor receives six (6) attempts to hit the designated "Strike Zone".
- Competitors in the baseball division pitch/throw from 45 feet away and the softball division competitors from 35 feet away.
- Participants in the 7/8 and 9/10 softball division should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 softball division should compete with a 12-inch softball.
- All participants in the baseball division compete with a standard baseball.
- The "Strike Zone" target (17" x 30" banner) reflects a standard MLB strike zone.
- The competitor must start from the pitching rubber or chalk line and deliver each ball to the "Strike Zone" target. Treat the rubber/chalk line just as you would a pitching rubber in a real game.
- Each attempt hitting ANY portion of the "Strike Zone" target is worth 75 points.

## **The Hit - Objective**

The HIT portion of the program will test a competitor's ability to hit from a stationary batting tee, along a tape measure from home plate, toward straight-away centerfield. Hits will be measured for distance and accuracy.

### **Procedure**

- Each competitor will be allowed three (3) swings in an attempt to hit the ball.
- Only the best of the three (3) attempts, as determined by the administrator, will count toward a competitor's score.
- A swing and a miss counts as one attempt (one swing = one attempt).
- A running or walking start is not permitted. Participant may take a single stride step, but cannot take multiple steps in attempt to hit the ball from a walking or running start.
- Participants in the 7/8 and 9/10 softball division should compete with an 11-inch softball, whereas those in the 11/12 and 13/14 softball division should compete with a 12-inch softball.
- All participants in the baseball division compete with a standard baseball.

## **The Run - Objective**

The RUN portion of the program will measure a competitor's speed in a sprint from the start line, touching third base, and touching home plate. ALL participants will run a total of 120 feet.

### **Procedure**

- The competitor will start at second base or the indicated start line.
- He/she will begin from a standing start, and begin running when the administrator yells GO!
- The runner will be timed from the moment he/she leaves second base, touches an anchored third base, and touches home plate. No sliding is allowed.