

## SPECIAL OLYMPICS ONTARIO SOFTBALL PRE-DIVISIONING QUESTIONNAIRE

TEAM NAME: \_\_\_\_\_  
HEAD COACH: \_\_\_\_\_

1. What is your teams self-assessed division of play? (please circle one)

**A                      B                      High C                      Low C                      High D                      Low D**

2. How many players are on your team? \_\_\_\_\_

3. Based on the rating scale above, please indicate *the number of players that would rank in each ability level*. (total number must add up to the number of players on your roster). Please list their jersey numbers in the lower boxes.

A	B	High C	Low C	High D	Low D
Jersey Numbers					

4. How many years has this team played together? \_\_\_\_\_

5. Please list any PROVINCIAL or NATIONAL games the team has attended:

Provincials or Nationals	Date & Location

6. How many tournaments have you played in this current season? \_\_\_\_\_

7. Please list the teams you played against at those tournaments and the results of each game:

Tournament & Date	Opponent Team	Result

## Individual Skills Assessment

### Softball

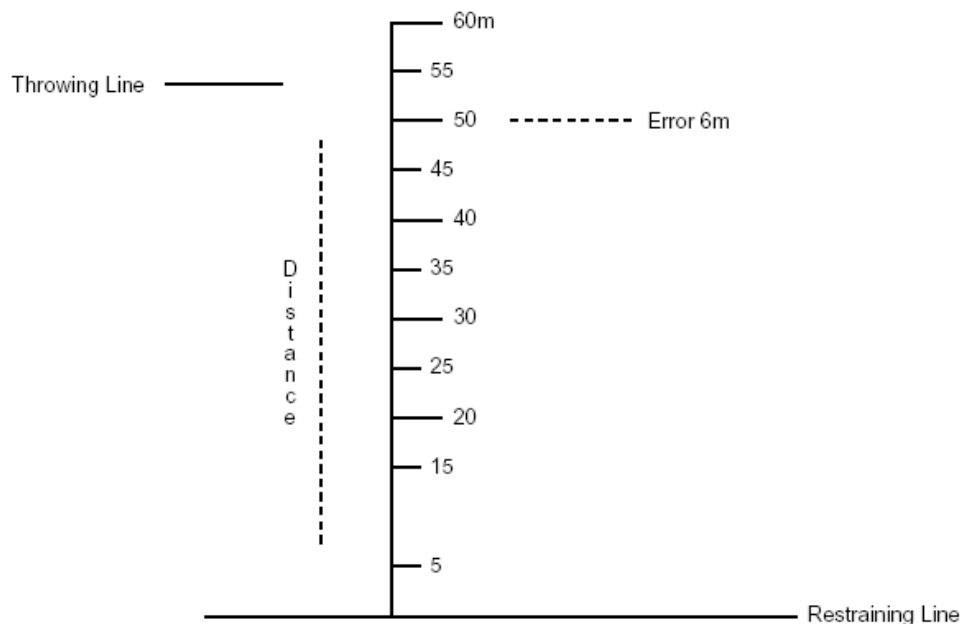
### Throwing

**Purpose:** To measure the athlete's ability in throwing for distance and accuracy.

**Equipment:** Regulation field, 2 measuring tapes, softball, 2 small cones or marking stakes.

**Description:** 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 2 trails 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 marketing 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 line before releasing the ball, the trial must be repeated. There will be maximum of 2 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 the two throws. Both error scores and distance are measured to the nearest meter. IE: if a ball lands even (perpendicular to) the 50 m point on the measuring tape, but is 6m off to one side, the player score of 44 points. (Distance thrown (50) minus number of meter target (6) results in a net score of 44m.) Athletes score 1 point per meter. Ie:44m = 44points. If the score falls between meters, the score should be rounded down. Ie:44.73m = 44 points.



## Individual Skills Assessment Softball

### Fielding

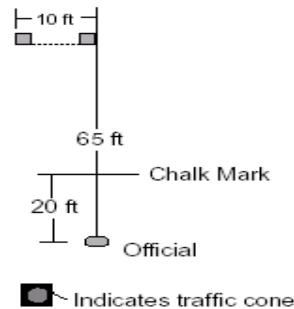
**Purpose:** To measure athlete's fielding ability.

**Equipment:** 30 cm (12") softballs, measuring tape, chalk/line, cones.

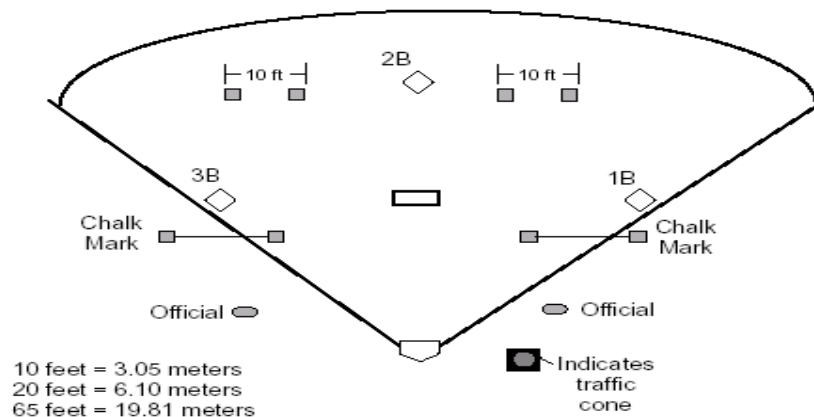
**Description:** The athlete will stand between, and behind the two cones. The official must throw the ball on the ground to the athlete, between the cones. The throw to the athlete must hit the ground before the 6.10m (20") chalk mark. The athlete may move aggressively toward ball. If the thrown ball is outside of the cones, the throw must be repeated. Each athlete gets five fielding attempts per trial. Each athlete receives two trials.

**Scoring:** The athlete receives 5 points for a clearly fielded ball (either caught or trapped against the body but of the ground); 2 points for a ball is blocked; 0 points for a missed attempt, for a maximum score of 50.

FIELDING DIAGRAM 1



FIELDING DIAGRAM 2



## Individual Skills Assessment Softball

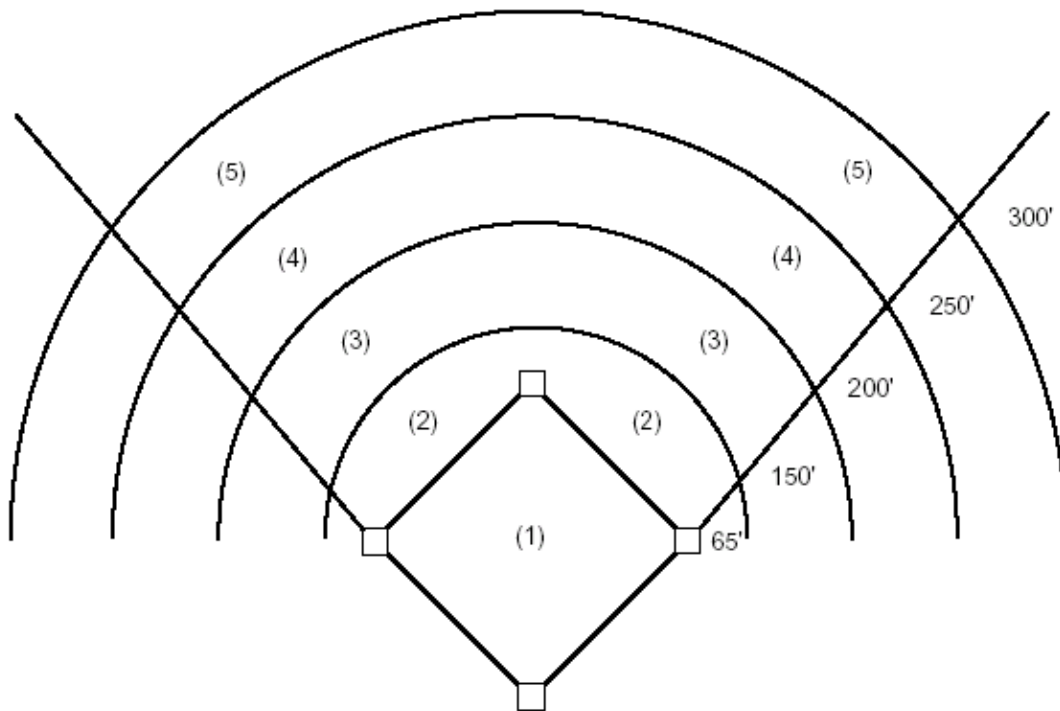
### Batting

**Purpose:** To measure athlete's batting ability.

**Equipment:** Standard softball field, 12 marking cones, softballs, bat, measuring tape, and chalk.

**Description:** The batter assumes a normal batting stance at the plate. From the pitchers mound a coach will throw five (5) hittable pitches that the batter attempts to hit as far as possible. The pitches should be within a (6'-12') regulation arch. Only five (5) 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 the batting tee to the point where the ball first touches the ground. The distance is measured to the nearest meter ie: 1 meter= 1 point, 46 meters = 46 points. If the score falls between meters, scores should be rounded down ie: 46.73m = 46 points.



# Individual Skills Assessment

## Softball

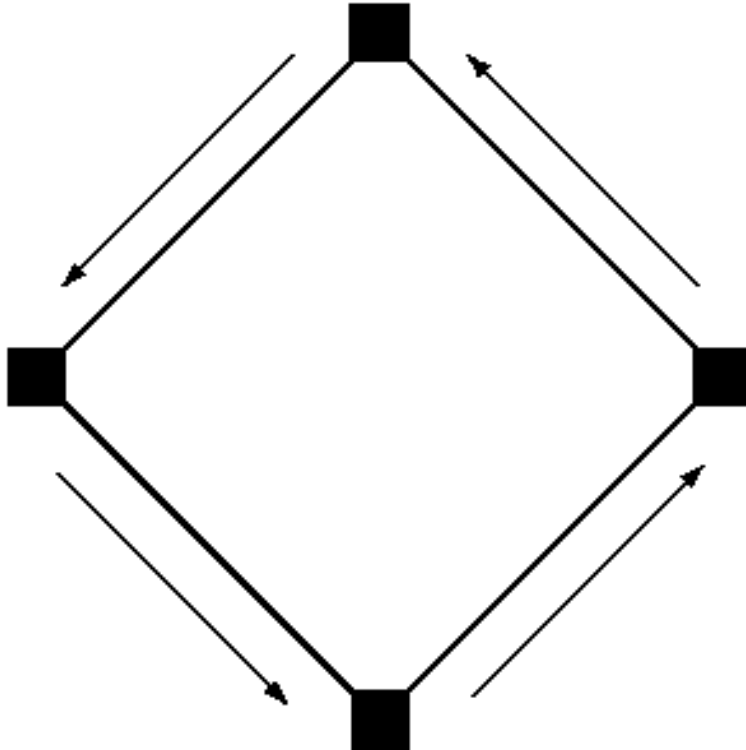
### Base Running

**Purpose:** To measure the athlete's base running ability.

**Equipment:** Three bases, home plate, stopwatch

**Description:** Bases are set up like a baseball diamond and positioned 19.81 meter (65') apart. The athlete is instructed to start on home plate, and run around the bases as fast as possible, touching each base en route.

**Scoring:** 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 5 seconds for each base missed or touched in an improper order shall be assessed. The best score of two trials is recorded.



## Individual Skills Assessment Softball

### Evaluation Page

Team Name: \_\_\_\_\_ Head Coach: \_\_\_\_\_

Name	Jersey #	Base Running	Throwing	Fielding	Batting	Athlete's TOTAL Score
<b>Team Totals</b>						

