

Softball

(Aug 2024 Version)

Skills (60%): Results of each item 15% + Quality of skill of each item 5%						Attendance & Participation	Written Exam.	
Exam	Catch & Throw (Upper Arm) [Men / Women]	Batting (5 Balls) [Men / Women]		Pitching (6 Balls) [Men / Women]				
		No. of balls	Score	No. of balls	Score	20%	20%	
Results	Within 30 seconds, Each successful catch and throw between two students can get: 1 point (From No.1-No. 10 trials) 0.5 point (From No.10 trials afterwards)	4 balls	15 PT	4 balls	15 PT			
		3 balls	12 PT	3 balls	13 PT			
		2 balls	9 PT	2 balls	10 PT			
		1 ball	6 PT	1 ball	7 PT			
Remarks	- Distance: 10M (Men); 7M (Women) - both feet must stand behind the line - ball must be thrown and caught in the air - 3 spare balls for each student	- Self-toss and batted ball should be flied beyond 12M (Men) or 6M (Women) - Batting point should below shoulder		- Throwing distance: 11.5M (Men); 9.5M (Women) - Target dimension: 92 cm x 46 cm -the no. of balls hit the target will be counted				
Quality of Skills	5 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 3 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful							
No. of Trials	1	1		1				