



Pitch
Hit & Run

HANDBOOK

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OVERVIEW

We are excited that you have agreed to host a *Major League Baseball® Pitch, Hit & Run™* (PHR™) event, providing boys and girls in your area an opportunity to showcase their baseball and softball skills and earn a chance to attend and perform during the *MLB® World Series™*!

Pitch, Hit & Run is a free event that creates a safe and fun environment for kids to stay active and learn or continue to play baseball and softball in their local communities.

Participation gives the athletes a chance to compete and earn a spot in a Team Championship or National Finals.

The *Pitch, Hit & Run* property is for boys and girls 7-14 years old and consists of a series of movements that are important in baseball and softball. Athletes will be tested and their measurements will be recorded. Based on their scores, they will advance from a local event to a Team Championship and then to the National Finals.

PROGRAM OUTLINE

COMPLIANCE

Any parent/athlete who does not meet the eligibility requirements for these events will be removed from the event, and/or prohibited from advancing. Athletes must meet our requirements in the following categories:

- Age verification
- Division/sport verification
- Geo-validation
- Digital registration
 - Waiver
 - Code of Conduct

If athletes, parents, coaches or local operators do not comply with the rules and requirements, the athlete will be disqualified, and there may be other consequences impacting the local operator's ability to host events in the future.

RCX Sports will perform sporadic audits and distribute participant surveys to ensure the integrity and quality of all events.

All local operators and parents will be required to agree to a Code of Conduct during registration prior to hosting an event, and local operators will also have to agree to Terms and Conditions in order to participate.

RCX and *MLB*[®] reserve the right to remove any athletes or local operators from competition if they are found in violation of the rules set forth in this document, event Code of Conduct, or are otherwise compromising the integrity of the event.

PARTICIPANT ELIGIBILITY

In the *Pitch, Hit & Run* program, there are both a baseball and softball division. Participants are only permitted to participate in the sport/division in which they have played in their local league/travel play. Participants may compete in only ONE division per competition year. A participant is not able to switch divisions once they have begun a competition. If athletes are found participating in a division in which they do not qualify, they will be removed from all further competitions and disqualified. We reserve the right to ask for verification from athletes at any point throughout the process.

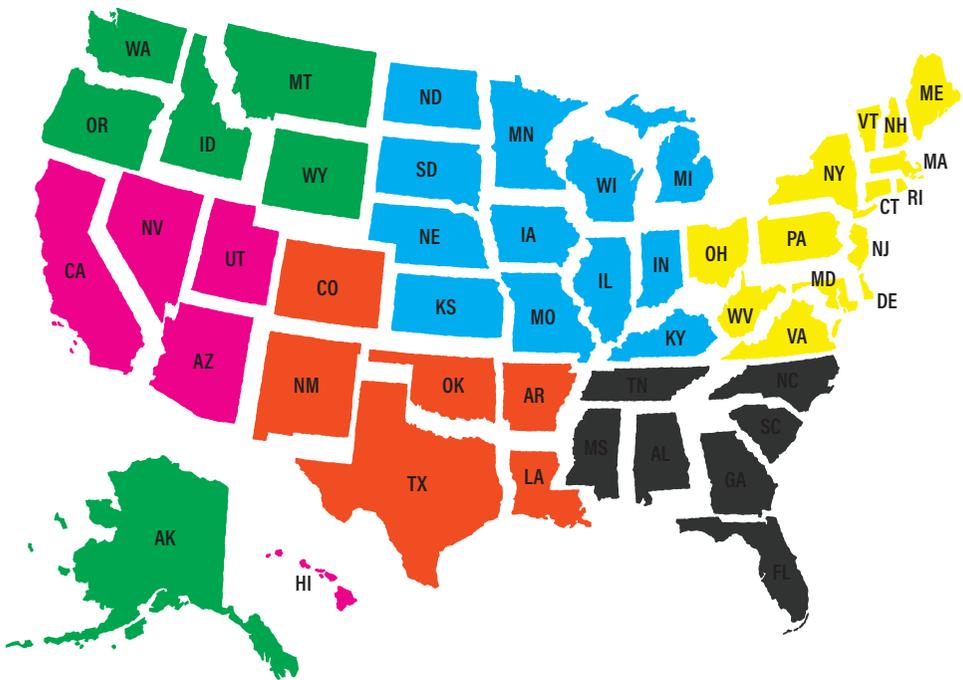
Below are the divisions and age groups for competition

- Baseball Division
 - 7-8 Age Division
 - 9-10 Age Division
 - 11-12 Division
 - 13-14 Division
- Softball Division
 - 7-8 Age Division
 - 9-10 Age Division
 - 11-12 Division
 - 13-14 Division

EVENT REGIONS

Participants are only permitted to choose one (1) Region to participate in. A participant must either live in the same region OR play for a league organization operating in a neighboring region, to be allowed to compete in local events within said region. If an athlete advances to a Team Championship, the Team Championship must be in the same region in which their local event was conducted. If an athlete advances, RCX Sports will tell the athlete which Team Championship in which they will participate.

If an athlete wins his/her division at any level, they are put into the pool of winners within their region. From there, the athletes who advance will be selected per region, based on their performance.



AGE VERIFICATION

At the local level, it is a requirement for all operators to verify the age of the athletes, with the cutoff being November 15, 2022. It is recommended to check birth certificates for all athletes prior to participating.

At the Team Championships, there will be more action taken regarding age verification.

All athletes attending will have to present the following forms of identification prior to participating, whether through our digital platform, or at event check-in:

- Birth Certificate, Passport or State ID
- Report Card, School ID, Online Screenshot of School Account (any school document that shows the athlete's name, grade and date or school year)

EVENT REGISTRATION

- In order to become a host, the following steps need to take place:
 - Register online at <https://www.mlb.com/pitch-hit-and-run/host-a-competition> to become a host
 - Once registered, RCX Sports will vet each host that applies, which may consist of a phone interview, emails, and research
 - Once vetted and approved, you will receive your unique host link to share with your network **NO MORE THAN 48 HOURS** after confirming your participation
 - The whole process to be vetted and sent a link will take no more than 10 days
- All participants at local events must be registered in advance of the competition
- Any winners that are not registered, prior to competition, will not be permitted to advance to the next round
- You will be given a walk-up registration link that you can use the day of your event to ensure all participants have the opportunity to register via an approved *MLB*[®] platform
- We recommend registration for your event should open no less than one month prior to your event
- You will be given access to your list of pre-registered participants so that you can see how many athletes are attending and create check-in/scoring lists

EQUIPMENT/MATERIALS

Below are the materials that you will receive as part of the program:

- Strike Zone Target
- Scorecards

In addition to those items listed above, you will need the following:

- Baseballs/Softballs
 - Baseball Divisions - Six (6) baseballs
 - 7 /8 & 9/10 Softball Divisions - Six (6) 11- inch softballs
 - 11/12 & 13/14 Softball Divisions - Six (6) 12-inch softballs
- One (1) digital stopwatch
- Flags/markers for marking hit distances
- Zip ties
- Batting Tee
- Pitching rubber/paint/chalk

SAFETY PRECAUTIONS

Below are some safety precautions to consider when running the event. If you have any questions or need suggestions with regard to safety precautions, please contact pitchhitrun@mlb.com.

- Spectators/parents must remain off the field or in designated viewing areas at all times
- There should be an athletic trainer and/or EMT coverage at the event
- Know the closest hospital to the facility in the event an injury occurs
- All athletes must have registered digitally and signed an event waiver
- Warm ups are required for all participants to prevent injury as much as possible
- All athletes not participating must wait in the dugout or be in a designated waiting/warm up area while they wait for their turn to participate
- While hitting, all the participants wear safety helmets and are out of the way of any swinging bats or hit balls
- Athletes must compete one-at-a-time in each event, unless there are multiple stations set up by the event director

Prior to hosting the event, please review your state and local regulations on recreational gatherings, as well as the health and safety recommendations found at:

<https://www.mlb.com/pitch-hit-and-run/return-to-play>

LOCAL EVENTS: APRIL - AUGUST

Local events can begin in April and will run all the way through the end of July. All local events must be completed by August 1, 2022. This will ensure that there is enough time for winners from the local events to plan their trip to the Team Championships.

You are welcome to host events after August 1, 2022, but any winners would go into a qualifying pool for Team Championships that take place in 2023. Therefore the rules and age cut off dates would revert to the 2023 guidelines. (e.g. age cutoff for events held after 8/1/2022 would be November 15, 2023).

TEAM CHAMPIONSHIPS: AUGUST - OCTOBER

The top performers from each region will be selected to attend the Team Championship in their region. These events will be hosted by MLB® teams, or affiliates across the country.

NATIONAL FINALS: TBD - *MLB WORLD SERIES*

The athletes with the highest scores in the Team Championships in their region will have a chance to qualify for the National Finals. The National Finals is an all-expenses paid trip for the winner and one guardian to compete during the MLB® World Series™.

AUTOMATIC QUALIFIERS

Currently, the program consists of the local events, and winners go into a pool of all athletes from their region before qualifying for a Team Championship.

However, there are some instances where events are considered automatic qualifiers, and the winners automatically advance to the Team Championships and do not have to be placed into the pool of overall winners prior to advancing.

Automatic Qualifiers:

- Any *Minor League™* Club or *Major League™* Club who runs the *Pitch, Hit & Run* property
- Any local operator who runs an event with 175 or more pre-registered participants
- Participants must be pre-registered via registration link prior to the day of the event
- The 175 is inclusive of all age divisions and sports
- *Pitch, Hit & Run™* held during *MLB® All-Star Week™* in Greater Los Angeles, July 2022
- Other events to be determined by RCX Sports/MLB®

ADVANCEMENT

Athletes who participate in *Pitch, Hit & Run* are given a score in each of those three categories, as well as an overall score that factors in all of those measurements.

That overall score is what will be used to determine an athlete's performance and eligibility to advance to the next round. If an athlete does not compete in one of the three tests, they are not eligible to advance.

For the local events:

- Athletes' scores will go into a pool with all of the other competitors in their region
- Once all local events are completed, the top overall performers will be selected to advance to the Team Championships located in that region
- Winners of Automatic Qualifiers will bypass the local winner pool and will advance to the Team Championships located in that region

For the Team Championships:

- There will be 2-3 Team Championships in each region
- The winners from each of the Team Championships will be put into a pool with the other Team Championship winners from that same region
- Winners will be selected based on performance within the region, and they will advance to the National Finals

REPORTING

No more than one week following the event, it is required that the local host report scores of all attendees.

We recommend you record all scores on the provided spreadsheet with the formulas already in place, and download a copy to send to phr@mlb.com . If you record scores manually, you will have to submit winners to PitchHitRun.com/host

Awards should be given to the overall winner in each age division.

The logo features a stylized silhouette of a baseball player in a batting stance, colored in blue and red. To the right of the silhouette, the word "Pitch" is written in a bold, dark blue sans-serif font. Below "Pitch", the words "Hit & Run" are written in a larger font, with "Hit" in blue, "&" in dark blue, and "Run" in red. A small red circle is positioned at the end of a horizontal line that underlines the "Run" text.

Pitch
Hit & Run

**COMPETITION
RULES**

ACTIVATING THE EVENT

PITCH

OBJECTIVE:

The pitch portion of the competition will test the accuracy of an athlete's throw.

EQUIPMENT:

- Strike zone target (to be provided) reflecting MLB® strike zone (17"x30")
- Zip ties for hanging the target
- Measuring tape
- Cone, chalk, tape, pitching rubber etc. to indicate throwing line
- Five (5) baseballs
- Five (5) 11-inch softballs (7/ 8 and 9/10 divisions)
- Five (5) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event objective to on-deck player
- Judge: One confirms the player has one foot behind the throwing line – one is primary judge on scoring/bullseye
- Scorekeeper: Records each player's strikes and corresponding score

FIELD SET UP:

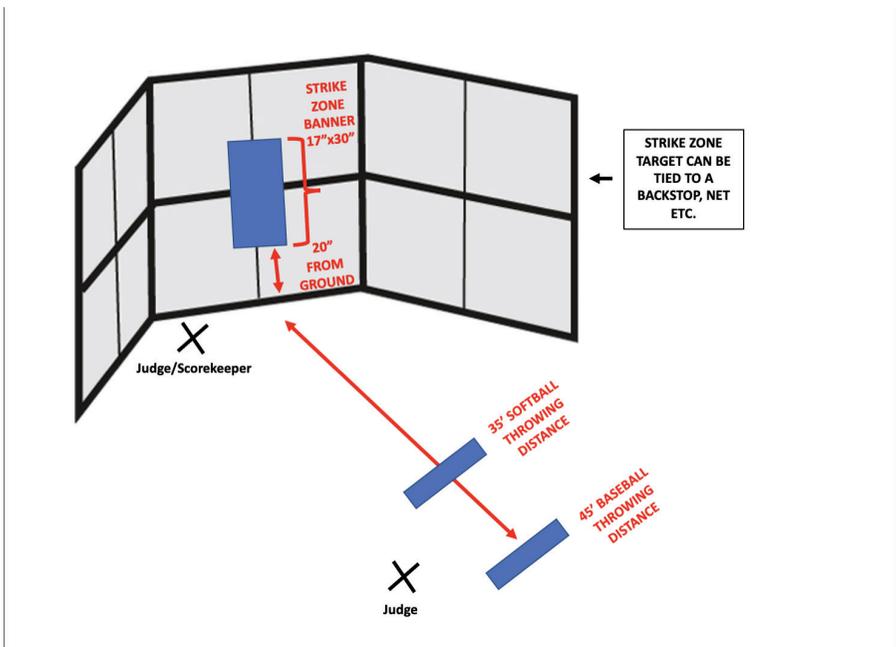
- Competition can be performed on any available surface
- Put a marker (cone, line, etc.) to indicate where players should stand when throwing - the markers should be the distance below depending on sport.
- Baseball - 45 ft.
- Softball - 35 ft.
- The Strike Zone should be tied to a fence, backstop or net 20" from the ground

PROCEDURE:

- Players can throw overhand or underhand towards the target
- Each player gets five (5) attempts to hit the strike zone target
- The player must start from the designated throwing line while throwing towards the target
- Players must start with one foot touching the throwing line
- They may not take steps or run into the throw, but they can follow through and finish with their feet off or in front of the throwing line
- The Judge of the event should stand at the throwing line and has final say on whether the ball hits the Strike Zone target
- The Scorekeeper should also assist with scoring balls or strikes
- If any portion of the target is hit, it counts towards the athlete's total points
- When not throwing, all other athletes should avoid waiting near the target and should wait in dugouts or at least 20 yds. from the target and pitcher on either side

SCORING:

- Each time an athlete hits the target, they are awarded 50 points
- If the athlete hits the bullseye on the target at any point, they get an additional 100 points



HIT

OBJECTIVE:

Hit the ball off of a tee as far and as straight as possible.

EQUIPMENT:

- Adjustable Batting Tee
- Measuring Tape
- Cones, chalk, tape etc. to indicate each hitting zone
- Five (5) baseballs
- Five (5) 11-inch softballs (7/ 8 and 9/10 divisions)
- Five (5) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event to on-deck player
- Batting Coach: Assist batter with adjusting tee and place the balls on the tee
- Judges (2): Confirm each zone and corresponding score - retrieve the balls
- Scorekeeper: Records the batter's score

FIELD SET UP:

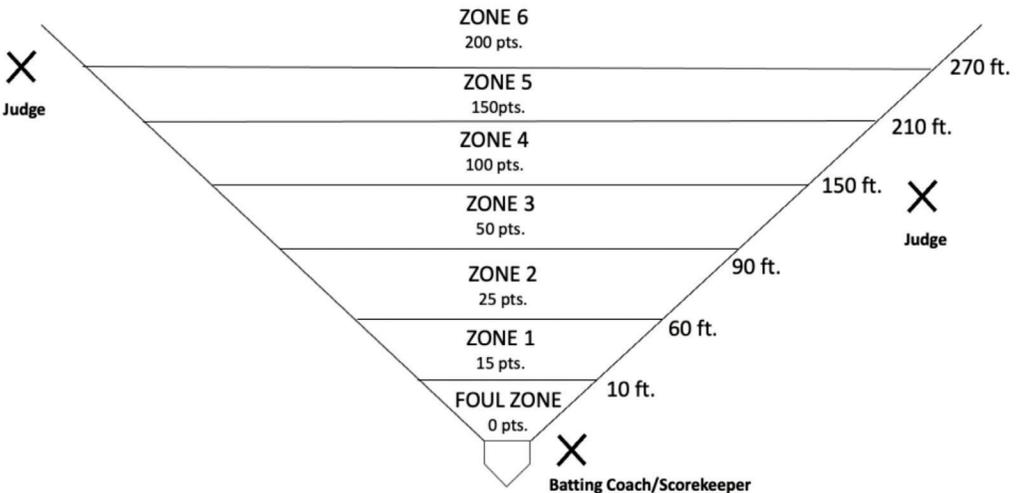
- Batting tee set up at home plate
- Each hitting zone should be measured, and then indicated using cones, chalk, tape etc.
 - To put zones in place on the field, hold a measuring tape at the back of home plate and measure the distance. Move the measuring tape across the field and use cones or markers to mark the distance from foul line to foul line
- Hitting Zones:
 - Foul (0 pts): 0-10 ft
 - Zone 1 (15 pts): 10-60 ft
 - Zone 2 (25 pts): 60-90 ft
 - Zone 3 (50 pts): 90-150 ft
 - Zone 4 (100 pts): 150-210 ft
 - Zone 5 (150 pts): 210-270 ft
 - Zone 6 (200 pts): 270+ ft

PROCEDURE:

- The hitter can adjust the tee to their desired height
- Each hitter gets 5 tries off the tee
- Only balls in fair territory count
- Each ball earns points, depending on the zone in which it lands
- The ball is counted where it stops rolling
- There should be multiple Judges in the field near each zone line, determining any close calls and final zones where balls land and tallying scores
- Any athletes that are not hitting must either be assisting with spotting in the field (as determined by event organizer), in the dugouts, or 20 yds. from the tee on either side

SCORING:

- Every ball that lands in fair territory counts towards an athlete's overall score
- Score is based on where ball lands, not where it stops rolling
- The zones each have different points associated, as indicated below
- At the end of each player's turn, all 5 swings are totaled to give an overall number



RUN

OBJECTIVE:

Measure the speed of an athlete, and how quickly they can run from home to first

EQUIPMENT:

- Measuring Tape
- Cones, chalk, tape, bases etc. to indicate start and finish
- Stop Watch (2)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the event objective to on deck runner
- Line Judge: Timer & confirming the runner is in a proper start stance behind the line.
- Timer: Primary stopwatch operator and starter
- Scorekeeper: Records each runners time and corresponding score

FIELD SET UP:

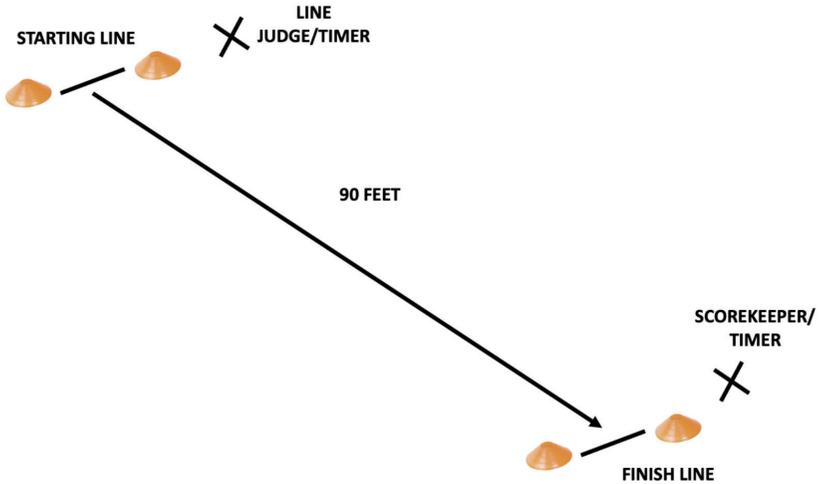
- Competition can be performed on any available surface
- Measure a straight running distance of 90 ft. (this should be a straight line)
- Mark the distance at the start and finish lines, so athletes know where the event starts and ends

PROCEDURE:

- The hitter can adjust the tee to their desired height
- Each hitter gets 5 tries off the tee
- Only balls in fair territory count
- Each ball earns points, depending on the zone in which it lands
- The ball is counted where it stops rolling
- There should be multiple Judges in the field near each zone line, determining any close calls and final zones where balls land and tallying scores
- Any athletes that are not hitting must either be assisting with spotting in the field (as determined by event organizer), in the dugouts, or 20 yds. from the tee on either side

SCORING:

- The fastest of an athlete's two attempts is what will be used for scoring
- Using the Run Conversion Chart, the Scorekeeper will find the player's fastest time and record the corresponding point value.



RUN CONVERSION CHART:

< 3.9sec add 5pts for each tenth of a second under 4.0

Time	Points								
4.0	600	5.0	500	6.0	400	7.0	300	8.0	200
4.1	590	5.1	490	6.1	390	7.1	290	8.1	190
4.2	580	5.2	480	6.2	380	7.2	280	8.2	180
4.3	570	5.3	470	6.3	370	7.3	270	8.3	170
4.4	560	5.4	460	6.4	360	7.4	260	8.4	160
4.5	550	5.5	450	6.5	350	7.5	250	8.5	150
4.6	540	5.6	440	6.6	340	7.6	240	8.6	140
4.7	530	5.7	430	6.7	330	7.7	230	8.7	130
4.8	520	5.8	420	6.8	320	7.8	220	8.8	120
4.9	510	5.9	410	6.9	310	7.9	210	8.9	110

≥ 9.0sec equals 100 pts

DIVISION CHAMPION SCORING & WINNERS

PROCEDURE:

- At the conclusion of the event, announce winners and present them with their awards, whether on-site immediately following the competition, or post-event once all scores are tallied
 - We also recommend announcing your winners digitally via website/email/social media channels
- Within 24 hours of your event, you are required to submit results on the PHR website: www.mlb.com/pitch-hit-and-run
 - Direct link to results submission:
www.mlb.com/pitch-hit-and-run/submit-results
- After the completion of all *Pitch, Hit & Run* competitions, the individual with the highest grossing score in each age division will be crowned the Local Event winner for that age group
 - Local Event winners and participants are pooled together with individuals from their region to determine who moves on to a Team Championship, based on their cumulative score
 - Please reference subsection V. in the outline for the Automatic qualifiers process
- RCX Sports will reach out in the event any of your winners qualify to advance to the Team Championships
- Let us know if you had any outstanding performers, or interesting stories at your events!
We want to hear from you! (PHR@mlb.com)

DIVISION CHAMPION TIEBREAKERS

OPTION ONE:

Format will be used at Team Championship and Finals. Best to use if/when you have all participants competing at the same time.

EQUIPMENT:

- Strike zone target (to be provided) reflecting MLB® strike zone (17"x30")
- Zip ties for hanging the target
- Measuring tape
- Cone, chalk, tape, pitching rubber etc. to indicate throwing line
- Three (3) baseballs
- Three (3) 11-inch softballs (7/ 8 and 9/10 divisions)
- Three (3) 12-inch softballs (11/12 and 13/14 divisions)

STAFF POSITIONS:

- Facilitator: Manage the athlete line and explain the Event Objective to ondeck player
- Judge: Confirm the player has 1 foot on our behind the throwing line. Primary judge on scoring balls or strikes
- Scorekeeper: Records each player's strikes and corresponding score

FIELD SET UP:

- Competition can be performed on any available surface
- Put a marker (cone, line, etc.) to indicate where players should stand when throwing - the markers should be the distance below depending on sport.
 - Baseball - 45 ft.
 - Softball - 35 ft.
- The Strike Zone should be tied to a fence, backstop or net 20" from the ground

PROCEDURE:

- Players will compete again in the PITCH competition
- The player with the highest score during the initial PITCH competition gets to decide if they want to throw 1st or 2nd. If players had tied PITCH scores the order will be determined by a coin flip.
- Each player gets one (1) attempt to hit the strike zone target
- Players will alternate each throw until a winner is crowned.
- Players can throw overhand or underhand towards the target
- The athlete must start from the designated throwing line while throwing towards the target
- Athletes must start with one foot touching the throwing line
- They may not take steps or run into the throw, but they can follow through and finish with their feet off or in front of the throwing line
- The Judge of the event should stand at the throwing line and has final say on whether the ball hits the Strike Zone target
- The Scorekeeper should also assist with scoring balls or strikes
- If any portion of the target is hit, it counts towards the athlete's total points
- When not throwing, all other athletes should avoid waiting near the target and should wait in dugouts or at least 20 yds. from the target and pitcher on either side

SCORING:

- Each time an athlete hits the target, they are awarded 50 points
- If the athlete hits the bullseye on the target at any point, they get an additional 100 points
- Tiebreaker competition scores will not be added to the winning athlete's total competition score submitted to the *MLB*[®]

OPTION TWO:

This format should be used if you have participants compete at different times of the day.

Look at each competitors' totals in each competition and compare them head to head to determine the winner.

- Look at overall winners in any of the three competitions. The athlete with the most 1st place rankings in the individual competitions, wins the tiebreaker
- If none of the athletes were individual competition winners, look at each individual score to determine who had better scores in each of the competitions. Whoever had the best scores, wins. (Best two out of three wins)
- If a winner still can't be determined, the competitions will be weighted as follows:
 - Pitch
 - Hit
 - Run
 - Example:
 - ATHLETE 1 - Pitch = 400, HIT = 600, Run = 310 - TOTAL = 1310
 - ATHLETE 2 - Pitch = 350, HIT = 600, Run = 360 - TOTAL = 1310
 - These athletes tied in one competition and each had a higher score than the other in the remaining two competitions - so we move head-to-head in each competition:
 - ATHLETE 1 had the higher Pitch score (which is our first determining factor in head-to-head tiebreakers) so they would win the overall competition

The logo features a stylized baseball player silhouette in white and red on the left, followed by the text "Pitch Hit & Run" in a bold, sans-serif font. "Pitch" is in dark blue, "Hit" is in light blue, "&" is in dark blue, and "Run" is in red. The text is set against a white background with a horizontal gradient bar behind it. The entire logo is centered on a background of diagonal brushstrokes in red, white, and blue.

Pitch
Hit & Run