***Thank you for participating in the USSSA National Championships for  11O, 13O  and 14B. This information is in regard to the Skills Competition that will be held on July 9, 2025 at Triumph Park in Waukee. There are ample opportunities in this skills competition, and we hope that you take full advantage of this and get as many players involved in this event as possible.***

***This event will be administered in stations at the park to help organize the activities as much as possible. Please get through these as quickly as you can.***

**BASERUNNING RELAY (Triumph 9 Infield)**

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. The top 2 teams per age group in this relay will win awards.

**THROWING – STAR DRILL (Triumph 10 Infield)**

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, the 1B to the 3B, the 3B to the 2B, and 2B to the Catcher. Each team will get two timed opportunities; best time will be used for ranking. The top 2 teams per age group will win awards.

**CATCHER’S COMPETITION (Triumph 9 Centerfield)**

One catcher from each team will participate in this timed competition. The catcher will place all of their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, helmet and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher’s gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

**PITCHING VELOCITY COMPETITION (Triumph 11 Infield)**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up pitch followed by 3 “clocked” pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

**DIZZY BAT RACE (Triumph 12 - 1st Base Infield)**

All team participants may participate in this competition and ONE COACH is required for this event. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant’s forehead touches a bat. The top two players per division will win awards; the top two coaches will win an award.

**DIZZY BAT RELAY (Triumph 12 - Outfield)**

This will be a 4 person race. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant’s forehead touches a bat. The top two timed teams/Age will win an award. One team member must be a Coach.

**4 LEGGED RACE (Triumph 10 Left field)**

This will be a 3 person race.  You will be bound together as a 4 legged team and have to travel a specific distance.  The fastest time in each age group will win.

**OVERHAND VELOCITY COMPETITION (Triumph 11 – 3rd Base)**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up throw followed by 3 “clocked” throws. Highest speed on an individual throw will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest throw will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

**Exit VELOCITY COMPETITION (Triumph 11 – Batting Cage)**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up swing followed by 3 “clocked” hits. Highest speed on an individual hit will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest throw will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Baserunning Relay**

4 members from each team will participate in this timed relay. Runner #1 will go home to home and after she crosses home plate runner #2 will take off, then so on until runner 4 goes home to home. The top 2 teams per age group in this relay will win awards.

***Location***

**Triumph 9 Infield**

Team Members

|  |
| --- |
|   |
|   |
|   |
|   |

**Competition Time: \_\_\_\_\_\_\_\_\_\_\_\_\_**

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Star Drill**

5 members from each team will participate in this timed throwing drill. Each player will be located near a marked position on the field to resemble their starting position. The ball starts at the catcher. Catcher throws to the Shortstop, the Shortstop throws to 1B, the 1B to the 3B, the 3B to the 2B, and 2B to the Catcher. Each team will get two timed opportunities; best time will be used for ranking. The top 2 teams per age group will win awards.

***Location***

**Triumph 10 Infield**

Team Members

|  |
| --- |
|   |
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|   |
|   |

**Competition Time # 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Competition Time # 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Catcher’s Competition**

One catcher from each team will participate in this timed competition. The catcher will place all of their equipment near the base. Their task is to apply all of their gear (shin guards, chest protector, helmet and mask), sprint to the next base and back to then remove their gear. **Each participant needs to bring their own catcher’s gear.** Once the last piece of gear hits the ground, time will stop. The top 2 finishers in each age group from the competition will receive awards.

***Location***

**Triumph 9 Centerfield**

Player Name

Competition Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Pitching Velocity Competition**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up pitch followed by 3 “clocked” pitches. Highest speed on an individual pitch will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest pitch will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

***Location***

**Triumph 11 Infield**

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
|   |   |   |

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
|   |   |   |

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Dizzy Bat Race**

All team participants may participate in this competition and ONE COACH is required for this event. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant’s forehead touches a bat. The top two players per division will win awards; the top two coaches will win an award.

***Location:* Triumph 12 – 1st Base Infield**

|  |  |
| --- | --- |
| Coach #1:  | Time:  |
| Coach # 2:  | Time:  |

|  |  |
| --- | --- |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |
| Player:  | Time:  |

Please bring this form with all information (leave com‐ petition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Dizzy Bat Relay**

This will be a 4 person race. Team members must spin 8 circles around a “dizzy bat” and run a specified distance. The clock will start as soon as the participant’s forehead touches a bat. The top two timed teams/Age will win an award. One team member must be a Coach.

***Location***

**Triumph 12 – Outfield**

Team Members

|  |
| --- |
| **Coach 1**  |
| **Player 1**  |
| **Player 2**  |
| **Player 3**  |

**Competition Time: \_\_\_\_\_\_\_\_\_\_\_\_\_**

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA National Championships**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**4-Legged Race**

This will be a 3 person race.  You will be bound together as a 4 legged team and have to travel a specific distance.  The fastest time in each age group will win.

***Location:***

**Triumph 10 Left Field**

*Team Members*

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| --- |
|   |
|   |
|   |

**Competition Time: \_\_\_\_\_\_\_\_\_\_\_\_\_**

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA Nationals Championship**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Overhand Velocity Competition**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up throw followed by 3 “clocked” throws. Highest speed on an individual throw will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest throw will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

***Location:***

**Triumph 11 – 3rd Base**

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|   |   |   |

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|   |   |   |

Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.

**Skills Competition**

**USSSA Nationals Championship**

Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Manager Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age Division: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_

**Exit Velocity Competition**

There may be a max of 2 participants from each team in this contest. Each participant will get one warm-up swing followed by 3 “clocked” hits. Highest speed on an individual hit will win the contest. In case of a tie, the 2nd fastest speed will be used to break the tie. If necessary, the third fastest throw will be used if tied after the 2nd fastest pitch. The top 2 individuals per age group will win awards.

***Location:***

**Triumph 11 – Batting Cage**

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
|   |   |   |

Player Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please bring this form with all information (leave competition results blank) to the Skills Competition to hand in at each contest station.