



Winter Hitting League 2016

Week-by-Week Itinerary

Week 1

- Free swings (4)

Week 2

- Get em over (3)
- Free swings (1)

Week 3

- Two strike approach (3)
- Free swings (1)

Week 4

- Hit and Run (3)
- Free swings (1)

Week 5, 6

- Get em over (1)
- Two strike approach (1)
- Hit and Run (1)
- Free swings (1)

Week 7, 8

- Get em over (1)
- Two strike approach (1)
- Hit and Run (1)
- Free swings (1)

Scoring System

Points for Free Swings

- 1 point- Put the ball in play (but don't get on base)
- 2 points- Getting on base (regardless of error, fielders choice)
- 3 points- Single
- 4 points- Extra base hit

Points for Fundamentals

- 1 point- Get a hit but don't accomplish fundamental
- 2 point- Accomplish the fundamental (regardless of getting a hit)
- 3 points- Accomplish fundamental and get a hit out of it
- 4 points- Accomplish fundamental and get an EXTRA base hit

Situations

Free swings- There is no specific objective for each at-bat. Players are to try and get a single or extra base hit. No runners start on base.

Get em over- There is only 1 runner on 2b at all times. The objective of the hitter is to get the base runner to 3b by hitting the ball to the right side, preferably on the ground. Subtract 1 point for base runner if they make a bad read and get thrown out at 3b.

Two strike approach- Hitters hit as if they have 2 strikes at-bat. If a player does not make contact then they are subtracted 1 point from the score they receive when they do make contact. If they miss twice, it is considered a strike out and they are awarded zero points.

Hit & Run- There is only 1 runner on 1b at all times. The objective of the hitter is to protect the base runner by swinging and putting the ball in contact on the ground. Base runner must steal once the ball is half way to home plate. If the hitter does NOT swing the bat, then they are NOT rewarded points.