MLB PLAYBALL

Pitch Hit & Run

Handbook
2025

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Overview

RCX Sports is excited that you have agreed to host a *Major League Baseball® Pitch, Hit & Run™* (PHR™) event. These events provide boys and girls in your area an opportunity to showcase their baseball and softball skills while earning 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 Finals.

The *Pitch, Hit & Run* property is for boys and girls 7-14 years old and consists of three drills that are important in the development of skills used in both baseball and softball. Athletes are tested on these three drills and their measurements will be recorded. Based on their scores, participants can advance from a local event to a Team Championship and then to the Finals.

Program Outline

COMPLIANCE

Any individual 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.

* - All participating athletes must be pre-registered

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. RCX Sports reserves 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 Age Division
    - 13-14 Age Division
- Softball Division
    - 7-8 Age Division
    - 9-10 Age Division
    - 11-12 Age Division
    - 13-14 Age Division

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 15th of the competitive year. 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 vett each host that applies, which may consist of a phone interview, emails and follow-up interviews
  - Once vetted and approved, you will receive your unique host link to share with future participant after confirming your participation
  - The whole process to be vetted and sent a link will take no more than 14 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
- RCX Sports recommends registration for your event should open no less than one month prior to your event
- RCX Sports will provide materials needed to access your list of pre-registered participants, so that you can monitor registrants, send pre-event communications and create check-in/scoring lists

EQUIPMENT/MATERIALS

Below are the materials that you will receive as part of the program:
- One (1) Strike Zone Target
- 100 Scorecards
- Eight (8) Certificates

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) stopwatch
- Flags/markers for marking hit distances
- Batting Tee
- Pitching rubber/paint/chalk

In addition to event materials, we have pre-design marketing materials to help you promote your event:
https://mlb.mediavalet.com/portals/PHRHost

You will have access to all the event marketing resources below:
- Promotional Flyers to print and distribute physically or digitally
- Social media graphics to share via your social handles
- Social media copy to share with your event promotional post
- Email templates, including design headers, footers and copy
- Website copy and banner ads to add on to your website or community websites

Quick Tips:
RCX Sports recommends using promotional flyers to distribute via email and/or on your website, in addition to printing flyers and distributing them at local schools, parks and recs or other local organizations.
- RCX Sports also recommends sending out information at the following benchmarks to encourage registration:
  - 6-8 weeks prior to event
  - 2 weeks prior to event
  - 1 week prior to event
  - 48 hours prior to event

BAT RESTRICTIONS

Baseball bats must have one of the following stamps; the USA Baseball™ stamp, BBCOR stamp or be labeled with a BPF of 1.15 or less

Softball bats must have one of the following stamps; USA Softball™, USSSA, ASA, ISA, ISF, NSA or be labeled with a BPF of 1.20 or less

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 PHR@rcxsports.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

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: OCTOBER - AUGUST

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

TEAM CHAMPIONSHIPS: AUGUST - OCTOBER

The top performing winners from the Local Events will be selected to attend a Team Championship. These events will be hosted by *MLB®* teams, or affiliates across the country.

FINALS: TBD - *MLB® WORLD SERIES™*

The winners with the highest scores in the Team Championships will have a chance to qualify for Finals. The Finals are 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 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* competition
- 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
- 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:
- Local winners' scores will go into a pool with all other local event winners
- Once all local events are completed, the top overall performing winners will be selected to advance to an available Team Championships located nearest to their local event location
- Winners of Automatic Qualifiers will bypass the local winner pool and will advance to the Team Championships located nearest to their local event location

For the Team Championships:
- The winners from each of the Team Championships will be put into a pool with the other Team Championship winners
- Winners will be selected based on performance at a Team Championship, and they will advance to the Finals

REPORTING

No more than one week following the event, it is required that the local host report scores of all attendees. Winning scores submitted more than one week from the local event date are not guaranteed to be considered for Team Championships.

We recommend you record all scores on the provided spreadsheet with the formulas already in place, and download a copy to send to phr@rcxsports.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.

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 are pooled together with individuals to determine who moves on to a Team Championship, based on their cumulative score
- 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@rcxsports.com)

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
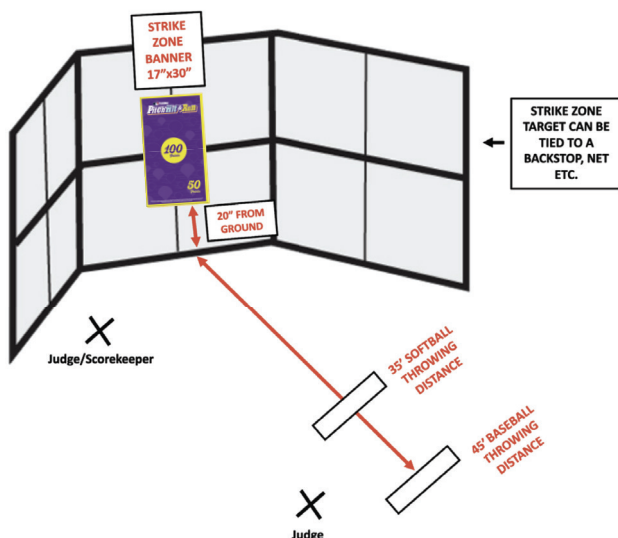
FIELD SET UP:

- 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 100 points

HIT

OBJECTIVE:
Hit the ball off of a tee as far 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
- 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
- All athletes not hitting should be in the dugout, or at least 20 yards from the tee at all times

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
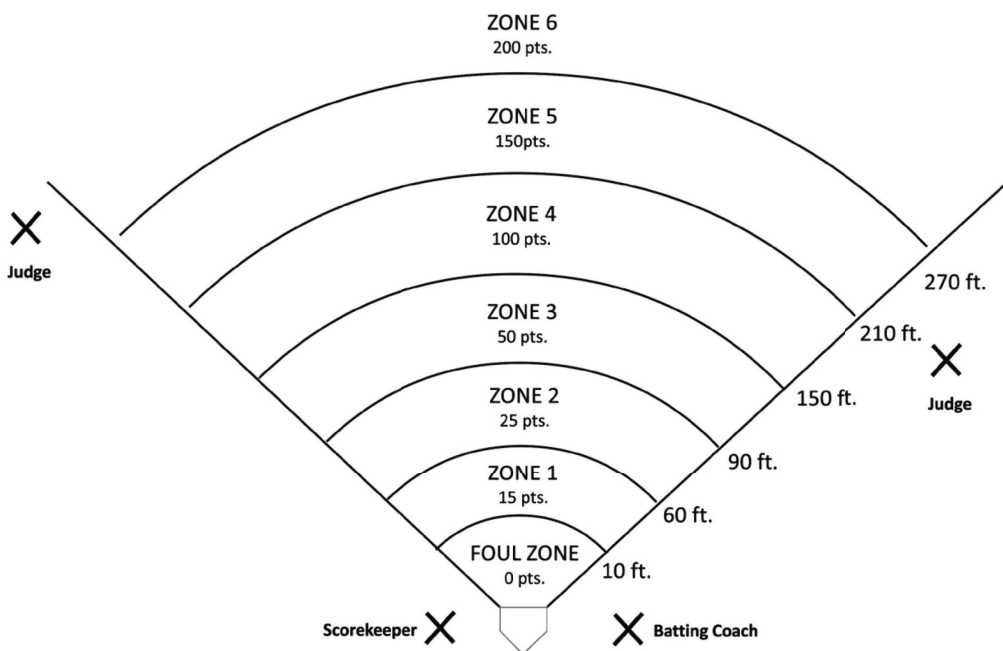
RUN

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:
- Each participant gets two (2) attempts to run - the fastest time will be scored
- Athletes must start in a standing runner's stance, as if they are leading off of a base
- Athletes do not have to dry swing before running
- A Line Judge should be at the starting line with a stopwatch and to monitor the player's start
- A Timer is at the finish line as primary stopwatch operator and starter
- A scorekeeper is at the finish line recording all times and corresponding scores.
- The Facilitator, Line Judge, or Timer can also record times if needed.

- The Timer will call out "1-2-3 GO!" or blow a whistle to indicate when the runner should begin
- A participants time is recorded when the runner crosses the finish line. Runners DO NOT have to stop on a base
- We recommend two people keep time, one at the starting line and one at the finish line, to minimize timing mistakes
- If an athlete false starts twice in a row, the time is disqualified and it counts as one of their turns

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.
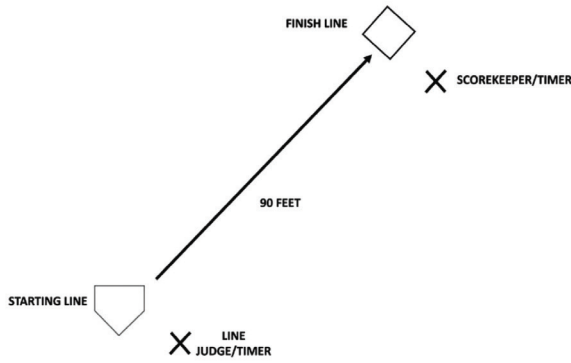
RUN CONVERSION CHART:

< 3.5sec add 10 pts. for every tenth of a second under 3.5sec (3.4sec = 610, 3.3sec = 620 …)

Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
3.5	600	4.5	500	5.5	400	6.5	300	7.5	200
3.6	590	4.6	490	5.6	390	6.6	290	7.6	190
3.7	580	4.7	480	5.7	380	6.7	280	7.7	180
3.8	570	4.8	470	5.8	370	6.8	270	7.8	170
3.9	560	4.9	460	5.9	360	6.9	260	7.9	160
4.0	550	5.0	450	6.0	350	7.0	250	8.0	150
4.1	540	5.1	440	6.1	340	7.1	240	8.1	140
4.2	530	5.2	430	6.2	330	7.2	230	8.2	130
4.3	520	5.3	420	6.3	320	7.3	220	8.3	120
4.4	510	5.4	410	6.4	310	7.4	210	8.4	110

≥ 8.5sec 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 are pooled together with individuals to determine who moves on to a Team Championship, based on their cumulative score
- 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@rcxsports.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 five (5) attempts to hit the strike zone target. If the score is tied, they will move to three (3) pitches. If the score is still tied, each athlete will have one (1) attempt to hit the strike zone until a winner is crowned
- 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 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 first-place 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, or they won the same number of competitions, 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

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