

# St. Louis Senior Olympics

## Baseball Homerun Derby Rules

### GENERAL INFORMATION

1. Contestants must use official ball furnished by Senior Olympics.
2. Participants are encouraged to bring their own bats, but senior Olympics will provide a few bats.
3. Helmets are required. You can use your own helmet or the one provided by Senior Olympics.

### PLAYING RULES

1. Each player will then have 10 official swings
2. Participants will have 3 practice swings, and if participant chooses, may use towards competition swings.
3. In order for the home run to count, the ball must be in the air when it crosses the distance line for your age. Any ball that rolls or bounces over the line will be disqualified.
4. The distance required to hit a homerun will be as follows:

#### Men

50-59 ~ 150 feet

60-69 ~ 120 feet

70-79 ~ 100 feet

80+ ~ 60 feet

#### Women

50-59 ~ 75 feet

60-69 ~ 60 feet

70+ ~ 45 feet

5. Each batter will get only one chance to hit his/her homeruns.
6. If the batter does not hit a homerun, one extra ball will be hit and the distance measured to ensure that each person has a score for results.
7. In case of a tie, the player with the most consecutive homeruns will be declared the winner. If a tie still remains, the player achieving the consecutive series earlier in 10 swings will be the winner.