

**Organised by The Baseball Association of Hong Kong, China**  
**Subvented by the Leisure and Cultural Services Department**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Badges Award Scheme**

**〈 Baseball 〉**

**Objective:** To encourage young people to continue participating in baseball training, so as to promote the development of local baseball, as well as to equip local athletes with excellent skills and high integrity.

**Types of Badges:**

1. Three levels of badges, namely Bronze, Silver and Gold
2. Rating Standard  
To obtain a cumulative score by completing four tests (Throwing (30 sec), Catching ground balls, Hitting (Rolling-Tee) and Baserunning (2 bases)). The target scores for each badge are as follow:

**Bronze :** 9-19 points

**Silver:** 20-31 points

**Gold:** 32-40 points

Participants who have achieved the target cumulative scores may apply to Leisure and Cultural Services Department (LCSD) for the badges and certificates (applicable to the Easy Sport Programme and Outreach Coaching Programme under the School Sports Programme).

**Award/ Participation Method:** Participants of the baseball training courses of the Easy Sport Programme and the Outreach Coaching Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Participants who meet the standards will be awarded badges and certificates by the LCSD free-of-charge.

**Collection of Badges and Certificates:** Teachers need to submit the completed “Record of Assessment by Individual” and “Record of Assessment by Coach” to LCSD within 1 week after completion of the assessment. Upon verification of the information, LCSD will send the badges and certificates to the schools by post for distribution to qualified participants by teachers.

**Enquiries (1):** The Leisure and Cultural Services Department  
**Address:** School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters,  
1-3 Pai Tau Street, Sha Tin  
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**Enquiries (2) :** The Baseball Association of Hong Kong, China  
**Address:** Room 1003, 1/F., Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay,  
Hong Kong  
**Telephone No.:** 2504 8330                      **Fax:** 2504 4663  
**Website:** [www.hkbaseball.org](http://www.hkbaseball.org)                      **Email:** [hkbsa@hkolympic.org](mailto:hkbsa@hkolympic.org)

**Remark:** The Badges Award Scheme for Baseball is co-ordinated and developed by the  
The Baseball Association of Hong Kong, China.

# School Sports Programme – Badges Award Scheme

## Standards and assessment of the baseball medal

<b>1. Throwing (30 secs)</b>	<p>A. Throwing (30 secs) (the highest point = 6)</p> <p>I. Completed 7-9 times = 2 pts</p> <p>II. Completed 10-12 times = 4 pts</p> <p>III. Completed 13 times or above = 6 pts</p> <p>Participants should group themselves in pairs.</p> <p>Participants should throw to each other in a 10-metre distance.</p>			
	<p>B. Technical assessment (Throwing posture) (the highest point = 4)</p> <table border="0"> <tbody> <tr> <td>i. Hold the baseball properly (1 pt)</td> <td>iii. Throw with overarm (1pt)</td> </tr> <tr> <td>ii. Ready position (1pt)</td> <td>iv. Footwork with proper direction (1pt)</td> </tr> </tbody> </table>	i. Hold the baseball properly (1 pt)	iii. Throw with overarm (1pt)	ii. Ready position (1pt)
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<b>2. Catching ground balls</b>	<p>A. Catching ground balls (the highest point = 6)</p> <p>I. Catch and throw to the target successfully for 2-3 times = 2 pts</p> <p>II. Catch and throw to the target successfully for 4-5 times = 4 pts</p> <p>III. Catch and throw to the target successfully for 6 times = 6 pts</p> <p>Coach will toss the ball from 10 metres away. Participants will have 6 chances to catch the ball and throw it back to the coach.</p>			
	<p>B. Technical assessment (Catching posture) (the highest point = 4)</p> <table border="0"> <tbody> <tr> <td>i. Catching position (in front of the chest) (1pt)</td> <td>iii. Ready position (1pt)</td> </tr> <tr> <td>ii. Glove position (1pt)</td> <td>iv. Footwork with proper position (1pt)</td> </tr> </tbody> </table>	i. Catching position (in front of the chest) (1pt)	iii. Ready position (1pt)	ii. Glove position (1pt)
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<b>3. Hitting (Rolling-Tee)</b>	<p>A. Hitting (Rolling-Tee) (the highest point = 6)</p> <p>I. Hitting distance over 20 feet = 2 pts</p> <p>II. Hitting distance over 40 feet = 4 pts</p> <p>III. Hitting distance over 60 feet = 6 pts</p> <p>Two cones will be placed every 20 feet before the starting point, with 10 metres apart between each pair of cones.</p> <p>The ball must directly pass between the two cones.</p> <p>Participants will have 3 chances. The best result will be counted.</p>			
	<p>B. Technical assessment (Hitting posture) (the highest point = 4)</p> <table border="0"> <tbody> <tr> <td>i. Grip a bat properly (1 pt)</td> <td>iii. Swinging posture (1 pt)</td> </tr> <tr> <td>ii. Ready position for hitting (1 pt)</td> <td>iv. Body balance (1 pt)</td> </tr> </tbody> </table>	i. Grip a bat properly (1 pt)	iii. Swinging posture (1 pt)	ii. Ready position for hitting (1 pt)
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<p><b>4. Baserunning (2 bases)</b></p>	<p>A. Baserunning (the highest point = 6)</p> <p>I. Completed in 16 seconds = 2 pts</p> <p>II. Completed in 14 seconds = 4 pts</p> <p>III. Completed in 12 seconds = 6 pts</p> <p>60 feet between 2 bases. Participants will have 2 chances. The best result will be counted.</p>
	<p>B. Technical assessment (baserunning technique) (the highest point = 4)</p> <p>i. Proper position to step on bases (2 pts)</p> <p>ii. Angle of baserunning (2 pts)</p>