



Ratings Definition Terminology

- A. **Average/Above Average speed** –
1. Below Average Speed – a runner being able to run home to first in 5 + seconds or slower.
 2. Average Speed – a runner being able to run home to first in 4 – 5 seconds.
 3. Above Average Speed – a runner being able to run home to first in less than 4 seconds or faster.
- (note: as measured from the point the batter hits the ball to the point he/she runs through first base).
- B. **Average base running knowledge** – is described as knowing what a force is, when to tag up from a base, and knowing when to take the turn around a base.
- C. **Defense definitions** –
1. A limited level of defense is a theoretical set of players having the following skills: 1, 2, 6, 7, 8
 2. An intermediate level of defense is a theoretical set of players having the following skill: 1, 2, 3, 4, 6, 7, 8, 9
 3. An exceptional level of defense is a theoretical set of players having greater skills than: 1, 2, 3, 4, 6, 7, 8, 9
- D. **Hard hit ball** – described as a ball hit at a minimum of 80 mph or greater than 250 feet.
- E. **High fly ball** – any batted ball that is in the air 5 seconds or more.
- F. **In the gap** – is defined as a ball that is hit at a distance more than a 30 foot radius from the outfield defender.
- G. **In the hole** – is defined as a ball that is hit at a distance more than 12 foot radius from the infield defender.
- H. **Line drive** – is defined as a ball that from the point of contact rises vertically less than 10% of the total horizontal distance it travels.
- I. **Long fly ball** – any batted ball that travels further than 250 feet in the air.
- J. **Long throw** – is described as a throw that travels 150 feet or more.
- K. **Medium hit ball** – described as a ball hit 50 mph to 80 mph or hit 100 feet to 250 feet.
- L. **Medium velocity** – a ball hit 50 to 80 mph or hit 100 to 250 feet
- M. **Quick lateral motion** – **No definition required**
- N. **Rainbow Arc** – is defined as a ball that from the point of release rises vertically 10% or more of the total horizontal distance it travels.
- O. **Rudimentary knowledge** – **No definition required**
- P. **Slow hit ball** – a ball hit up to 50 mph or 100 feet or less.
- Q. **Slide to be safe** – is defined as demonstrating the understanding of sliding mechanics.
- R. **Spectacular catch** – is defined as when a player catches the ball while leaving his center of gravity or is able to overcome obstructions.
- S. **Vicinity** – within a step in any direction laterally of the player receiving the throw.