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 Sports Experience Programme and Outreach Coaching Programme under the School Sports Programme).

Award/ Participation Method: Participants of the baseball training courses of the Sports Experience 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		
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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		
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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

1. Throwing (30 secs)	A. Throwing (30 secs) (the highest point = 6) I. Completed 7-9 times = 2 pts II. Completed 10-12 times = 4 pts III. Completed 13 times or above = 6 pts Participants should group themselves in pairs. Participants should throw to each other in a 10-metre distance.
	B. Technical assessment (Throwing posture) (the highest point = 4) i. Hold the baseball properly (1 pt) iii. Throw with overarm (1pt) ii. Ready position (1pt) iv. Footwork with proper direction (1pt)
2. Catching ground balls	A. Catching ground balls (the highest point = 6) I. Catch and throw to the target successfully for 2-3 times = 2 pts II. Catch and throw to the target successfully for 4-5 times = 4 pts III. Catch and throw to the target successfully for 6 times = 6 pts 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.
	B. Technical assessment (Catching posture) (the highest point = 4) i. Catching position (in front of the chest) (1pt) iii. Ready position (1pt) ii. Glove position (1pt) iv. Footwork with proper position (1pt)
3. Hitting (Rolling-Tee)	A. Hitting (Rolling-Tee) (the highest point = 6) I. Hitting distance over 20 feet = 2 pts II. Hitting distance over 40 feet = 4 pts III. Hitting distance over 60 feet = 6 pts Two cones will be placed every 20 feet before the starting point, with 10 metres apart between each pair of cones. The ball must directly pass between the two cones. Participants will have 3 chances. The best result will be counted.
	B. Technical assessment (Hitting posture) (the highest point = 4) i. Grip a bat properly (1 pt) iii. Swinging posture (1 pt) ii. Ready position for hitting (1 pt) iv. Body balance (1 pt)

4. Baserunning (2 bases)	A. Baserunning (the highest point = 6) I. Completed in 16 seconds = 2 pts II. Completed in 14 seconds = 4 pts III. Completed in 12 seconds = 6 pts 60 feet between 2 bases. Participants will have 2 chances. The best result will be counted.
	B. Technical assessment (baserunning technique) (the highest point = 4) i. Proper position to step on bases (2 pts) ii. Angle of baserunning (2 pts)