



# Virtual Home Run Derby

*Hitting Homers So Everyone Can*

## CREATE YOUR DIY FIELD

*The Park, Your Backyard, An Empty Street, Your Local Field!*

- **Dimensions:**

- Home plate to pitcher's mound – 30 ft.
- Home plate to centerfield, left field, and right field – 90 ft.
  - Don't forget to make your outfield wall/marker, and get creative!
    - Mini Green Monster, Stack of Milk Crates, Pile of Hockey Sticks, or Lay Your Children Down in a Line!

## HIT YOUR HOMERS

*Step up to the plate and swing!*

- **What You Need To Do:**

- Give yourself a pep talk in the mirror.
- Take a couple practice swings on deck.
- Channel your inner **David Ortiz!**
- You will receive five (5) pitches to hit as many home runs as you possibly can.
  - You must record your five (5) consecutive hits on your device (phone, tablet, etc.).
  - Choose your pitcher wisely: family member, friend, Tim Wakefield.
    - Self-pitching and tees are not allowed.
  - No wiffle ball? No bat? No Problem! Create your own ball & bat.
    - Did you know a wiffle ball is less than one (1) ounce? Make sure your "ball" is, too. For example, crumbled paper wrapped in tape, rolled sock ball, a balled-up slice of whole grain bread etc.
    - Did you know a wiffle ball bat is 32 inches long, one and a half (1.5) inches wide and weighs less than one (1) pound? For example, broom stick, Swiffer, roll of wrapping paper, etc.).

**BUT WAIT THERE'S MORE...**

*Think outside of the “batter’s” box and participate in any or all of the following prize categories. The top submission for **each** category will win a prize and a bonus point towards their team’s total!*

- Prize Categories:
  - Best Home Run Celebration
  - Best Kevin Youkilis At Bat Impression
  - Best Nomar Garciaparra At Bat Glove Impression
  - Best Replica Pitch (Wakefield Knuckleball, Eckersley side arm, Arroyo leg kick, Papelbon stare down, etc.)
  - Best “Worst” At Bat
  - Loudest Fans
  - Most Creative Alternative Bat/Ball
  - Most Creative Field (includes outfield wall or marker)
  - Most Creative Uniform

The team with the most combined home runs plus bonus points... WINS!!!

\*\* Tiebreaker: In the event that two (2) or more teams are tied for points, the player with the most individual home runs wins it for their team. \*\*

## SUBMIT YOUR HOMERS

*Just an Upload Away from Winning It All...*

- Submit your video to this [Shared Google Folder](#) from Wednesday, July 15<sup>th</sup> to Thursday, July 30<sup>th</sup> by 12:00pm.
  - **Please include Team & Player in the File Name.**
  - If you are not able to submit through Google Drive, please text videos with Team & Player Name to 774.277.2078.

Champion, Runner Up and Prize Winners to be announced  
Friday, July 31<sup>st</sup> at 12:00pm