



Tri-Star Sports Skills Contests

Introduction

Offering a friendly basketball, baseball, soccer, football, in-line or ice hockey skills, lacrosse, curling, or golf competition may be just what your Club needs to serve your community's youth. The Tri-Star program enables your Club to run one or several successful sports skills contests efficiently and with as little manpower as possible. More than 1,000 Optimist Clubs across North America currently participate in or sponsor sports leagues or teams.

Similar to a punt-pass-kick skills competition, the Tri-Star Sports Skills Contests are the perfect way to bring together the youth of your community in a spirit of fun competition. Each skill offers exciting opportunities to promote self-confidence and physical fitness, even if your Club has limited resources. Because this program does not involve physical contact or advanced skills, it is an ideal activity for every child, even those who may be physically challenged.

Tri-Star Sports Skills Contests are designed for youth ages 8-13, and test three skills in the sport of your choice:

Baseball: Base-running, Hitting, and Throwing

Basketball: Dribbling, Passing, and Shooting

Football: Passing, Place-kicking, and Punting

Soccer: Dribbling, Shooting, and Throwing

Hockey: Shooting, Skating, and Stick-handling

Curling: Drawing, Hitting, and Scoring

Golf: Drive, Chip, and Putt

Volleyball: Serving, Passing, Hitting

Obtain All Needed Equipment & Prepare Site

All equipment should be obtained at least two weeks prior to the contest. If you plan to conduct three events simultaneously, secure the adequate amount of equipment. Specific equipment needs vary according to the sport you choose. Here is a list to get you started:

Baseball Equipment:

- 12-18 Baseballs
- 4-6 Baseball bats - wood or aluminum ranging from 24 oz. to 30 oz.
- 3 Batting helmets- youth sizes small, medium, or large
- 1-2 Sets of bases
- 1 Stopwatch - to time base running event
- 2 Whistles - to keep control and start and stop events
- 2 Card Tables - for registration and official scorer's tables
- 1-3 Clipboards
- 8-10 2' Cones (or plastic, one gallon milk jugs half- filled with sand)
- 1 50' or 100' Tape measure
- 1 Tee
- Extra entry forms for registration table

Basketball Equipment:

- 4-6 Basketballs - junior size recommended for ages 8-11, regulation size for ages 12-13
- 2 Whistles - to keep control and to start and stop events
- 2 Rolls of masking or athletic tape - to mark start, finish, and free-throw lines
- 2 Card tables - for registration and official scorer's tables
- 1-3 Clipboards
- 4 2' Cones (or plastic, one gallon milk jugs half- filled with sand)
- Extra entry forms for registration table



Football Equipment:

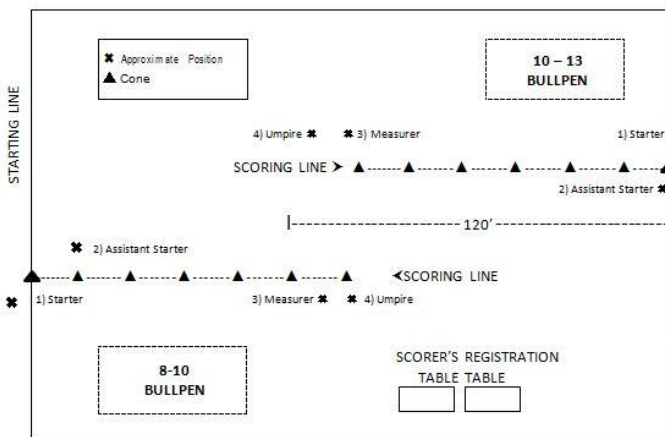
- 6 Footballs - three junior size recommended for ages 9-10, three regulation size for ages 11-13
- 2 Whistles - one for each starter
- 4 100' Tape measures
- 2 Card tables - for registration and official scorer's tables
- 1-3 Clipboards
- 20 12" Cones (or plastic, one gallon milk jugs half-filled with sand)
- 2 Ball markers (thin, wood staff with flag)
- 2 Football tees for place-kicking
- Extra entry forms for registration table

Football Event Site Preparation Additional Instructions

(see Diagram 1)

Rather than using lime or other field marking substances, Optimist International recommends using cones to mark your field. Place a cone at each starting point. Then measure a 120 foot straight line and place cones every 20 feet. This layout will be used for all three skill events. Using cones, designate a bullpen area for both ends of the field near the starting line. It might be helpful to place a sign indicating appropriate age group at both bullpens. Place a registration and scorer's table to the side of the playing surface. It should take less than one hour for two persons to prepare the field.

Diagram 1



Hockey Equipment:

- 1-2 Net(s)
- 5-10 Pucks - ice hockey or roller hockey
- 2 Whistles - to keep control and to start and stop events
- 2 Card tables - for registration and official scorer's tables
- 1-3 Clipboards
- 14 12" Cones (or plastic, one gallon milk jugs half-filled with sand)
- Extra entry forms for registration table

* Contestants are required to provide their own stick and skates. If using a rink, ask the management to rent skates to your contestants.

Hockey Event Site Preparation Additional Instructions

If you are conducting your contest on ice and have a large number of contestants, plan to have the ice resurfaced during the competition.

Soccer Equipment:

- 4-8 Soccer balls - junior size recommended for ages 8-9, regulation size for ages 10-13
- 10-20 Cones (or plastic, one gallon milk jugs half-filled with sand)
- 1 Stopwatch - to time dribbling event
- 1-3 Whistles - to keep control and to start and stop events
- 2 Card tables - for registration and official scorer's tables
- 1-3 Clipboards
- 1 50' or 100' Tape measure
- Extra entry forms for registration table



Curling Equipment:

- 4-8 Floor Curling Stones (may substitute 8"-12" Toy Trucks) for gym curling
- 4-8 Regular Granite Curling Stones (may substitute "Little Rocks") for ice curling
- 1-4 Plastic/Vinyl 3' square Floor Target Mats for gym curling
- 1-2 Regular sheets of prepared Curling Ice with Houses* at both ends. *In curling, a house is either the target mat circles or the set of concentric circles marked in the curling ice
- 4-8 Cones (or substitute plastic juice/milk jugs) for either indoor floor or regular prepared ice surface
- 1 Roll of painter's masking tape to mark start line on gym floor surface (curling ice is pre-marked)
- 2 Card tables - for registration and official scorer's tables
- 1-3 Clipboards
- 1 50' Tape measure
- Extra entry forms for registration table

Curling Event Site Preparation Additional Instructions

If you are conducting your contest on ice and have a large number of contestants, plan to have the ice resurfaced during the competition.

Golf Equipment:

- 20 or more Golf Balls
- 4 or more Tees
- 18 Cones
- 3 Tape Measures
- Extra entry forms for registration table

Volley Ball Equipment:

- 20 or more Volleyballs
- Court with Net
- 18 Cones
- 3 Tape Measures
- Extra entry forms for registration table

Conducting Your Skill Event/Rules for Scoring

General Rules

- Boys and girls ages 8-13 years are eligible to compete.
- A contestant's age should be determined as of March 15 of the current school year.
- Each contestant must submit an entry form signed by a parent or legal guardian.
- Participants are responsible for providing their own gym shoes, clothes, and hockey sticks/skates (when applicable). Steel spikes, cleats, and special kicking shoes are not be permitted.
- In the event of a tie for first, second, or third place, each of the affected participants will compete in a tie-breaker. In the tie-breaker, each contestant will receive one attempt in each of the three events. The winner of the tie-breaker will be declared the first- place winner. The participant with the next highest score will be declared second place and so on.
- The Contest Chairperson is the final authority in settling any disputes, protests or interpreting a rule.

Contest Officials:

Starter

- Explain rules to contestants
- Record event scores
- Submit entry forms complete with event scores to the official scorer

Timekeeper

- Time events

Judges

- Validate contestants' performances in all three events
- Reset cones and retrieve balls, pucks, etc. when necessary

Official Scorer

- Compute final scores
- Determine winners

Registration Clerk

- Handle on-site registrations
- Sort all entry forms by age group and submit them to the starter

Clerk of the Course (contest chairperson)

- Oversee all aspects of the contest

Baseball Skills Contest:

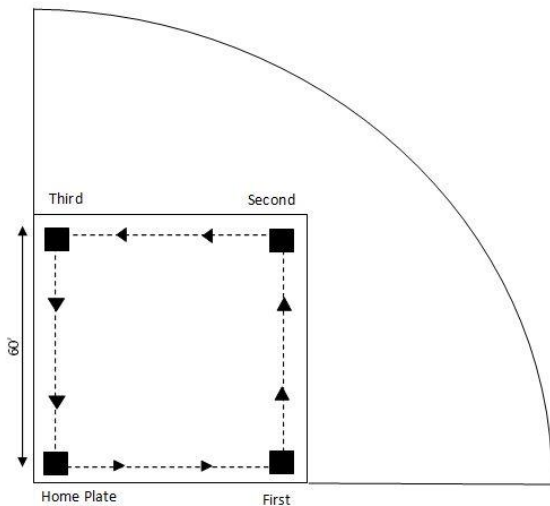
Base-running

Each participant will attempt to circle the bases, starting from home plate to first, to second, to third and back to home plate. Points will be awarded based on speed. Four points for each second of time elapsed will be deducted from a base score of 100 points. Three points will be deducted for each base missed. Bases should be placed 60 feet apart (see Diagram 2). The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Four judges will be needed to validate that runners have touched the bases. The timekeeper will time each participant starting and ending at home plate.

Equipment needed:

- 1 Set of bases
- 1 Stopwatch
- 1 Tape measure

Diagram 2



Hitting

(see Diagram 3)

Participants will have six attempts to hit the ball as far as possible whether in the air or on the ground. To be awarded 10 points (home run) the ball must reach the required distance in the air. Participants may hit left or right or both. Mark an on-deck circle so next batter is warmed up and ready when his/her turn arrives.

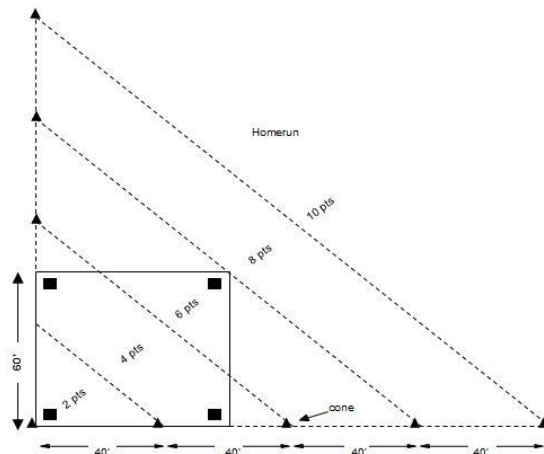
Kids who are 8 to 9 years old have the option of using a tee. However, if they desire, they can hit pitched balls. In most cases a pitching machine is impractical, so it is recommended that adults pitch at moderate speeds allowing the kids to hit the ball.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed (one in left field the other in right) to mark where each ball lands. One to two adults will be needed to pitch to the kids who are 10 to 11 years old and 12 to 13 years old.

Equipment needed:

- 12 Baseballs - two sets of six to keep event moving
- 4-6 Bats - ranging in size from 24 oz to 30 oz
- 3 Batting helmets - youth sizes small, medium or large
- 1 Set of bases
- 1 Tee
- 8 Cones - to mark the hitting distances.
- 1 Tape measure

Diagram 3





Throwing

Participants will be allowed six attempts to throw baseball at target. Points will be awarded based on accuracy of each throw, eight points per throw for hitting the target and four points for hitting the board or material surrounding the target. Participants stepping over line will have three points deducted per each violation from his/her throwing score. Points will not be awarded for throws hitting the ground before reaching the target. There are a number of targets that can be used (*see Diagram 4*). The best possible target would be a “pitch-back” apparatus. These can be purchased, but in most cases a local high school will donate one for your event.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. One judge will check the validity of each participants’ attempt, including line fouls. One judge will keep track of throws, report scores to starter, and retrieve the balls.

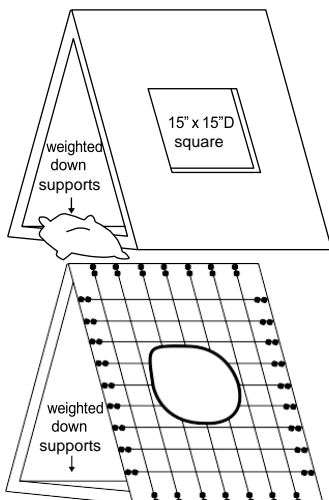
Throwing distances:

8-9 years	30 feet
10-11 years	40 feet
12-13 years	50 feet

Equipment needed:

- 6 Baseballs
- 6 Cones - to mark throwing distances
- 1 Tape measure

Diagram 4





Basketball Skills Contest:

Dribbling

Participants must dribble with either their right or left hand through four cones and return back through the course (see Diagram 5). Points will be awarded based on speed and control. If a participant does not maneuver through the course correctly, the judge should require him/her to return to the point of error and start over. The stopwatch should run at all times during a participant's attempt. Participants will begin with a starting score of 75 points. Three points for each second elapsed should be deducted from 75 points.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. The timekeeper will start timing upon signal from starter. Timing ends when participant crosses the finish line. A judge should check the validity of each participants' attempt.

Equipment needed:

- 4 Cones - place eight feet apart
- 1 Basketball
- 1 Stopwatch
- Tape - tape direction arrows and starting/finish line

Diagram 5

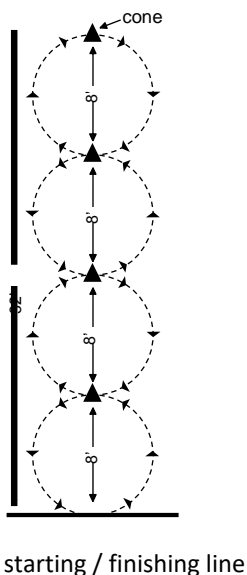
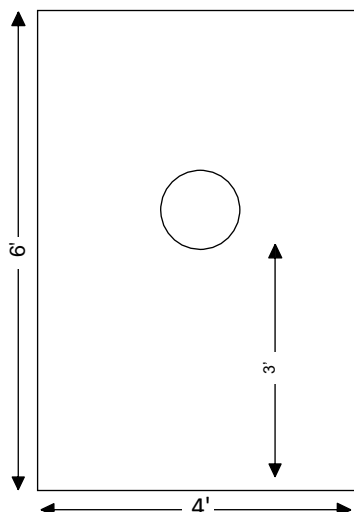


Diagram 6



Passing

Participants will be allowed six attempts, three bounce and three chest or overhead, at a designated target from assigned distance. The target should be a 12" circle set three feet from the ground (see Diagrams 6 and 7). Participants will be allowed one step toward the passing line and must not touch or go over it. Eight points will be awarded for each pass hitting any part of the target regardless of how slightly. No points will be awarded for a pass that completely misses the target.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to watch for shooting fouls and one to count each successful pass.

Target options:

- Bounce-back type apparatus as seen in many gyms
- Gym wall with circle outlined by tape
- 3' X 4' 3/4" plywood with circle painted on surface, firmly supported to insure ball return

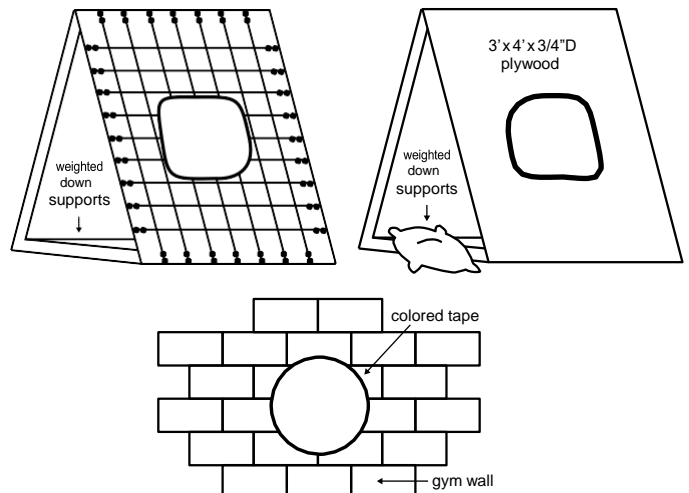
Passing distances:

8-9 years	12 feet
10-11 years	15 feet
12-13 years	18 feet

Equipment needed:

- 1 Target
- 1 Basketball
- Tape - to mark passing distances

Diagram 7





Shooting

Participants will be allowed six attempts, four free throw attempts at varying distance according to age and two attempts from anywhere outside of the key area.

Ten points will be awarded for each basket (successful attempt), making 60 points a perfect score. Attempt will be invalidated if a participant steps on or over the assigned free-throw line.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to count the number of baskets and one to pass the ball back to participants.

Recommended heights

(if you have access to adjustable rims):

8-9 years	9 feet
10-11 years	9.5 feet
12-13 years	10 feet (regulation height)

Shooting distances:

8-9 years	11 feet
10-11 years	13 feet
12-13 years	15 feet

Equipment needed:

- 1 Basketball
- 1 Roll of masking tape - to mark shooting distances
- 6 Cones



Football Skills Contest:

Order of Events

Field 1	Field 2
<u>Pass</u>	
8	11
9	12
10	13
<u>Place-kick</u>	
8	11
9	12
10	13
<u>Punt</u>	
8	11
9	12
10	13

Penalties

If a participant steps over the starting line during passing or punting, a penalty will be assessed against his/her score. Each 1/2 foot over equals 1/2 penalty point. In the place-kicking event, participants will be allowed to step over the line without being assessed penalty points.

Scoring

Each participant will be allowed one attempt per event. Scores will be based on distance and accuracy. Distance is simply how far the ball is thrown, kicked, or punted from the starting line. Accuracy is how far from the scoring line the ball lands. Distance minus deviation will equal the participant's score. Each foot will equal one point with scores being determined to the nearest half foot thus allowing for half points. A sum of the passing, place-kicking, and punting scores will equal the participant's total score.

The Official will organize your participants in the bullpen area, explain the rules and answer questions, call the contestants to the starting line, and record the event scores on the entry forms. The assistant starter will watch for line fouls, provide needed assistance to the participants and help measure the distance of each attempt. Using a field marker, the umpire will be responsible to mark the exact point on which the ball first lands. The assistant starter will hold the end of the measuring tape at the starting point and the measurer will hold the other end to the point marked by the umpire. The measurer, with assistance from the umpire, will measure the deviation. The deviation will be determined by measuring from the scoring line to the point on which the ball landed at a 45-degree angle.



Hockey Skills Contest:

Shooting

Participants will shoot at a regulation hockey goal (or reasonable facsimile) with only 18 inches exposed on both sides from the goalposts inward (see Diagram 8). Participants will be allowed 10 shots, five forehand and five backhand. They must take five forehand and then five backhand shots or vice versa. Five points will be awarded for each puck entering the net regardless of which side it enters. Shots must be taken on or behind the shooting line. A goal scored when a participant shoots in front of the shooting line will not be counted, and the shot will be forfeited. To ensure that participants shoot instead of pass the puck, an 8' 2" X 4" should be placed halfway between the shooting line and the goal (see Diagram 9). The 2" X 4" should be removed for beginners.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to watch for shooting fouls and one to count the goals and retrieve pucks. If there is a large number of participants, two nets should be used.

Shooting distances:

8-9 years	19 feet
10-11 years	21 feet
12-13 years	23 feet

Equipment needed:

- 1-2 Nets
- 5-10 Pucks
- 2 Cones

Materials needed:

- 8' 2" X 4" - place halfway between net and shooting line
- 3/4" plywood - cover all but 18" on either side of the goal
- Hockey goal

Diagram 8

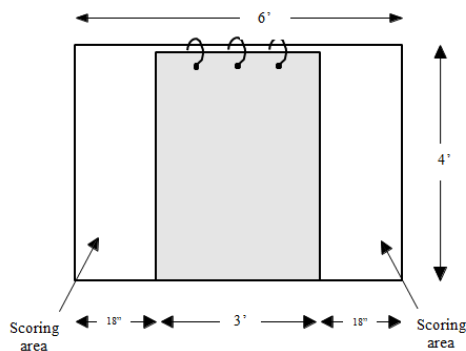
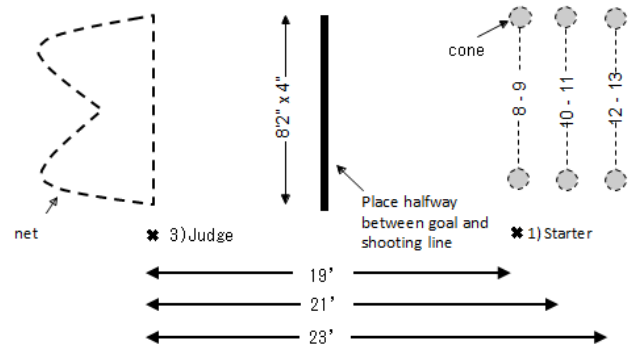


Diagram 9



Skating

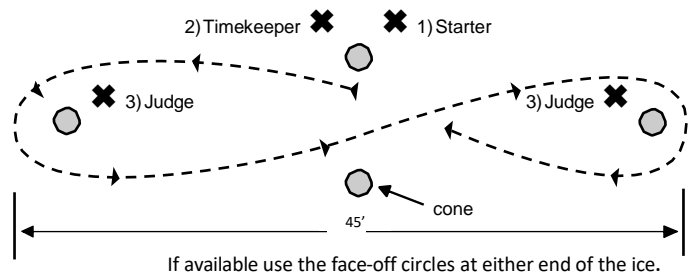
Participants will have 45 seconds to skate around two cones in a figure-eight pattern (see Diagram 10). Five points will be awarded for each successfully completed turn around a cone. If a contestant knocks a cone over or moves it from its spot, he/she will not be credited for that turn.

The Official will organize the contestants and explain the rules, answer questions, start the participants and record their scores on the entry forms. The timekeeper will start timing upon signal from the starter. He/she should yell "time" once each participant's allotted 45 seconds has elapsed. Judges will count the number of successful turns and reset the cones when necessary.

Equipment needed:

- 4 Cones
- 1 Stopwatch

Diagram 10



Stick-handling

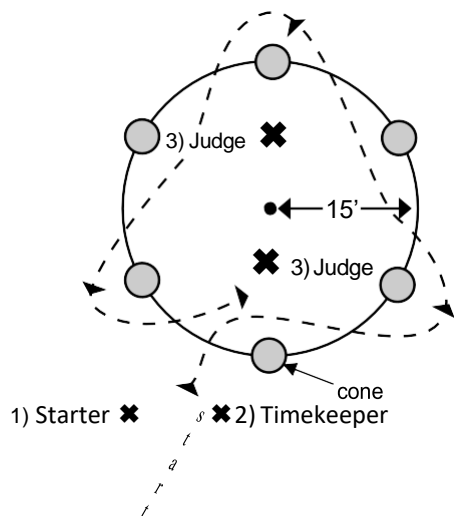
Participants will be required to stick-handle around six cones placed in a circle with a 30' diameter. Participants will have 40 seconds to pass as many cones as possible while keeping the puck under control. Both the participant and puck must pass on the correct side of the cones (*see Diagram 11*). Two points will be awarded for each cone successfully passed. If a participant knocks over a cone or moves it off the circle, he/she will not be awarded points for that cone.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. The timekeeper will start timing upon signal from the starter. The timekeeper will yell "time" when each participant's allotted 40 seconds has elapsed. Two judges will be needed, one to count the number of cones successfully passed and one to signal when a participant or puck passes on the incorrect side of a cone. Judges will also need to reset the cones when necessary.

Equipment needed:

- 2 Pucks
- 1 Stopwatch
- 6 Cones

Diagram 11





Soccer Skills Contest:

Dribbling

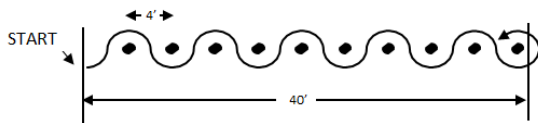
Participants will be allowed 10 seconds to dribble the ball around cones (see *Diagram 12*). Participants will be awarded one point for each cone successfully passed.

The Official will organize the participants and explain the rules, start the participants and record their scores on the entry forms. One judge will check the validity of each participant's attempt and report score to scorer. The timekeeper will time the participant, keeping the clock running at all times during an attempt.

Equipment needed:

- 1 Soccer ball
- 10 Cones
- 1 Stopwatch
- 1 Tape measure

Diagram 12



Shooting

Participants will be allowed three attempts to score on a goal from designated shooting areas. The shots can be taken with any foot. Scoring will be based on accuracy. Place cone along the goal line four feet from the inside of each goal post (see *Diagram 13*). Participants will be awarded 10 points for balls entering the goal between the post and the cone. Participants will not be allowed points for balls entering the goal between the cones.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to check the validity of each participant's attempt and retrieve balls, and one to keep track of shots and report scores to starter.

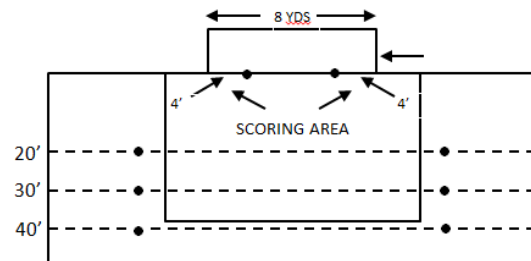
Shooting distances:

- | | |
|-------------|---------|
| 8-9 years | 20 feet |
| 10-11 years | 30 feet |
| 12-13 years | 40 feet |

Equipment needed:

- 3 Soccer balls
- 3 Cones - to mark shooting distances
- 1 Tape measure

Diagram 13



Throwing

Participants will have six attempts at throw-ins using the proper technique (both feet touching the ground with both hands on sides of ball, bringing ball from completely behind head over the top and releasing). Five points will be awarded for each throw-in reaching or surpassing the designated distance between the cones (see *Diagram 14*).

The Official will organize the participants and explain the rules, start the participants and record their scores on the entry forms. Two judges will be needed, one judge to validate the throw-ins, and one to check accuracy and distance.

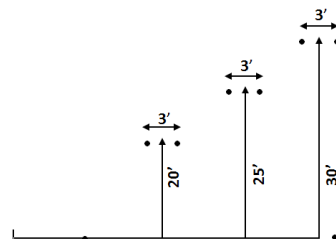
Throwing distances:

- | | |
|-------------|---------|
| 8-9 years | 20 feet |
| 10-11 years | 25 feet |
| 12-13 years | 30 feet |

Equipment needed:

- 1 Soccer ball
- 6 Cones
- 1 Tape measure

Diagram 14





Curling Skills Contest:

Skill Shots for Drawing (Distance)

Each participant has 4 tries to deliver (shoot) a “stone” (regular granite curling rock or indoor object with rollers) along the playing surface in one direction towards a target area such as the prepared in-ice circles or a target floor mat. Measure and record the distance from the centre of the target area to where the “stone” comes to rest. Remove stones between deliveries. (See Diagram X). Each time the participant succeeds with 3 tries out of 4, the participant is advanced to the next level of difficulty where the drawing distance is increased by 10 feet. If the participant succeeds 1 or fewer tries out of 4, then the hitting distance is reduced in 10 foot increments until 2 out of 4 tries are successful.

DIAGRAM 15:



Drawing Distances between the start line or foot block (hack) and the centre of the circles:

8-9 years	30 feet
10-11 years	40 feet
12-13 years	50 feet

Equipment needed:

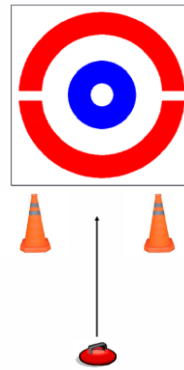
- 4 Curling Stones - regular or with rollers (may substitute 8-12” toy trucks and reduce distance for floor curling)
- Smooth Floor surface like in a gymnasium or a regular sheet of ice prepared for curling
- 4-8 Cones - to mark drawing distances to be recorded
- 1 Tape measure
- 1 Roll of painter’s masking tape - to mark start line on a floor surface (curling ice is pre-marked)

Skill Shots for Hitting (Direction)

Each participant has 4 tries to deliver the stone (regular or with rollers) towards a wall of safety cones placed at a measured distance from the hack (foot blocks) or start line (tape line on floor surface) with the objective to hit any one of the cones. Record the number of tries and the number of successes. Remove stones between deliveries. (See Diagram X).

Each time the participant succeeds with 3 tries out of 4, the wall width is reduced by one cone or the participant may be advanced to the next level of difficulty where the distance from hack /start line to the cone wall is increased by 10 feet. If the participant succeeds 1 or fewer tries out of 4 then the target wall width is increased by 1 cone or the hitting distance is reduced in 10-foot increments until 2 out of 4 tries are successful.

DIAGRAM 16:



Safety Cone Wall Widths and Hitting Distances:

8-9 years	4 Cones wide and 30 feet away
10-11 years	3 Cones wide and 40 feet away
12-13 years	2 Cones wide and 50 feet away

Equipment needed:

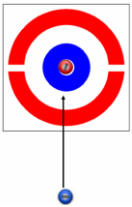
- 4 Curling Stones (regular or with rollers – may substitute 8-12” toy trucks and reduce distance for floor curling)
- Smooth Floor like in a gymnasium or regular sheet of ice prepared for curling
- 4-6 Cones - to make a cone wall
- 1 Tape measure
- 1 Roll of painter’s masking tape - to mark start line on floor surface (curling ice is pre-marked)



Skill for Scoring (Combines Distance with Direction)

Each participant has 4 tries to deliver the stone into the house (over the marked in-ice circles or onto the target mat) from the hack (foot block secured in curling ice or start line marked by painter's tape). Each time the participant succeeds with 3 tries out of 4, the participant is advanced to the next level of difficulty where the next smaller concentric circle is the target area or the stone travel distance is increased by 10 feet. If the participant succeeds 1 or fewer tries out of 4 then the stone travel distance is reduced in 10 foot increments until 2 out of 4 tries are successful.

DIAGRAM 17:



Shooting Distances:

8-9 years	30 feet
10-11 years	40 feet
12-13 years	50 feet

Equipment needed:

- 4 Curling Stones (regular or with rollers – may substitute 8-12" toy trucks and reduce distance for floor curling)
- Smooth Floor surface like in a gymnasium or regular sheet of ice prepared for curling
- 1 or 2 Houses - target mats if using a smooth floor or concentric circles if prepared curling ice is being used
- 1 Tape measure
- 1 Roll of painter's masking tape - to mark start line on a floor surface (curling ice is pre-marked)



Golf Skills Contest: Drive, Chip, and Putt

Skill One – Find the Fairway (Drive)

Using driver or 3 wood only, contestants are to land the ball on the fairway area (at least 30 yards wide) within four attempts (the best three are scored). Contestants may use a tree.

Shooting Distances:

8-9 & 10-11 age divisions

5 Points = Ball hit anywhere

8 Points = In the fairway under 25 yards

10 Points = In the fairway 25-50 yards

13 Points = In the fairway 51-75 yards

16 Points = In the fairway 76-100 yards

19 Points = In the fairway 101-150 yards

25 Points = In the fairway 151 yards & over

12-13 & 14-15 age divisions

5 Points = Ball hit anywhere

10 Points = In the fairway under 150 yards

13 Points = In the fairway 151-175 yards

16 Points = In the fairway 176-200 yards

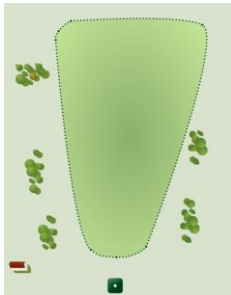
19 Points = In the fairway 201-225 yards

25 Points = In the fairway 226 yards & over

Equipment needed:

- 4 Balls
- 4 Tees
- 6 Cones - to mark throwing distances
- 1 Tape measure

DIAGRAM 18



Skill Two – Pitch It Up (Chip)

Contestants to use any club from 9 iron to 64 degree wedge. Within four attempts the contestant is to pitch the ball to within 18 feet of a flag on the green.

Shooting Distances:

8-9 years 30 feet

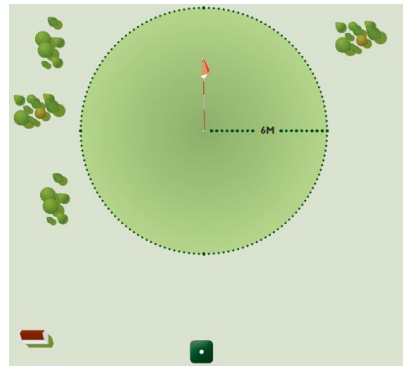
10-11 years 40 feet

12-13 years 50 feet

Equipment needed:

- 6 Balls
- 6 Cones - to mark throwing distances
- 1 Tape measure

DIAGRAM 19

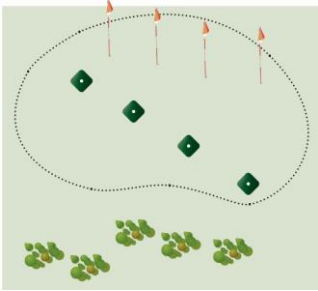




Skill Three - Putting

Contestants have four attempts to hole each attempt in two putts or less. Each attempt should be to a different pin position on the same green (subject to setup at each club).

DIAGRAM 20:



Shooting Distances:

8-9 years	30 feet
10-11 years	40 feet
12-13 years	50 feet

Equipment needed:

- 6 Balls
- 6 Cones - to mark throwing distances
- 1 Tape measure



Optimist Tri-Star Volleyball

Skills Contest: Serving, Passing, Hitting

Serving

Participants will be allowed six attempts to serve the volleyball over the net. Ten points will be awarded for each successful serve. Attempt will be invalidated if a participant steps on or over the boundary line or in the case of 8-9 year olds, outside the key area. A perfect score is 60.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to count the number of successful serves and one to pass the ball back to participants.

Recommended net heights
(if you have access to adjustable nets):

8-9 years	6 feet 6" inches
10-11 years	7 feet
12-13 years	7 feet

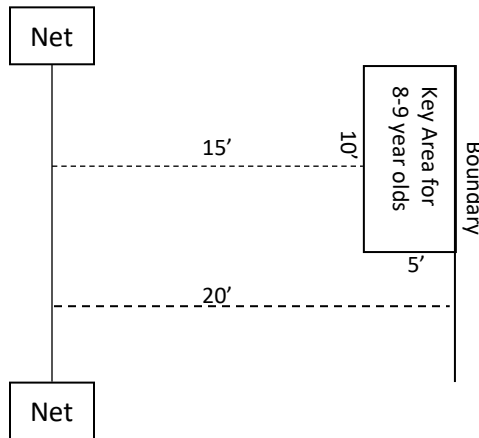
Serving distances:

8-9 years	15 feet from net
10-11 years	20 feet from net
12-13 years	20 feet from net

Equipment needed:

- 6 Volleyballs
- 1 Roll of masking tape - to mark serving line & boundaries for 8-9 year olds
- Tape Measure

Diagram 21





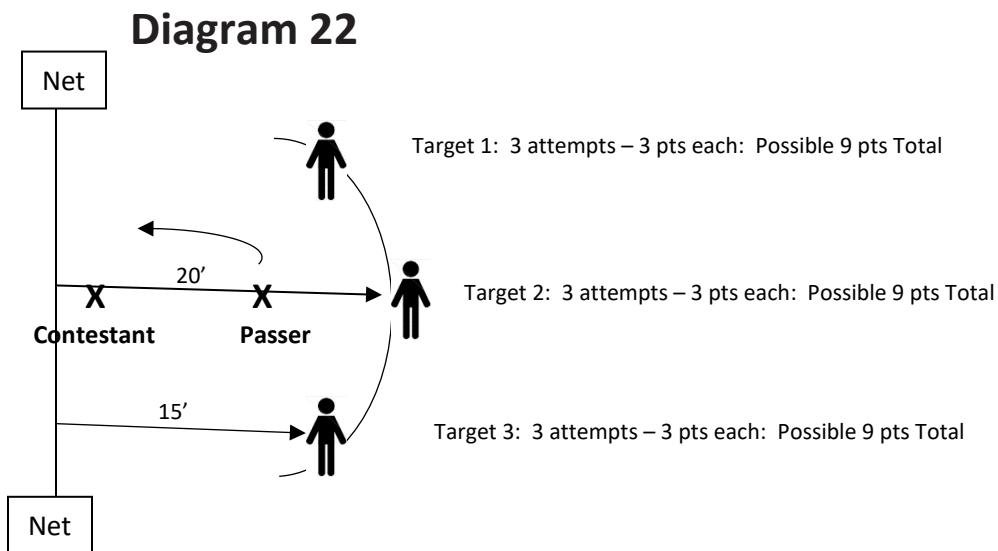
Passing

Participants will be allowed three attempts, all underhand, at a designated target (aide) from assigned distance. Three targets (aides) should be arranged in an arc set at 20' at the furthest point from the net (*see Diagram 2*). Participants will be allowed one step toward the Target (Aide). Three points will be awarded for each pass received by the Aide at each point. Aides may reach but not move their feet toward the ball. No points will be awarded for a pass that misses the target (Aide). A perfect score is 27.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to watch that contestant takes no more than one step and one to make sure that Aides do not move their feet.

Equipment needed:

- 6 Volleyballs
- Tape Measure and masking tape to mark where Aides are to stand





Hitting

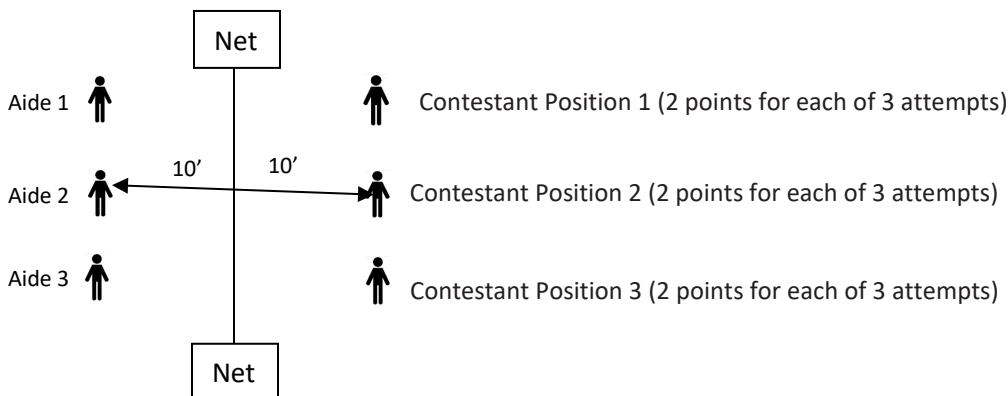
From a ball thrown by an aide, participants must hit with either their right or left hand over the net (*see Diagram 3*) standing at a distance of 10' at three different points on the floor with three attempts at each position. Points will be awarded based on accuracy of landing the ball within the boundary on the other side of the net. Two points will be awarded for each time the ball is hit within the boundary. A perfect score is 18.

The Official will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. The timekeeper will start timing upon signal from starter. Timing ends when participant crosses the finish line. A judge should check the validity of each participants' attempt.

Equipment needed:

- Net – set at 6'6" for 8-9 year olds and 7' for 10-13 year olds
- 6 Volleyballs
- Aide to pass the ball to contestant at each point to hit from
- Tape Measure and tape to determine where aid stands to pass the ball (10' from other side of the net).

Diagram 23





FOR ALL SPORTS:

SCORING

Once all participants have finished, the starter will submit their entry forms and the three event scores to the official scorer. The official scorer will then compute the total scores and transfer them to the master score sheets. Using the master score sheets, the scorer will determine the first, second, and third place winners in each of the six age groups. The results will then be verified by the contest chairperson and kept to the master score sheets. Using the master score sheets, the scorer will determine the first, second, and third place winners in each of the six age groups. The results will then be verified by the contest chairperson and kept secret until the awards presentation.

PRESENT YOUR AWARDS

The awards presentation should be the highlight of your contest. The first, second, and third place winner in each of the six age groups should be awarded an official Tri-Star Sports Skills plaque. Remember all of the participants are winners and should be recognized. Listed below are other ways to make your awards presentation special:

- Invite a local sports star to say a few words and present the awards
- Give away extra prizes such as sports-related equipment
- Make special recognition of any particularly outstanding performances
- Serve refreshments
- Recognize the parents
- Group photos

CLEAN-UP THE CONTEST SITE

Leave the site in the same or better condition than it was when you arrived.



Optimist Tri-Star Baseball

Entry Form and Instructions

Age (circle one) 8 9 10 11 12 13

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ Parents are welcome at contest.
(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Participants may use their own bats.
- Decisions of the judges will be final.

Contest information: Place _____
Date ____/____/____ Time _____

Base-Running Skill

Each participant will be allowed one attempt to circle the bases as quickly as possible. Four points for each second elapsed will be deducted from a base score of 100 points. Three points will be deducted for each base missed.

Number of seconds elapsed = X

$100 - (4X) = \text{Score}$

SCORE _____

Hitting Skill

Each participant will be allowed six attempts to hit for distance.

The field will be marked with arcs at increasing intervals.

Distance	Points
Foul	0
Inside first arc	2
Between first and second arcs.....	4
Between second and third arcs	6
Between third and fourth arcs.....	8
Beyond fourth arc (in the air)-Home run	10

Attempts

1	
2	
3	
4	
5	
6	

SCORE _____

Throwing Skill

Each participant will be allowed six attempts to throw a baseball at a designated target. The target will be placed at a distance based on age.

Distance from Target:

Age	Feet
8-9	30'
10-11	40'
12-13	50'

Scoring:

- Hitting target8 points
- Hitting area surrounding target 4 points
- Complete miss 0 points
- Stepping over the line3 points

Attempts

1	
2	
3	
4	
5	
6	

SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Baseball Contest Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest _____/_____/_____ Age Group _____

Location _____ Chairperson _____

Contestant	Base-Running Score	Hitting Score	Throwing Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Basketball

Entry Form And Instructions

Age (circle one) 8 9 10 11 12 13

Name _____

Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*

(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Gym shoes will be required.
- Decisions of the judges will be final.

Contest information: Place _____

Date ____/____/____ Time _____

Dribbling Skill

Each participant will attempt to dribble through four cones and return through course as quickly as possible. Three points will be deducted from a base score of 75 points for each second of elapsed time. For example, if a participant takes 20 seconds to complete the course, the participant's score is 15. $(75 - (3 \times 20) = 15)$.

Number of seconds elapsed = X

$75 - (3X) = \text{Score}$

SCORE _____

Passing Skill

Each participant will be allowed **Distance from Target:** six attempts, three bounces and three chest or overhead passes at a designated target from an assigned distance. Participant will be allowed one step toward passing line and must not touch or go over it.

Age	Feet
8-9	12'
10-11	15'
12-13	18'

	x=hit, o=miss			Total hit
3 Direct Passes				
3 Bounce Passes				
Total number of hits				

8 points each time target is hit = SCORE _____

Shooting Skill

Each participant will be allowed **Distance from Basket:** six attempts, four free throw attempts at varying distance according to age; and two attempts from anywhere on the court outside of the key area. Attempt will be invalidated if a participant steps on or over the assigned free throw line.

Age	Feet
8-9	11'
10-11	13'
12-13	15'

	x=hit, o=miss			Total made
4 Free Throws				
2 other shots				
Total number of shots made				

10 points each basket made = SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Basketball Contest

Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest _____/_____/_____ Age Group _____

Location _____ Chairperson _____

Contestant	Dribbling Score	Passing Score	Shooting Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Football

Entry Form and Instructions

Age (circle one) 8 9 10 11 12 13

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*
(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Soft-soled gym shoes or tennis shoes will be allowed; spikes, cleats, special kicking shoes or barefoot kicking will **not** be permitted.
- Decisions of the judges will be final.

Contest information: Place _____
Date ____/____/____ Time _____

Scoring

Points will be awarded for distance and accuracy. Penalty points will be assessed for stepping over the starting line. In the place kicking event only, participants will be allowed to step over the starting line without being assessed penalty points.

Distance - Deviation = Score

Penalties

If a participant steps over the starting line during passing or punting, a penalty will be assessed against his/her score. Each 1/2 foot over equals 1/2 penalty point. In the place-kicking event, participants will be allowed to step over the line without being assessed penalty points.

Passing Skill	
Distance	
Minus Deviation	
Minus Penalty	
Score	

Place-Kicking Skill	
Distance	
Minus Deviation	
Score	

Punting Skill	
Distance	
Minus Deviation	
Minus Penalty	
Score	

TOTAL SCORE (three events) _____



Optimist Tri-Star Football Contest Master Score Sheet

Sponsored By _____

Optimist Club of _____

Date of Contest _____/_____/_____

Age Group _____

Location _____

Chairperson _____

Contestant	Passing Score	Place-kicking Score	Punting Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Hockey

Entry Form and Instructions

Age (circle one) 8 9 10 11 12 13

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*

(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Participants must bring their own hockey sticks/skates.
- Decisions of the judges will be final.

Contest information: Place _____

Date ____/____/____ Time _____

Shooting Skill

Each participant will be allowed ten shots (five forehand, five backhand) at a regulation hockey goal (or reasonable facsimile). Participants will shoot from designated distances based on age.

5 Forehand

Distance from Target:

5 Backhand

Age	Feet
8-9	19'
10-11	21'
12-13	23'

Number of goals X 5 = SCORE _____

Skating Skill

Each participant will attempt to skate around two cones as many times as possible in 45 seconds.

Number of complete turns around each cone X 5 = SCORE _____

Stick-handling Skill

Each participant will attempt to stick-handle around 6 cones placed in a circle. Two points will be awarded for each cone successfully passed by both participant and puck within 40 seconds.

Number of cones successfully passed X 2 = SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Hockey Contest Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest _____/_____/_____ Age Group _____

Location _____ Chairperson _____

Contestant	Shooting Score	Skating Score	Stick-handling Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Soccer

Age (circle one) 8 9 10 11 12 13

Entry Form and Instructions

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*
(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Soft-soled gym shoes or tennis shoes will be allowed; spikes, cleats, special kicking shoes or barefoot kicking will **not** be permitted.
- Decisions of the judges will be final.

Contest information: Place _____

Date ____/____/____ Time _____

Dribbling Skill

Each participant will be allowed one attempt to dribble the ball in and out of 10 cones placed four feet apart. Participants will be awarded one point for each cone successfully passed within 10 seconds.

Number of cones successfully passed = SCORE _____

Shooting Skill

Each participant will be allowed three attempts to shoot at a modified goal.

First Shot	
Second Shot	
Third Shot	

Number of goals X 10 = SCORE _____

Throwing Skill

Each participant is allowed six throw-ins. Scoring is based on distance and accuracy. Five points will be awarded for each successful throw-in.

First Throw	
Second Throw	
Third Throw	
Fourth Throw	
Fifth Throw	
Sixth Throw	
Total	

Number of successful throw-ins X 5 = SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Soccer Contest Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest ____/____/____ Age Group _____

Location _____ Chairperson _____

Contestant	Dribbling Score	Shooting Score	Throwing Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Curling

Age (circle one) 8 9 10 11 12 13

Entry Form and Instructions

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*
(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Participants must bring a second pair of clean shoes to be used just for curling.
- Decisions of the judges will be final.

Contest information: Place _____
Date ____/____/____ Time _____

Skill Shots for Drawing (Distance)

Each participant has eight tries to deliver a stone onto the playing surface. Must release a stone, delivering towards the target mat. Remove stones between deliveries.

Number of stones successfully released = SCORE _____

Skill Shots for Hitting (Direction)

Each participant has eight tries to deliver the stone towards the target making it between two (2) orange safety cones placed a the front of a target mat Remove stones between deliveries.

Number of stones delivered between cones = SCORE _____

Skill for Scoring (Combines Distance with Direction)

Each participant has eight tries to deliver the stone onto the central two circles (blue/white) from the hack box (starting line). Remove stones between deliveries.

Number of stones delivered to blue/white circles: = SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Curling Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest _____/_____/_____ Age Group _____

Location _____ Chairperson _____

Contestant	Skill Shots for Drawing	Skill Shots for Hitting	Skill for Scoring	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Golf

Age (circle one) 8 9 10 11 12 13

Entry Form and Instructions

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*

(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Golf shoes or Tennis shoes will be permitted.
- Decisions of the judges will be final.

Contest information: Place _____

Date ____/____/____ Time _____

Drive

Using a driver or 3 wood only, each participant will be allowed four attempts to find the fairway area. Five points scored for each ball on the fairway, 0 points for a miss. Contestants may use a tree.

	HIT	MISS
SHOT 1		
SHOT 2		
SHOT 3		
SHOT 4		
Total		

Total of Four Shots = SCORE _____

Pitch

Using any club from 9 iron to 64 degree wedge, contestants are allowed four attempts to pitch the ball to within 18 feet from a flag on the green. Five points are scored for each ball that finishes 18 feet or less from the target flag. No tees are allowed.

	Within 18 feet 5 points	Outside 18 feet 0 pts
SHOT 1		
SHOT 2		
SHOT 3		
SHOT 4		

Total of Four Shots = SCORE _____

Putt

Using only a putter, contestants have four attempts to hole each attempt in two putts or less. Every time a hole out is made in two putts or less, there is a score of five points. 3 or more putts, there is a score of 0.

	Hole Out in 2 or less 5 pts.	Hole Out in 3 or more 0 pts.
SHOT 1		
SHOT 2		
SHOT 3		
SHOT 4		

Total of Four Shots = SCORE _____

TOTAL SCORE (three events) _____



Optimist Tri-Star Golf Master Score Sheet

Sponsored By _____ Date of Contest ___/___/___ Location _____

Contestant	DRIVE Score	Pitch Score	Putt Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Optimist Tri-Star Volleyball

Entry Form And Instructions

Age (circle one) 8 9 10 11 12 13

Name _____ Telephone (_____) _____

Address _____

School Name _____ Date of Birth ____/____/____

How old will you be on March 15? _____

Parent's permission _____ *Parents are welcome at contest.*
(Signature)

- Participants may compete in only one local contest.
- Participants will compete against others of the same age, as of March 15.
- Gym shoes will be required.
- Decisions of the judges will be final.

Contest information: Place _____
Date ____/____/____ Time _____

Serving Skill

Participants will be allowed six attempts to serve the volleyball over the net from the back boundary line (from the Key Area or 8-9 year olds). Ten points will be awarded for each serve (successful attempt). Attempt will be invalidated if a participant steps on or over the assigned boundary or Key Area. Perfect score is 60.

Distance from the Net:

Age	Feet
8-9	15'
10-11	20'
12-13	20'

Successful Serves _____ x 10 Score: _____

Passing Skill

Each participant will be allowed three attempts, all underhand, at three designated targets. Three points will be awarded for each pass received by the Target at each position. Perfect score is 27.

Position 1 _____ x 3 Position 2 _____ x 3 Position 3 _____ x 3 Score: _____

Hitting Skill

Each participant will attempt to hit the ball over the net standing 10' from the net. Two points will be award for each time the target is hit at three attempts to three positions. Perfect score is 18.

Position 1 _____ x 2 Position 2 _____ x 2 Position 3 _____ x 2 Score: _____

Total Score: _____



Optimist Tri-Star Volleyball Contest Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest _____/_____/_____ Age Group _____

Location _____ Chairperson _____

Contestant	Hitting Score	Passing Score	Serving Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

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