

## Softball NZ Measurable Velocity Standards

NB: Radar speed is measured in kilometres.

### Pitching

<b>Male</b>	Drop/fast ball	Rise/high
U15 Raw Sox	94 – 106	n/a
U17 Emerging Sox	106 -115	98 - 103
U20 Silver Sox	115 - 120	105 -111
SOX20+	120 - 127	115 - 119

<b>Female</b>	Drop/fastball	Rise/high
U15 Raw Sox	78 - 90	n/a
U17 Emerging Sox	90 - 98	85-90
U20 Silver Sox	98 -103	95 - 98
SOX20+	100 -106	95 - 103

The ideal speed for a change up is approx 25 km less than the pitchers dominant pitch (the pitch they throw the most often).

### Catching – overhand throw

SNZ Pathway Name All throws are from squat position behind home plate	<b>Male</b> Radar H-1B	<b>Female</b> Radar H-1B
U15 Raw Sox	90 +	80 +
U17 Emerging Sox	100 +	90 +
U20 Silver Sox	110 +	100 +
SOX20+	115 +	105 +

Timed Throws H-2B glove to glove	Excellent	Very good	Above average	Average	Below Average	Well below Average
Male Adult	<1.6	1.65	1.7	1.8	1.9	2.0
Female Adult	<1.8	1.85	1.9	2.0	2.1	2.2