



# Wheelchair Tennis Ball Throw *Event Overview*

## EQUIPMENT NEEDED



### Tennis Ball

*If you do not have a tennis ball, use another object (whiffle ball, baseball, etc.)*



### Designated Markers

*(You can use cones, a chair, or any large, stationary object that will not move.)*



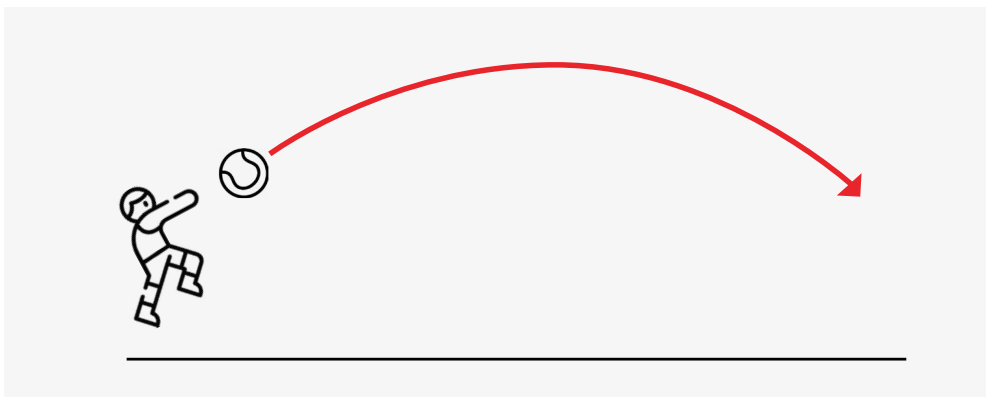
### Measuring Tape

*If you do not have measuring tape, take big steps.  
1 Big Step = 1 Meter, 3 Feet*

## RULES

- 1 Athlete will stay behind a designated line
- 2 Athlete will throw the tennis ball as far as they can
- 3 Measurement will be made from the designated line to where the tennis ball first touched the ground
- 4 Record the distance on score card
- 5 If you can throw more than 15M, consider doing the softball throw instead

## How far can you throw a tennis ball?



*Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:*

***#sowavirtualgames***

