

女子軟式野球選手の基本的競技能力調査報告

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【要旨】

基本的な野球競技能力を, 走力 (50m 走, ベースランニング), 投力 (投球速度, 遠投距離), 打力 (スイングスピード) の 3 つに分け, 全国の現役女子軟式野球選手 (中学生, 高校生, 大学生, 社会人) を対象に 5 種目の測定を行い, その実態を明らかにした. 全ての種目, 年代において, 平均値以上の群の野球経験年数は平均値未満の群を上回り, 女子野球選手の競技能力には経験年数が影響することが明らかになった. また女子野球選手の平均値は, 一般女性の平均値より高く, 男子中学野球選手の平均値より低かった. 男子中学野球選手の能力と本研究の女子中学生の能力比較からは, 主に以下のことが明らかになった. 1. 男女とも中学時代に最も向上するのは遠投力である. 2. 向上率で最も大きな男女差が現れるのも遠投力である. 3. 中学 3 年時の男女の平均値の差は, ベースランニング 13.4%, 投球速度 22.8%, 遠投距離 30.7%, スイングスピード 13.6% で, 女子が低かった. 4. 種目によって男女差は異なる. 現在使われている女子軟式野球の小さなグラウンドサイズ (塁間 25m, 投本間 17m) は, 「女子の能力は男子より一律 10% 程度低いだろう」という推測のもとに作られているため, 本研究で走力と投力の男女差が一律ではないことや, 具体的な数値が明らかになったことは, 今後の女子野球の競技規定を考えるうえで重要である.

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Survey of the physical abilities of female players of rubber baseball

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【Abstract】

The purpose of this survey was to measure and analyze the running, pitching, and hitting ability of female players of rubber baseball in Japan. The participants were junior high school students, high school students, university students, and adult

amateur rubber baseball players. The results were compared with data available for women who did not play rubber baseball and male junior high school baseball players. The items surveyed were 50-m (54.68-yard) dash time, base running speed, fastball velocity, throwing distance, and bat swing speed.

The results showed that the female players whose scores were above the average had had more playing years than those scoring below average, which suggests that years of experience has a positive influence on the performance of the players.

The average scores of women players of rubber baseball were higher than those of women who did not play rubber baseball and lower than those of male junior high-school baseball players.

Comparison between the male and female junior high-school players showed the following:

1. Comparing junior high school students in the three junior high grades, the ability of throwing distance of both the boys and the girls increased more than any other motion measured.
2. The largest gender difference during junior high school was found in the rate of increase of throwing distance.
3. Differences of various sizes between the 9th grade boys' scores and the girls' were found, depending upon the ability measured. The girls' averages were 13.4% lower than the boys' in base running, 22.8% in fastball speed, 30.7% in throwing distance, and 13.6% in bat swing speed.

The size of the field used for women's rubber baseball is 25 m (82 feet) between the bases and 17 m (55.77 feet) between the pitcher's mound and the home plate. The decision to use a smaller field was based on the assumption that women's abilities are 10% less than men's. This survey provides data that shows that gender differences between scores depend on the ability being measured. This will serve as a basis for reconsideration of the present competition rules for women's baseball.