

SLOW PITCH SOFTBALL



THE GAME

- The game was patterned after baseball.
- There are 10 players on the field in a slow pitch softball game.
- In a regulation softball game there are 7 innings. An inning is a complete turn at bat for both teams.
- There are 3 outs for each team per inning.
- Bunting, stealing, leading off, sliding (in PE class) is not allowed.
- A run will not score if the third out is a force out.

SOFTBALL TERMINOLOGY

Ball:	Legally pitched ball that does not enter the strike zone.
Ball in play:	A ball that finally stops on the infield in fair territory or a ball that first lands in fair territory in the outfield or at least beyond 1st or 3rd base.
Batting order:	Players continually taking turns hitting, using the same sequence throughout the game.
Complete inning:	Both teams have been up to bat and played in the field for three outs.
Double:	A batter gets a hit and takes 2nd base.
Fly ball:	A batted ball that goes up in the air.
Force out:	When a base runner has to go to the next base to make room for the following base runner. Defensive players do not have to tag the runner for a force out, but do have to tag the base the runner is going to with the ball before they get there.
Foul ball:	A batted ball that stops in foul territory on the infield or lands in foul territory in the outfield (beyond 1st and 3rd base). If a ball is caught on the fly in foul territory it is an out.
Grand slam:	When a batter hits a home run with the bases loaded.
Grounder:	A ball that is hit on the ground.
Home run:	A batter hits a ball over the outfield fence or gets a hit and runs around all of the bases before they can be put out.
Infield:	The diamond-shaped area in fair territory formed by the three bases and home plate.
Infield fly rule:	If the batter hits a pop-fly in the infield, the batter is called out and the base runners may advance at their own risk. This happens if there are runners on 1st and 2nd or 1st, 2nd, and 3rd and less than two outs.
Line drive:	A batted ball that is hit hard in the air without much arch.
On deck:	The next batter up.
Outfield:	The area that is outside the diamond-shaped area formed by the three bases and home plate.
Overrun base:	Runners are allowed to overrun first base. As long as they do not attempt to advance to second base they get a free walk back to first base. Runners can also overrun home plate.

Overthrown ball:

- A ball that is thrown to a player and is not caught.
- If the ball goes past the person catching the ball, but stays in the field of play, a base runner can take as many bases as desired.
- If the ball goes past the person catching but goes out of play then the base runner may only go one extra base.

Run: Coming safely into home plate after running all the bases. The most runs at the end of the game wins.

Single: A batter gets a hit and takes 1st base.

Strike: Term used for a ball that is swung at and missed. A strike can also be called if the pitched ball goes through the strike zone.

Strike zone: The area over home plate between the knees and arm pits of the batter.

Tag Up: When a fly ball is caught (foul or fair) and the team throws the ball back to the base before the runner gets back.

Triple: A batter gets a hit and takes 3rd base.

Walk: A batter gets four balls called. They may go to first without being put out.

Strikes and balls:

1. The pitcher must pitch the ball underhand.
2. The strike zone is between the batter's armpits and knees and over the plate.
3. If the pitched ball does not cross the strike zone it is called a ball.
4. 4 balls is a walk (you get to go to 1st base).
5. 3 strikes is an out.
6. A foul ball is considered a strike except on the third strike.
7. A batter must be in the batter's box when they hit the ball. If you step on the plate, you are out.
8. When a batter swings and totally misses the ball, it is called a strike.

Fair and foul balls:

1. A ball is foul if it is hit in the infield and is not touched until the ball is in foul territory.
2. A ball is foul if it lands in the outfield in foul territory. It also counts as a strike.
3. A ball is fair if it hits 1st or 3rd base.
4. A ball is fair if it lands in fair territory in the outfield then rolls foul.
5. A ball is fair if it is touched in fair territory.
6. A fly ball in foul territory, that is caught, is an out.

Base Runners:

1. A base runner is not allowed to interfere with a player fielding a ball. The base runner will be called out.
2. The base runner is safe if a player on the other team interferes with him/her.
3. Base runner is out if they leave the base before the batter hits the ball.
4. Base runner is out if they do not "tag up when a fly ball is caught (foul or fair) and the team throws the ball back to the base before the runner gets back.

5. If a batted ball hits a base runner they are out.
6. When an overthrow at 1st or 3rd base occurs, and the ball goes out of play, the runner is awarded one base.
7. The base runner may overrun 1st base, without jeopardy of being put out, if no attempt is made to advance to 2nd.
8. An overthrow at 2nd base occurs, and the ball goes to the outfield, the runner may advance as many bases as he/she can.
9. During a force out, the fielder can tag the base or the runner.
10. If the base runner chooses to advance, he/she must be tagged with the ball to be put out.
11. A base runner may advance after a fly ball is caught.

SKILLS

Keys to initiating a good throw are:

1. Grip the ball comfortably, not too tight.
2. The ball should come from the waist and then from right behind the ear.
3. Step in the direction of the recipient.
4. Follow through with hand toward the target.
5. Step with the opposite foot than the arm you are throwing with.

Keys to a successful catch are:

1. Throwing hand should be behind but not necessarily touching the glove.
2. The catcher should watch the ball all the way into the glove.
3. ALWAYS keep the ball in the center of the body.
4. To catch a ball high above the shoulder, the fingers of the glove should be pointing up.

A good hitter:

1. Watches the ball from the time the ball leaves the pitcher's hand.
2. Does not rest the bat on his or her shoulder.
3. Keeps his or her elbow up, not tucked in by his/her side.
4. Steps (toward the pitcher) and swings all in the same motion so as to get the most power on contact.
5. Swings at CHEST LEVEL to drive the ball hard and straight rather than high in the air.
6. Follows through with both hands on the bat in addition to "Rolling" his or her wrists upon contact. (Also aids in power on contact).
7. Grips the bat with dominate hand on top, there should be no spacing between hands.

WHEN ARE YOU OUT?

The batter is out if he or she:

- Has three strikes.
- Is tagged out at any base.
- Hits a fair or foul ball that is caught before it hits the ground.
- Hits a 3rd strike and the catcher catches the ball.
- Throws the bat. (*In Physical Education class*)

- Steps on home plate while batting.
- Interferes with a play by the catcher.
- Hits a foul ball above the catcher's head and the catcher catches the ball.

The runner is out if he or she:

- Leaves the base before the ball is hit.
- Leaves the base before a fly ball is caught and the fielder tags the runner or tags the base that the runner left early-
- Is tagged when off the base.
- Passes another runner.
- Deliberately interferes with a defensive player.
- Fails to touch a base and the fielder tags them before they can return.
- Touches a base that is occupied by another runner.

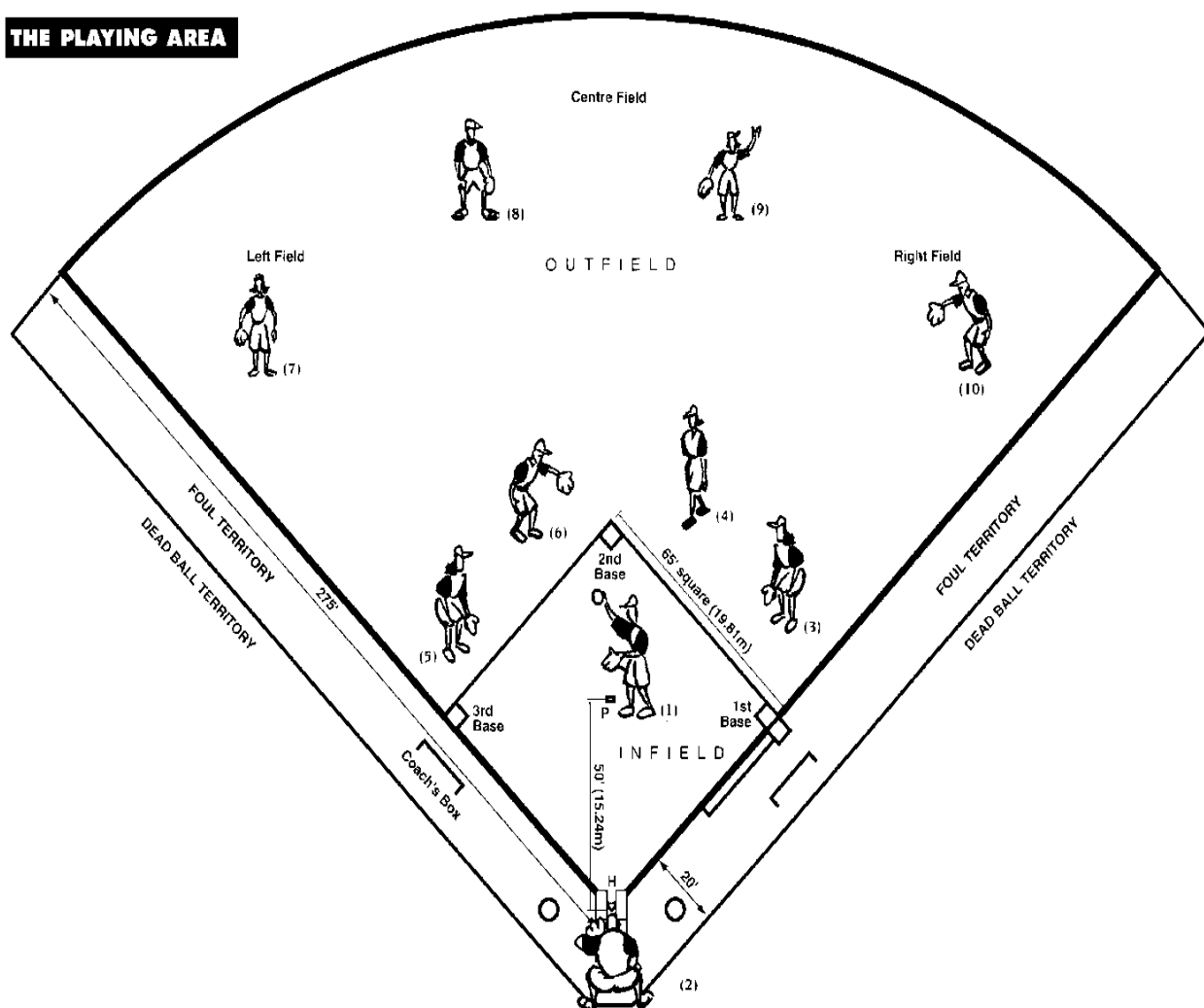
BASIC SAFETY

1. Players should stand behind the backstop or in the dugout to prevent injury during a softball game.
2. After hitting, NEVER throw the bat.
3. If catching, stand away from home plate or you MUST be wearing the proper equipment.
4. If you choose to pitch, NEVER stand too close to the batter.
5. Before playing, ALWAYS stretch, especially the shoulder girdle.

SPORTSMANSHIP

1. Ways to improve self discipline are accepting officials' decisions, obeying the coach, and cooperating with teammates.

THE PLAYING AREA



Slow pitch player numbers and positions:

<i>Number</i>	<i>Position</i>
1	Pitcher
2	Catcher
3	First baseman
4	Second baseman
5	Third baseman
6	Short stop
7	Left fielder
8	Left center fielder
9	Right center fielder
10	Right fielder