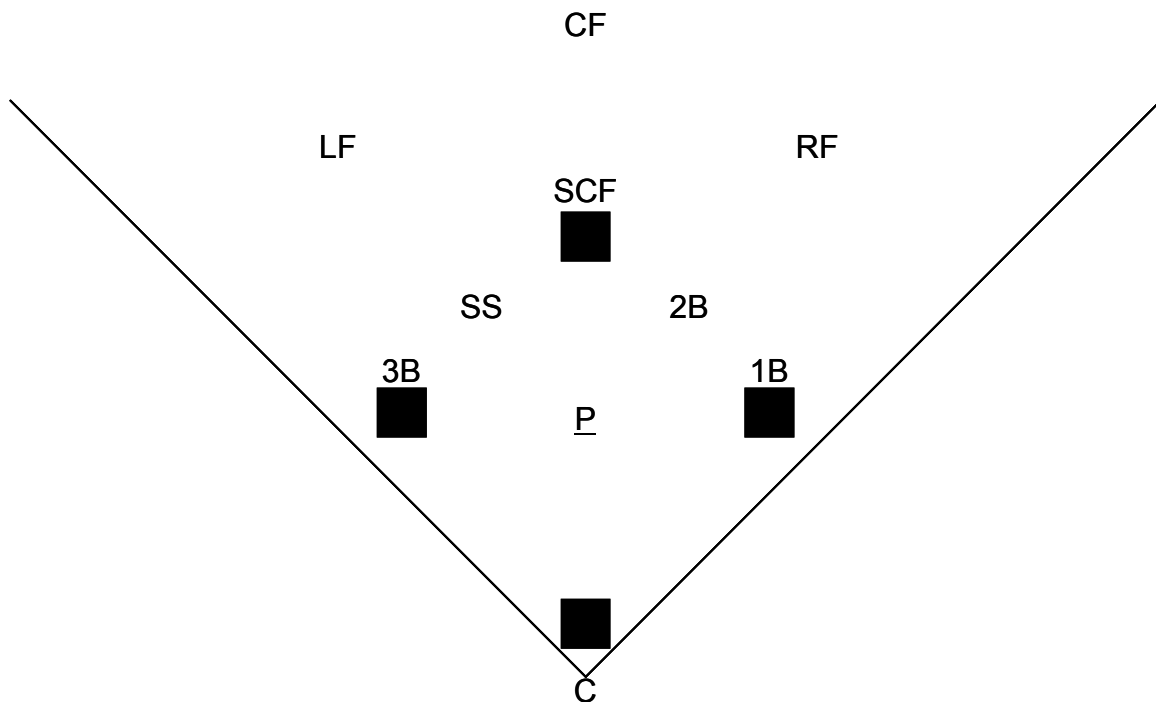


# SOFTBALL

(Junior/Senior P.E.)



## Positions for Field



- |                      |                             |
|----------------------|-----------------------------|
| 1. P-Pitcher         | 7. LF-Left Fielder          |
| 2. C-Catcher         | 8. CF-Center Fielder        |
| 3. 1B-First Baseman  | 9. RF-Right Fielder         |
| 4. 2B-Second Baseman | (9 Players)                 |
| 5. 3B-Third Baseman  | (10 Players in slow pitch-- |
| 6. SS-Short Stop     | SCF [Short Center Fielder]) |

## Rules

Softball follows the rules of baseball quite closely. The few exceptions will be pointed out in this brief summary of rules.

- Players
  - A team shall consist of ten players, whose positions shall be determined as follows: Refer to diagram on page one (1) of the handout.
- Pitching
  - The pitcher shall take a position with both feet firmly on the ground and in contact with the pitcher's plate. His arm must come to a rest holding the ball in front of his body. The pitcher may make as many as three motions but must deliver the ball on or before the third motion. The pitcher's pivot foot must remain in contact with the pitcher's plate until the ball leaves his hand. The ball must be delivered underhanded, below the hip, with an open hand, palm up. The ball must travel at a moderate speed and have a perceptible arc before it reaches home plate. The speed of the pitch and the height of the arc are left to the judgment of the umpire.
- Batting
  - Bunting or chopping at the ball are both illegal. The batter must take a full swing each time he/she attempts to hit the ball.
- Base running
  - There are no lead offs at any time in PE Softball. A base runner may advance only after the ball is hit by the batter. Any violation of this rule will result in the base runner being called out.
    1. A batter becomes a base runner upon:
      - a. Making a fair hit.
      - b. Four balls are called. (This is called a **WALK**.)
      - c. Being hit by a pitched ball they tried to dodge.
      - d. Catcher interference.
    2. Base runner must touch each base in order.
    3. Base runner may overrun 1<sup>st</sup> base only. All other bases the runner may be tagged and be called out if they are off base.
    4. The runner may not leave the base until the ball has been hit. (They cannot lead off base.)
    5. After a fly ball is caught the base runner must tag the occupied base before running to the next base.
    6. One base runner cannot pass another base runner who is ahead of them.
    7. Base runner is **out**:
      - a. Upon being tagged with the ball before reaching the base.
      - b. If the ball gets to first base before the runner.
      - c. Upon running more than three (3) feet off the baseline to avoid being tagged.
      - d. If hit by a batted ball before a fielder has played the ball.
      - e. If the runner does not touch each base.
      - f. If that runner does not tag the base after a fly ball is caught.

- g. If that runner passes the preceding base runner.
  - h. Upon interfering with a fielder.
  - i. If the ball reaches the base ahead of the player who is forced to run.
  - j. If there should be two (2) runners on a base the 1<sup>st</sup> runner being rundown between bases and returning to the base just vacated; the 2<sup>nd</sup> runner is the player who is out if touched by the ball.
  - k. If the runner leads off before the ball leaves the pitcher's hand.
  - l. A fielder shall not block the baseline unless actually fielding the ball. If they do the runner shall be safe.
  - m. After a fielder catches a fly ball or tags a runner, the ball must be held firmly, not dropped or juggled, to count as an out.
- Playing field
    - The official diamond will have 50' base paths.
  - The Game
    - An official game is 7 innings. (An inning is when each team has had their turn at bat.) If the game is tied at the end of 7 innings, extra innings will be played until a winner is determined.
  - Batting
    - Batters must follow the same order throughout the whole game. Batting out of turn will result in that batter being called out. The batter is called out if and when :
      1. Three strikes have been called.
      2. A fly ball is caught.
      3. A foul tip occurs on the 3<sup>rd</sup> strike and is caught.
      4. The batter delays the game.
      5. The batter does not stand in the batter's box.
      6. The third strike, struck at and missed, touches any part of the batter's body.
      7. The batter is hit by the batted ball in fair territory.
      8. The batter interferes with the catcher's fielding or throwing.

## Vocabulary

**BALK:** Pitcher makes a motion to pitch without delivering the ball.

**BALL:** A legally pitched ball that does not enter the strike zone- Four balls and the batter walks to 1<sup>st</sup> base without being called out.

### **BALL IN PLAY:**

1. A ball that **finally** settles in the infield.
2. A ball that **first** lands in the outfield on fair ground.

**COMPLETE INNING:** Both teams have been up to bat and have had three outs each.

**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 an out on a forced run, but must tag the base while holding the ball).

**FORCE RUN:** Any runner that is forced to move because of a fair hit ball and the batter becomes a base runner.

**FOUL BALL:**

1. A batted ball that **settles** on foul territory in the infield or **lands** on foul territory in the outfield.
2. A fly ball caught in foul territory but it is still an out.

**INFIELD FLY RULE:** If there are runners on first and second, or first, second, and third and less than two outs, the batter shall be out upon hitting an infield fly; runners hold their bases.

**OVERTHROWN BALL:**

1. A ball that is thrown to a player who does not catch it.
2. If the ball goes into fair territory a base runner may take as many bases as desired.
3. If the overthrown ball goes into foul territory a base runner may take only one base.

**OUT:** The batter is out if he/she takes or is called for three (3) strikes- if he/she hits a fly ball that is caught by a defensive player.

**STRIKE:** Term used for a ball struck at and missed. A strike can also be called if the pitched ball goes through the strike zone—a foul ball.

**STRIKE ZONE:** That area over home plate between the knees and arm pits of the batter.

**THIRD STRIKE RULE:** The batter becomes a base runner on the 3<sup>rd</sup> strike provided:

1. The catcher drops the ball **and**
2. There is either one or two outs and no one is on 1<sup>st</sup> base.

**WALK:** Batter gets four balls called and they may go to 1<sup>st</sup> base without being called out.

**DUG OUT:** Place where batters wait for their turn at bat—for safety everyone should wait behind the backstop.

**DOUBLE:** Another name for a two-base hit—hitting the ball hard enough that the runner reaches 2<sup>nd</sup> base without being called out.

**GRINDER:** Ball hitting the ground.

**HOME RUN:** Hitting the ball hard enough to round **all** the bases safely.

**IN THE HOLE:** Batter after the on-deck batter.

**MOUND:** Pitcher's area including the pitcher's plate.

**ON DECK:** The next batter.

**RUN:** Coming safely into home plate after running all bases—counted as the score in softball and baseball—the most runs in seven innings wins the game.

**SINGLE:** Same as a one-base hit.

**TRIPLE:** Same as a three-base hit.

**UPS:** Batter or team that is at bat.