Softball Study Guide

HISTORY:
- Softball is one of the most popular sports in the country, and an estimated 40 million Americans engage in at least one softball game each year. Because it can be played on either a field or an indoor arena, softball games are played year round. There are three types of softball. In the most common type, slow-pitch softball, the ball, which can measure either 11 or 12 inches in circumference depending on the age and league, and must arch on its path to the batter. In fast-pitch softball, the pitch is fast and bunting and stealing are permitted. Modified softball restricts the windmill windup of the pitcher, although the pitcher is allowed to throw as hard as possible with the restricted back swing.

RULES OF THE GAME:
- There are 9 players on a fast pitch softball team, 10 on a slow-pitch team.
- The infield is made up of the following positions: 1st, 2nd, and 3rd bases, shortstop, pitcher and catcher.
- The outfield positions are designated as left, right and center field. (Slow-pitch plays an extra outfielder usually called the short fielder).
- Any ball going outside the 1st or 3rd base line is a foul ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which is an out).
- An official game is 7 innings. An inning is when both teams have had a turn to bat.
- All pitching must be done underhand.
- High school fast pitch pitchers pitch from a distance of 43' from home plate.
- A Batter is out when:
  - Three strikes have been called
  - A fly ball is caught in either fair or foul territory
  - The batter does not stand in the batter's box while attempting to hit a pitch
  - The batter is hit by her own batted ball in fair territory (outside of the batters box) before it is played by a fielder
  - The batter hits a grounder and the ball is thrown to 1st base before the batter reaches first base.
- Base Running (Slow pitch)
  - Runners must touch each base in order.
  - Runners may overrun 1st base only. At all other bases the runner may be tagged and called out if they are off the base.
  - Runners cannot lead off a base. They must wait until the ball is hit or crosses home plate
  - After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base.
  - One base runner cannot pass another base runner that is ahead of them.
- A runner is out if:
  - They are tagged with the ball before reaching a base
  - The ball gets to 1st base before the runner
  - They run more than 3 feet out of the base line to avoid being tagged

IN-CLASS MODIFICATIONS:

- When running to first base, the batter will run to the outside base while the fielder will use the inside base to avoid any collision at the base.
- While at bat, if your ball directly hits above the red line it is an automatic homerun.

KEY TERMS:

- Ball- A legally pitched ball that does not enter the strike zone (four balls equals a walk).
- Count- This is the number of balls to the number of strikes the batter has during the time at bat. The number of balls is always given first by the umpire.
- Double Play- A play by the defense in which two offensive players are legally put out as the result of a continuous action.
- Force out- An out, which may be made when the runner has to advance to the next base to make room for the following base runner.
- Foul Ball- A legally batted ball hit outside of the baselines. It counts as a strike on the batter until you get to two strikes.
- Grounder- A ball that is hit on the ground.
- Inning – A portion of the game consisting of a turn at bat for each team.
- On deck- The next batter.
- Pop up- A ball hit up in the air to the infield.
- Strike-Term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at all.
- Strike zone- A pitched ball that goes over home plate between the batters armpits and knees.
- Umpire- Person responsible for enforcing all rules of the game.
- Walk- A batter is awarded first base after the umpire calls four pitches balls.

DIAGRAMS: