

# Softball Study Guide

## THE GAME

- There are 10 players on a regulation softball team.
  - A. Infielders – pitcher, catcher, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> baseman, shortstop
  - B. Outfielders – right, right center, left center, and left
- The lines between the bases are 60' apart and when joined they form a “diamond”, inside the baseline is known as the infield
- Outside the baseline but inside the playing field is called the outfield.
- 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 translates to an out)
- An official game is 7 innings (a inning is when both teams have had their turn to bat)

## PITCHING

- The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
- The ball must be thrown underhand.
- Both hands must be on the ball at the start of the pitch.

## BATTING

- Batters must follow the same order throughout the whole game
- The batter is out if and when:
  - a) three strikes have been called
  - b) a fly ball is caught
  - c) the batter does not stand in the batter's box

## BASE RUNNING

- Runners must touch each base in order
- Runners may overrun 1st base only, 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 be on base until the ball is hit.
- 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.
- Stealing a base is not permitted
- A runner is out if:
  - a. they are tagged with the ball before reaching a base
  - b. the ball gets to 1st base before the runner
  - c. they run more than 3 feet out of the base line to avoid being tagged

## TERMS:

- Ball- a legally pitched ball that does not enter the strike zone (four balls equals a walk)
- Grounder- A ball that is hit on the ground
- Force out- when the runner has to advance to the next base to make room for the following base runner.
- Fly ball- ball hit up in the air to the infield



- On deck- the next batter
- Pop up- 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- the ball passes the batter over the plate between their chest and knees
- Force out – when a base runner **MUST** run. The fielder only has to touch the base.
- Foul ball – a ball hit either in the air or on the ground outside of the playing field.
- Innings – both teams get to bat during an inning. Complete games are 7 innings long.
- Tagging up – a base runner must remain on the base until a fly ball is touched and then he can attempt to advance at his own risk.

## Origins of Softball

Here is an abbreviated description Softball History and how it started as described by Bill Plummer III, a member of the National Softball Hall of Fame: These games were called **Rounders** and **Townball**. **Rounders** is the sixteenth century British version of a bat and ball game that dates back to "the dawn of time". In theory, it is a descendant of the bat and ball games played by our "cavemen" ancestors. This theory is a result of the observation that there is no culture in the world that does not have some form of a bat and ball game.

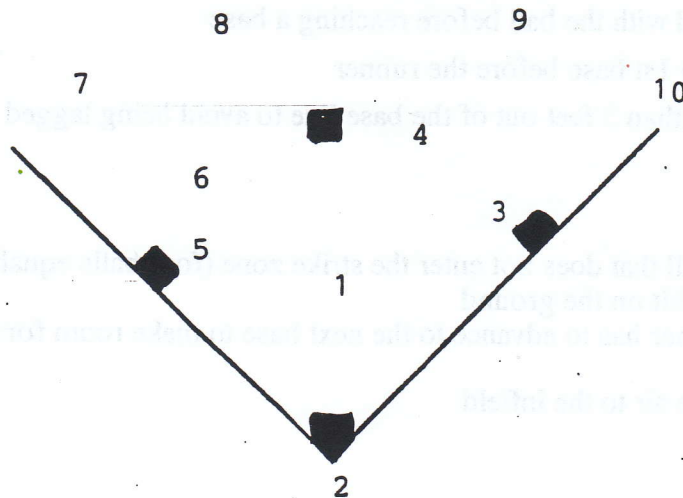
Played in England as long ago as the 16th Century, Rounders was a popular pastime. A version of Rounders is still played by folks in the U.K and Ireland. By the 19th Century in America, the game had undergone many changes, and was commonly called Townball. Today we play still another variant called Baseball.

The object of Rounders is as such: Each time a Defender successfully completes a foray and returns to the Castle with his gleanings (more food or weapons, etc.), he scores for his team. Tally is kept by marking a stroke for each score. In other words, Each Runner who makes it back into the Castle scores a "Tally". At the end of the game, the team with the highest tally (the most runs scored) wins. The game ends after each team has been In the same number of times -- there is no limit but exhaustion or darkness to the number of "In"ings.

Softball was invented around the beginning of the 20th century by American professional baseball players who wanted to keep in practice during the off-season late fall and winter months; the substitute game was played indoors. Toward the end of the second decade of the century, Canadian amateur players began to play the new game outdoors, on playgrounds or other suitable fields; the game then rapidly became popular in Canada and obtained a foothold in the United States. Extensive interest in softball began in the United States about 1930. The first national amateur softball tournament took place in Chicago, Illinois, in 1933 in connection with the world's fair then being held in that city. After about 20 years, when fast pitching began to dominate the game, slow-pitch softball was developed in order to give batters a better chance at hitting the ball.

### POSITIONS:

2 – catcher, 1 – pitcher, 3 – 1<sup>st</sup> baseman, 4 – 2<sup>nd</sup> baseman, 5 – 3<sup>rd</sup> baseman, 6 – shortstop, 7 – left fielder, 8 – left center fielder, 9 – right center fielder, 10 – right fielder



NAME: \_\_\_\_\_

BLOCK: \_\_\_\_\_

DUE: \_\_\_\_\_

# Softball Questions

**Directions: Answer on this worksheet all softball questions and crossword questions. Keep the study guide information for the Final Exam.**

1. Describe a regulation team.
2. Name the positions of the infielders.
3. Describe the length of a regulation game.
4. Explain the strike zone.
5. Give three ways that a batter might be called out.
6. What is a foul ball?
7. About when was softball invented and by whom?
8. What is a grounder? What is a pop-up?
9. What is tagging up?
10. There is a runner on first base with one out. The batter hits a grounder towards 2<sup>nd</sup> base. Does the runner on first have to run and what would this be called?

-OVER-

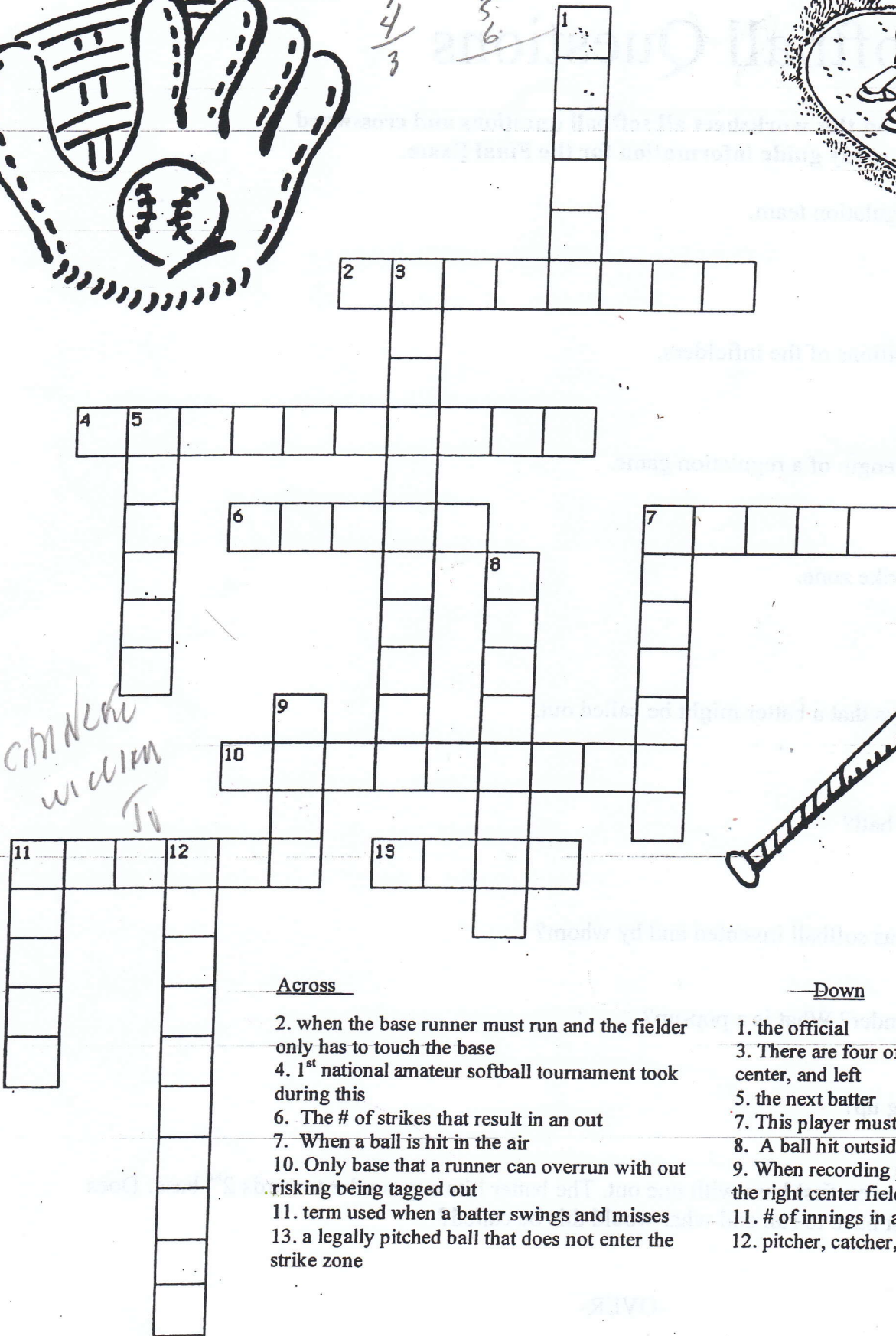
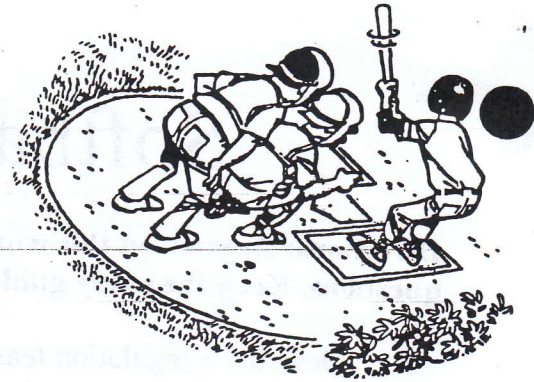


# SOFTBALL CROSSWORD

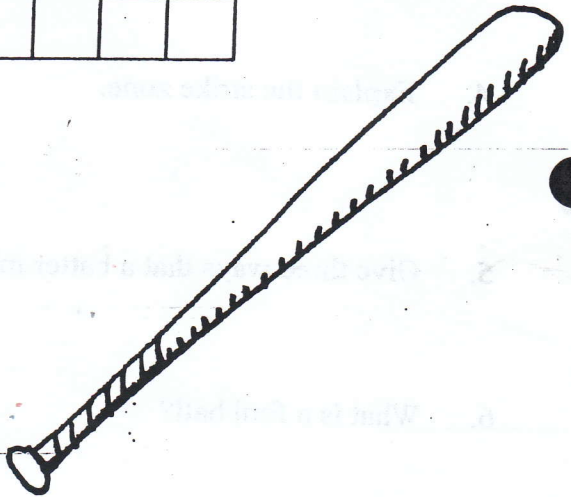


7  
4  
3

2  
3  
4  
5  
6



*catcher  
w/ catch  
to*



Across

- 2. when the base runner must run and the fielder only has to touch the base
- 4. 1<sup>st</sup> national amateur softball tournament took during this
- 6. The # of strikes that result in an out
- 7. When a ball is hit in the air
- 10. Only base that a runner can overrun with out risking being tagged out
- 11. term used when a batter swings and misses
- 13. a legally pitched ball that does not enter the strike zone

Down

- 1. the official
- 3. There are four of these: right, right center, left center, and left
- 5. the next batter
- 7. This player must throw underhand to home plate
- 8. A ball hit outside the playing area
- 9. When recording play, this # is used to indicate the right center fielder
- 11. # of innings in an official game
- 12. pitcher, catcher, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> baseman, shortstop