

Softball Study Guide

History:

George Hancock is credited with developing the game and its first set of rules in Chicago in 1887. Softball was first called "inside baseball" because it was played inside. It was originally played with a boxing glove and broom. Eventually the official game used a softer ball, a smaller bat and shorter base distances than used today. The game quickly moved outdoors and was called Kitten Ball, Mush Ball, Recreation Ball and Diamond Ball. In the 1930's the Amateur Softball Association was formed. The game is now one of the most popular games played today with over 35 million Americans participating.

Terminology:

Ball- a pitch which is not within the strike zone of the batter.

Base on balls – walk to first after four pitches are judged to be balls.

Base – the places on the field which runners must touch in succession before scoring.

Baseline – a space 6 feet wide in which a runner must stay while running the bases.

Batter's Box – area where the batter must stand while batting.

Batting Order – order in which players take their turn batting.

Count – the number of balls and strikes on a batter.

Defensive team – the team in the field.

Double Play – a defensive play which results in 2 outs.

Fair Ball – any legally batted ball which is touched or stopped in fair territory.

Fly Ball – any ball batted high in the air.

Force Out – when the runner has to run on a ground ball because there are no open bases.

Foul Ball – any ball stopped outside the fair area or touching in the fair area and then rolling out, without being touched by a fielder before going past 1st or 3rd base.

Full count – the batter has 3 balls and 2 strikes.

Inning – the teams are on defense and offense once.

Line Drive – a sharp straight batted ball hit into the playing field.

Offensive Team – the team at bat.

Strike – a pitched ball which is within the strike zone of the batter, when the batter swings at and misses the ball or fouls the ball off.

Strike Zone – the space over any part of home plate which is between the batter's armpits and knees. The ball must also be thrown in an arc 6-12 feet high.

The Game:

There are 10 players on the field in a slow pitch softball game. In a regulation game, there are 7 innings. An inning is complete when both teams complete a turn at bat. There are 3 outs for each team per inning. Bunting and stealing bases are not allowed. A run does not score if the third out is a force out. A base runner cannot score ahead of the base runner preceding him/her.

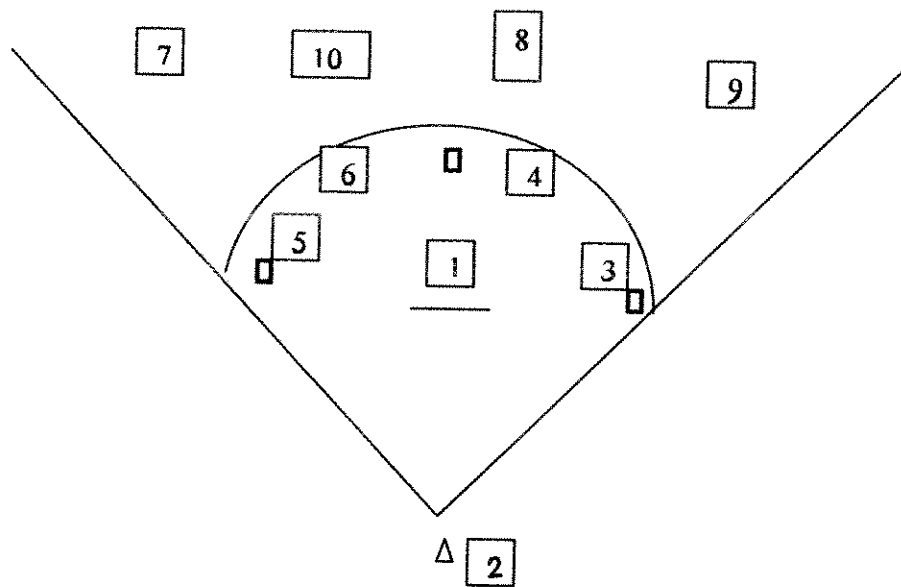
Players and Positions:

Infield Positions

1. Pitcher
2. Catcher
3. 1st Baseman
4. 2nd Baseman
5. 3rd Baseman
6. Shortstop

Outfield Positions

7. Left Fielder
8. Center Fielder
9. Right Fielder
10. Short Fielder



Basic Safety:

- *Players should stand behind the backstop or in the dugout to prevent injury.
- *After hitting, NEVER throw the bat.
- *If catching, stand up and away from home plate or you must wear the proper equipment.
- *No sliding.
- *Remember to call for the ball ("Mine" or "I got it") to avoid collisions.