

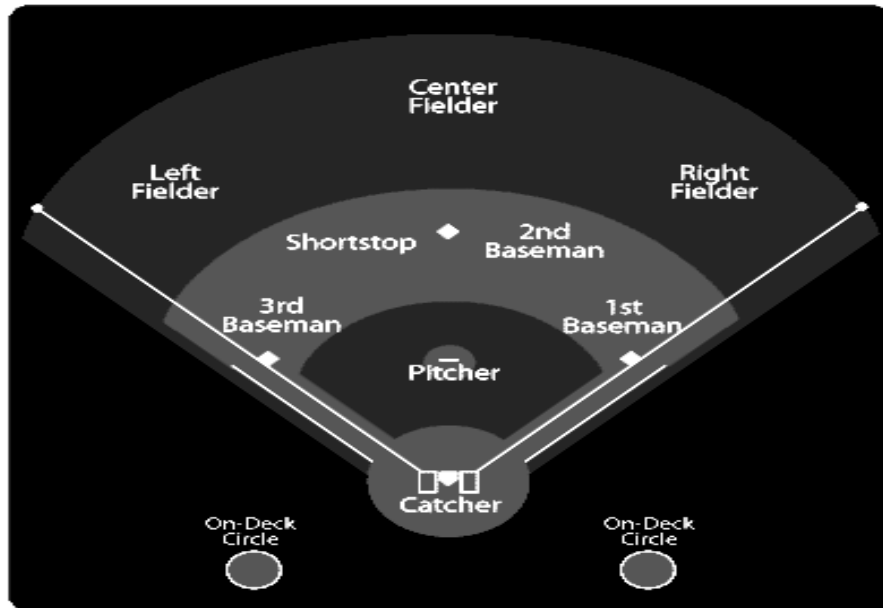
# Softball

## History:

Baseball was invented by Abner Doubleday of Cooperstown, New York in 1839. However, in 1845 the rules of baseball were drawn up by Alexander Cartwright. He helped to organize the first baseball club, the New York Knickerbockers. In 1933, the Amateur Softball Association was formed and today the Association and the International Joint Rules Committee on softball make the governing body for the game.

## Players:

There are NINE players (on the field) of an official baseball and fast pitch softball team.



## Terminology:

- **Single:** One base hit
- **Double:** Two base hit
- **Triple:** Three base hit
- **Home Run:** Four base hit

1. **Batting Average:** number of turns at bat divided by number of hits
2. **Strike Zone:** area over the plate (home base) and between the batter's armpits and knees
3. **Count:** the number of called balls and strikes
4. **Strike out:** 3 Strikes
5. **Walk:** 4 balls
6. **Clean – up:** the 4<sup>th</sup> hitter in the batting order.
7. **On deck:** the player who is at bat next.
8. **R.B.I.: Run Batted In**
9. **Switch hitter:** a batter who bats right or left handed
10. **Force out:** an out occurring when the defensive player in possession of the ball touches the base before the runner who had to run to that base because of the batter becoming a base runner. (First Base is a force out)
11. **Diamond:** the area formed by the 4 bases
12. **Double play:** two outs made as a result of continuous play
13. **Error:** failure to field, catch, or throw a ball which should have retired the batter or a base runner.
14. **Foul ball:** a ball hit outside of fair territory. The ball is hit outside the baselines.
15. **Inning:** one of 9 (baseball) or 7 (softball) divisions in which both teams have offensive turns.
16. **Squeeze play:** the 3<sup>rd</sup> base runner comes home on a bunt
17. **Umpire:** the person officiating the game

**Rules:** The rules of Softball are similar to Baseball with the following exceptions.

	<b>Baseball</b>	<b>Softball</b>
<b>Innings</b>	9	7
<b>Pitching</b>	Overhand	Underhand with one arm revolution (Windmill)
<b>Pitching Distance</b>	46 feet	40 feet
<b>Base Distance</b>	90 feet	60 feet
<b>Base Running</b>	Runners can run anytime	Must remain on base until the ball has left the pitcher's hand
<b>Stealing &amp; Bunting</b>	Allowed	Allowed

## **Play:**

- The basic skills of baseball/softball are throwing, catching, running, and hitting.
- The main objective in baseball/softball is to be the team with the most runs after 9 (baseball) or 7 (softball) innings of play.
- An umpire judges whether the ball was delivered over the plate (home base) and between the batter's armpits and knees.
  - The area over the plate and between the batter's armpits and knees is called the **Strike Zone**.
- If 3 Strikes are called (**Strike Out**) the batter is out. If 4 Balls are called (**Walk**) the batter is allowed to take first base.
- The batter tries to hit the ball in fair territory. If the ball is hit outside of this area, it is a **foul** and counted as a **strike**.
  - If the ball is caught in foul territory, the hitter is out.
- Three outs are allowed per half-inning. When each team has had a turn at bat and 3 outs have been made, an inning is completed.
- Outs occur when:
  - The batter strikes out
  - When a fly ball is caught
  - When the base is touched with the ball before the runner reaches it if he is FORCED to run because of a succeeding runner
  - When a runner is touched (or tagged) with the ball before reaching a base
- **Tagging** – runners may advance on a caught fly ball only after tagging (touching) the base after the ball has been caught, and then they may advance to the next base
- Runners may overrun 1<sup>st</sup> base without being tagged out as long as the runner does not make an attempt to go to second base. 1<sup>st</sup> base is the only base the runner can overrun.
  - If a runner over runs 2<sup>nd</sup> or 3<sup>rd</sup> base and is touched with the ball, the runner is out.