

Softball Study Guide

Team Sports

The Game

1. There are 10 players on a slow pitch softball team.

Positions

Pitcher and catcher (Batter)

Infielders: First, second, third base, and shortstop

First base – when ball is hit, he needs to receive the throw with his foot on the base before the runner reaches it

Second base – does NOT stand directly on the base, but halfway between first and second base

Third base – does NOT stand directly on the base, but several feet off the base toward the shortstop

Shortstop – stands in between second and third base

Outfielders: Left, Left Center, Center, and Right Field

Left Field – covers most of the left side of the outfield

Left Center (also can be played as Short Center) – stands between left and center or plays shorts and covers infield errors

Center – stands in outfield behind second base and controls the outfield

Right – stands in the outfield between first and second base and covers the right side of the outfield.

2. Bases are 60 feet apart and when joined are called a diamond.
4. Any ball going outside the 1st or 3rd base line is a foul ball. On a foul, runners cannot advance and the batter gets another try at bat unless the ball is caught in the air, which would be an out. A third strike foul is an out.
5. An official game is 7 innings. An inning is when both teams have had their turn at bat.
6. Each team gets 3 outs during their half of an inning.

Pitching

1. The ball must be thrown underhand with an arc.

Batting

1. Batters must follow the same order throughout the entire game.
2. The batter is out if:
 - a. Three strikes (foul on third strike)
 - b. A fly ball is caught
 - c. A ground ball is fielded and thrown to first base before batter touches the base.

Base Running

1. Runners must touch each base.
2. Runners may overrun 1st base only: all other bases the runner may be tagged out if they are off the bag.
3. No lead-offs. Must wait to leave the base until the ball is hit or crosses home plate.
4. No stealing bases.
5. When a fly ball is caught and you are on the base, you must “tag up” (touch the base after the ball is caught in order to advance to the next base.)
6. When a ground ball is hit and a base runner is directly behind you on the previous base, you must run to the next base.

Terms

1. Ball-When a pitched ball is not in the strike zone.
2. Walk- four balls equal a walk
3. Strike-when batter swings and misses or when ball crosses plate between knees and shoulders (strike zone).
4. Ground Ball-a ball that is hit on the ground
5. Fly Ball- a ball that is hit in the air.
6. Force Play- When a runner must advance to the next base because the base behind is occupied by a fellow teammate/baserunner.