SOFTBALL

North Campus – 16 inch
South Campus – 16 inch – boys/12 inch – girls

Overview
Softball is a lifetime recreational game played by all ages. Teams consist of 10-11 official players.

Objectives of the Game
1. To hit the ball with a level swing.
2. To catch a fly ball.
3. To field a ground ball.
4. To throw overhand accurately.
5. To run the bases correctly.
6. To understand and apply the rules of softball.
7. To get some exercise and have fun.

Safety
1. Batting – the bat should always be dropped and not thrown after the swing. Team members should line up on the first base side and constantly be alert. Stay away from the foul line to prevent getting hit by the bat or ball.
2. Sliding – players are not allowed to slide because time does not allow teaching of the technique and for safety reasons.
3. Fielding – players must call for fly balls in order to avoid collisions with other players. Give on contact with the hands (glove) when catching. Do not put hands (glove) in front of the face when catching.
4. Base running – defensive players should not stand in the base paths on force plays. The defensive player should tag the base and then take his/her foot off the base.
5. When playing 12-inch softball, all players should wear the proper glove. All gloves should be in good condition to prevent injury.
6. At North Campus, students must be wary getting to the field safely, crossing at the crosswalks and checking for traffic as they run to the field.

Facilities and Equipment
Set up the fields with 60-foot bases and a pitching mark 40 feet from home plate. Bats should be checked for proper grip. Gloves should be laced and in good condition. The overthrow line is marked 30 feet behind first and third base.

Game Rules
1. The general rules of slow pitch softball are used.
2. 12” softball teams can have up to 10 players (4 infielders, 4 outfielders, 1 pitcher, 1 catcher).
3. The pitch will be delivered with a slow underhand motion. All pitches must have a 3 to 12 foot arc.
4. Gloves are required for 12 inch softball; gloves are not required for 16 inch softball.
5. The batter must swing at a pitched ball. He/she cannot chop at the ball or bunt it.
6. Overthrows may be made to first, third, or home. If a ball goes into foul territory 30 feet or more, the runner will advance one base only on an overthrow.

7. One run is scored each time a base runner crosses home plate before the third out of the inning. The run will not score if the third out is a result of:
   a. the batter being out at first base.
   b. the base runner being forced out at any base.

**Defensive Play**

**Infield** – two essential skills of infielders are fielding ground balls and throwing to different bases for force-outs.

**Fielding ground balls:**
1. Practice getting into the path of the ball quickly, keeping the center of the body in front of the ball.
2. Learn to catch the ball with the glove held low as you approach the ball.
3. An infielder must stay out of the base path if he/she is attempting to field the ball.

**Throwing to a base:**
1. Know what base to throw to before the ball is hit to you.
2. SCOOP-SET-STEP-THROW

**Outfield** – three essential skills of outfielders are catching the ball, throwing to the proper base or cut off player, and backing up plays being made in the infield.
1. All throws from the outfield should be thrown on a line rather than lofted.
2. Always throw to the base ahead of the runner.
3. On ground balls to the outfield, the fielder should have his/her body directly in front of the ball to block the ball if it takes a bad hop.

**Throwing**
1. Always set up to throw (balance bodyweight).
2. Step with the opposite foot in the direction of the throw.
3. Rotate the throwing shoulder in the opposite direction of the throw.
4. Extend the throwing arm in the direction of the throw.
5. Keep the throwing elbow up and away from the body. SET-STEP-THROW

**Offensive Play**

**Batting**
1. The batter must follow the ball from the time it leaves the pitcher’s hands.
2. The bat should be swung level for good contact.
3. Every ball hit should be run out until it is determined whether it is fair or foul. Never assume a pop-up will be caught.
4. Keep the back foot set.
5. Have a short stride into the pitch with the front foot.

**Base Running**
1. The runner should always know how many outs a team has.
2. The runner should know when he/she has to run on a ground ball and when he/she has to tag-up on a fly ball.
3. The runner may overrun first base. If he/she begins the turn toward second base, he/she may be tagged out.
Softball Rules

Pitching
1. Pitching is done with an underhand motion.
2. Step forward with the opposite foot.
3. Release the ball off the fingertips.
4. Follow through with the pitching arm swinging toward the batter and the fingertips pointing at the strike zone.
5. Squeeze the armpit to keep the pitching arm in line and accurate.

Batting
1. Players must bat in the assigned order. A player who bats out of order is out.
2. The strike zone is the area below the shoulders and above the knees.
3. Grip the bat by placing the hands next to one another with the dominant hand on the top.
4. Stance – balanced with the weight evenly distributed.
5. Keep the back foot set, do not move it.
6. Take a short stride step into the pitch with the front foot.
7. Extend the arms into the swing.
8. Watch the ball leave the pitcher’s hand until it contacts the bat.
9. Drop the bat; do not throw it after hitting the ball.

The batter is called out in the following situations:
1. When a fly ball is caught.
2. When the batter bunts or chops the ball. A chopped ball is when the batter strikes downward with a full swing.
3. When there is any combination of two strikes.
4. When the ball is thrown to first base before the batter arrives.

Base runner
1. The base runner should always know how many outs their team has.
2. The runner should know that you have to tag up before advancing on a fly ball.
3. If there are two outs, the runner should run on anything.
4. The base runner can overrun first base.
5. There is no sliding in PE class due to safety.
6. The runner doesn’t always have to run when the ball is hit on the ground (i.e., the runner is on second and the ball is hit to the shortstop).
7. The runner cannot pass the runner ahead of him/her.
8. The base runner may leave the base when the pitch crosses the plate or is contacted by the batter.
**Terminology**

1. **Base Path** – a direct line between a base and the runner’s position.
2. **Double** – a two base hit.
3. **Double Play** – a putout at any base and then another base, resulting in two outs.
4. **Error** – committed by a defensive player while fielding or throwing the ball.
5. **Fielder’s Choice** – The fielder decides which runner to put out rather than the batter.
6. **Force Out** – Putting a runner out, who is forced to run, by stepping on the base.
7. **Home Run** – a hit that allows a player to round all of the bases and cross home plate, scoring a run.
8. **Rundown** – The defensive team should attempt to hold the runner at the base they come from, rather than allowing the runner to advance forward on the base path.
9. **Sacrifice Hit** – a hit that results in an out for the batter, but advances a base runner.
10. **Single** – a one base hit.
11. **Triple** – a three base hit.

**Grading**

See activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the front of the Study Guide.

**Technique Description/Skill Tests**

Specific skills for activity units are taught on a regular basis. In some units, demonstrated knowledge of skills may be obtained through some form of skill testing. This testing is not outcome based.
Softball Field Diagram

- Catcher
- Pitcher
- First Base
- Second Base
- Third Base
- Short Center
- Right Field
- Left Field
- Short Stop
- Center Field
- Pitcher
- Third Base
- First Base
- Catcher