Fitness and Sports

Softball (Slow Pitch) Unit

**Game Overview**

Softball is a game in which two teams of nine players take turns at bat as they try to score the most runs around four bases laid out on a field of play. A game usually consists of 7 innings in which each team bats and fields 7 times. Softball is a striking/fielding game similar to baseball, cricket, rounders, and kickball.

**Rules and Regulations**

**GAME REGULATIONS AND SCORING**

* A coin toss determines the order of batting and fielding.
* A game consists of 7 innings, with equal teams of 10 players
* A run = 1 point. A run is earned for each offensive player who rounds the bases and crosses home without being tagged out.
* Outs are achieved by strikeouts, force-outs, tag-outs and fly-outs.
* Each team bats until 3 outs are recorded, at which point the inning ends.

**PITCHING REGULATIONS**

* Pitcher must rest facing the batter for at least 1 second, and release the ball within 10 seconds.
* 1 foot must remain in contact with the pitcher’s plate until the ball is released.
* Ball must be pitched underhand at a height of at least 6 feet and no more than 12 feet.

**BATTING REGULATIONS**

* Batter must remain in the batting area (batter’s box) while hitting.
* Batters must hit in the pre-determined batting order throughout the game.
* Batters cannot bunt (intentionally tapped ball meant to go a short distance).
* A strike is called for a swing and miss, foul ball, or a non-hit ball in a strike zone.
* A ball is called for an illegal pitch, or a ball not swung on and not in the strike zone.

**BASERUNNING REGULATIONS**

* Runners must touch bases in order. If missed, runner must re-touch bases in reverse order.
* Two baserunners may not occupy the same base at the same time.
* Runners cannot run more than 3 feet outside the baseline.
* Runners cannot pass another teammate when rounding the bases.
* No base stealing. A runner can leave base when a pitched ball reaches home or is hit.

**Game Equipment**

**Softball** -An 11 or 12 inch leather composite ball.

**Bat**- Most leagues require that a bat be no longer than 34 inches and weigh no more than 38 ounces.

**Key Terms**

**BALL**- A pitched ball not in the strike zone.

**BASELINE**- A direct path from base to base.

**COUNT**- The number of balls and strikes on a batter.

**FOUL BALL**- A ball landing outside the 1st and 3rd base sidelines.

**INNING**- Segment of game consisting of 3 outs per team.

**STRIKE ZONE**- Area between batter’s shoulders & knees.

**WALK**- A free on-base as a result of being pitched 4 balls.

**Basic Skills and Tactics**

* **Throwing**
* **Catching**
* **Pitching**
* **Batting**
* **Fielding: Grounders/Flys**
* **Baserunning**
* **Decision Making**

**Class Applications**

We will be outside playing slow pitch softball as much as posible but when forced to be inside, we will play wiffleball.

Wiffleball is an adaptation of baseball and/or softball that can be played almost anywhere.

The rules of Wiffleball allow for adaptations depending upon who and where the game is being played.

A Wiffleball can be pitched either over or underhand to the batter.