

Slow Pitch Softball Handout- Rules and Regulations

History:

The game of softball was developed by George Hancock of Chicago IL, in 1887. It was developed as an indoor activity that could be played inside a gymnasium during the winter weather. The game was later adapted into an outdoor activity, in 1895 by Lewis Robert who was the forerunner for the modern game of softball.

In 1927, the National Recreation Association set up a committee to establish rules for the game which would make it adaptable for play-ground facilities. In 1965 the first World Wide Women's championship was conducted in Melbourne Australia. In 1966 Men conducted their championship in Mexico City. In the United States the Amateur Softball Association (ASA) is the governing body for amateur softball.

Equipment Used:

Balls, Bats, Gloves (optional), Shoes, Regulation Field

Rules and Regulation:

Slow pitch softball is a game that is played with ten players on each team (or more if necessary). The teams rotate back and forth between batting and fielding. The batting team is on offense, and the fielding team is on defense. The game is played to seven innings, each team is given three outs per inning. An out can occur by a force out, tag out, strike out, or a ball being caught before it reaches the ground. A force out occurs when a base runner hits a ball and is running to first, or there is a runner on the base behind them and they are forced to run. A runner can run through the first base, but they must stay on 2nd and 3rd base. In this case the defense just has to possess the ball and step on the base that the runner is forced to go to, for an out to occur. If a fielder is running on his/her own without a runner behind them it is necessary to tag that runner before they get to the base for an out to occur. If a runner is on base and there are less than two outs, they must remain at or return to that base when a fly ball is caught. After the catch, the runner may advance if they choose. This is also known as "tagging up."

The pitcher (teacher) delivers the ball underhand with a six foot arch. A batter starts in the batter's box and after making contact with the ball runs around the bases in order, stopping when they feel it necessary to avoid causing an out. A run is scored every time a member of the offensive team crosses home plate, as long as the third out has not been made. Each batter starts with a 1 and 1 count (1 ball, 1 strike). The batter must then contact the ball fairly before they receive two more strikes or three more balls. Two more strikes results in a strike out, and three more balls will result in a walk. A ball is a pitch that doesn't fall within the strike zone, and a strike is a ball that does fall within the strikes zone or is swung at and missed.

A ball is considered "fair" if it is hit between the first and third baseline (foul line). A ball is considered "foul" if it is hit outside of the 1st and 3rd foul line. Foul balls that are caught are an out. A foul ball on the second strike is also an out.

Terminology

1. On Deck- The player in line to follow the batter at the plate.
2. Grand slam- Batter hits a home run with bases loaded.
3. Balk- A pitcher makes an illegal motion with one or more players on base.
4. Bull pen- The name given to the area, usually near the end of the right or left field foul lines, in foul territory, where pitchers warm up to come in the game.
5. Cut off- When a player intercepts a throw meant for another player with the intention of putting out a base runner or preventing a base runner from going to another base.
6. Doubleheader- Two games, one played after the other, during the same afternoon or evening.
7. Error- A misplay by a member of the defensive team on a batted ball or thrown ball. (mistake that hurts the fielding team)
8. Force out- When a base runner is put out because it was necessary for him/her to advance to another base.
9. Pinch hitter- A player who enters the game in order to play for another player.
10. Sacrifice- A ball hit by the batter which advances the base runner and results in the batter being out at first base.

Diagram and Distances/ Position Numbers and Locations:

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| 1. pitcher | 6. short stop |
| 2. catcher | 7. left field |
| 3. 1 st base | 8. left/center field |
| 4. 2 nd base | 9. right/center field |
| 5. 3 rd base | 10. right field |

