

PHYSICAL EDUCATION  
16" SOFTBALL STUDY GUIDE

### History

When it was first created it was called *kitten ball*, *mush ball*, and *diamond ball*. The first National tournament was played at the Chicago World's Fair in 1933.

There are seven innings. However, in the event of a tie, an extra inning is played until the tie is broken. There are ten players (by position), they include: 1-pitcher 2-catcher 3-1<sup>st</sup> base 4-2<sup>nd</sup> base 5-3<sup>rd</sup> base 6-short stop 7-left field 8-center field 9-right field and 10-short center field. The short stop plays between 2<sup>nd</sup> and 3<sup>rd</sup> and the 2<sup>nd</sup> baseman plays between 1<sup>st</sup> and 2<sup>nd</sup>. The short center fielder can be used as an infielder (near second base) or to close a gap in the outfield (between left and center or right and center). The battery consists of the pitcher and catcher. The bases are 55 feet apart. The pitch must have a noticeable arch. The pitcher is allowed two hesitations before delivery. There is no stealing allowed. In addition, the batter cannot bunt or chop at the ball.

\*The **basic skills** include: throwing, catching, fielding, batting, and running bases.

The **strike zone** is between the shoulders and the knees. If four pitches are called out of the strike zone the batter is awarded a base on balls (**walk**). If three pitches are called strikes the batter is out (**strike out**). When the batter has a count of 3 balls and 2 strikes, the count is referred to as "full".

A **strike** is called when: the batter swings and misses, the pitch is in the strike zone, a foul ball is not caught.

A **ball** is called when: the pitch is not in the strike zone or when the pitch is illegal.

The **batter** is called "out" when the batter: hits 2 fouls after 2 strikes, swings and misses on 3<sup>rd</sup> strike, hits a foul ball that is legally caught, hits into an infield fly rule situation.

The **base runner** is "out" when: ball reaches 1<sup>st</sup> base before runner, runner is tagged with the ball before reaching base, a fly ball is caught, runner interferes with IFR, runner is 3 feet out of baseline, runner is forced out, runner passes another base runner.

Basic Fundamentals for catching and fielding: follow the ball all the way in, keep body in front of the ball, relax and give with the ball as it is caught, apply the "rule of thumbs". The ball that is caught **above** the waist – thumbs are in and pointing up; the ball that is caught **below** the waist – thumbs are out and pointing down.

Batting – use a comfortable bat (length and weight). The hands should be together on the bat (the right hand on top for a right-handed batter). A parallel stance is with the legs in line comfortably apart. A closed stance brings the front foot closer to home plate. An open stance brings the front foot further away. When making contact, shift the weight from back to front, follow through on contact, and drop the bat before running to base.

Base Running – be alert and keep the eyes on the ball. Run in a counter-clockwise direction and try to round the bases in a tight fashion. Be sure to not over run 2<sup>nd</sup> or 3<sup>rd</sup>.

Strategies – go for the sure out, call the ball to avoid collisions.

catch it before throwing it, don't throw behind the runner.

back up a teammate and a throw.

\*\*\*(Lead offs are not allowed in class, nor is sliding (for safety reasons)).

If it is a close play, allow being tagged out.

### TERMS

**Cut off** When a player intercepts a throw with the intention of putting out a base runner or preventing a base runner from advancing.

**Double Play** Two outs made in succession during the time the pitcher throws the ball and receives it back again for the next pitch.

Error	A misplay by a member of the defensive team which allows either the batter to reach base safely or a base runner to advance bases.
Fielder's Choice	When a defensive player chooses to put out a base runner which in turn allows the batter to reach base safely.
Fly Ball/Grounder	A fly ball is hit high in the air. The grounder is hit on the ground.
Force Out	When a base runner is put out because it was necessary for him to advance to another base.
Grand Slam	A homerun hit with bases loaded. The batter earns 4 RBI's.
Hit	A batted ball in fair territory that permits the batter to reach one or more bases safely without an error. <b>Single</b> – 1 <sup>st</sup> base, <b>Double</b> – 2 bases, <b>Triple</b> – 3 bases, <b>Homerun</b> – all around the bases
Infield Fly Rule	A situation where there are runners on 1 <sup>st</sup> and 2 <sup>nd</sup> or bases loaded, with less than 2 outs. If the batter hits an easily playable fly ball, the umpire will call the batter out and the runners advance at their own risk.
Inning	When both teams have been at bat and each made three outs.
Put Out	Recorded for the defensive player who handles the ball last on a play that retires a base runner.
Run Batted In	An RBI is awarded to the batter that hits the ball so that a runner can safely score.
Relay	A ball that is thrown to additional players so that it can make it in quickly from the outfield.
Sacrifice	A ball hit by the batter that advances the base runner and results in the batter being out.
Triple Play	Three outs made in succession during the time the pitcher throws the ball and receives it back again for the next pitch.