

7th GRADE

SOFTBALL HANDOUT

THE GAME

- There are 9 players on a fastpitch softball team.
There are 10 players on a slowpitch softball team
- The positions are as follows:
 - Pitcher*
 - Catcher*
 - First baseman*
 - Second baseman*
 - Shortstop*
 - Third baseman*
 - Left fielder, Center Fielder, and Right Fielder* (Left & Right center in slowpitch)
- The playing field is divided into the infield and outfield.
- The lines between the bases are 60' apart and when joined they form a "diamond", inside the baseline is known as the infield.
- Outside the baseline but inside the playing field is called the outfield.
- Any ball going outside the 1st or 3rd baseline is a Foul Ball (runners can not advance and the batter gets another try unless the ball was caught in the air, which translates to an out).
- An official game is 7 innings (an inning is when both teams have had their turn to bat:

3 outs = one half	6 outs = 1 complete	7 innings =
inning	inning	ball game

PITCHING

- The strike zone is any pitch thrown between the shoulder and knees that is over the plate:
A strike is called if:
 - a. ball is over plate between shoulder and knees – slow pitch
ball is over plate between chest and knees – fast pitch
 - b. ball is swung on and missed
 - c. ball touches batter's bat and goes into foul territory
(except on third strike)
 - A ball is called if any pitch is thrown outside of the strike zone
 - 3 strikes = 1 out
 - 4 balls = walk
- The first number called represents balls and the second number represents strikes.
(example) If the umpire says it's a 2 & 1 count – that would mean 2 balls and 1 strike.

BATTING

- Batters must follow the same order throughout the whole game
- The batter is out if and when:
 - a. three strikes have been called
 - b. a fly ball is caught
 - c. the batter does not stand in the batter's box

BASE RUNNING

- Runners must touch each base in order
- Runners may overrun 1st base only (you must turn right into foul territory), all other bases the runner may be tagged out if they are off the base.
- Runners can not lead off a base.
- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base.
- One base runner cannot pass another base runner that is ahead of them.
- You may only leave the base when the ball hits the bat.
- A runner is out if:
 - a. they are tagged with the ball before reaching a base
 - b. the ball gets to 1st base before the runner
 - c. they run more than 3 feet out of the base line to avoid being tagged

TERMS

- **Ball** – a legally pitched ball that does not enter the strike zone
- **Grounder** – a ball that is hit on the ground
- **Force out** – when the runner has to advance to the next base to make room for the following base runner.
- **Pop up** – ball hit up in the air to the infield
- **Fly ball** – ball hit up in the air to the outfield
- **Strike** – term used when a ball is swung at and missed or is called when the ball enters the strike zone and is not swung at.
- **Strike Zone** – the ball passes over the plate between batters shoulders and knees
- **Tagging up** – when a runner returns to the base they just left and retouches it. Runners must tag up on a pop up or a fly ball
- **Full Count** – when the ball and strike count forces you to take action on the next pitch.
3 & 2 - 3 balls and two strikes is a full count