**Softball Study Guide**

**Pleasant Grove PE**

**HISTORY**

Softball evolved around the turn of the 20th century as an adaptation of baseball. In its early days, it was called “Kitten Ball” and “Ladies Ball”.

**THE GAME**

In slow pitch softball the batting side (offense) attempts to score runs by making a circuit of four bases while the fielding team (defense) attempts to get them out . Pitching is underhand, and players may not steal or lead off the base while pitcher has the ball in hand. In PE softball there are only 3 pitches per hitter, with no balls and strikes. There are no walks or bunts. In standard slow pitch softball there are 3 strikes per hitter and 4 balls result in a walk.

**FIELD AND PLAYER POSTITIONS**

**Infielders** = Pitcher, catcher, 1st baseman, 2nd baseman, 3rd baseman, and shortstop.

**Outfielders** = Right fielder, Left fielder, Left center fielder and Right center fielder (right and left center in slow pitch only)

 

**SCORING**

When a player goes completely around the bases, a run is scored. If the defensive team strikes out a batter, catches a fly ball, throws a batted ball to a base before the batter reaches it, or tags a runner before he/she reaches a base, that player is considered out and does not have the opportunity to score a run.

**BASE RUNNING RULES**

1. All bases must be touched in order.

2. If two base runners occupy the same base, the last player on the base can be tagged out.

3. The base runner is out if he/she passes another runner.

4. The base runner is out if he/she is hit by a batted ball. All other base runners have to return to the base

occupied prior to the pitch, unless forced to the next base.

**VOCABULARY**

**Ball** – A ball pitched outside the strike zone that the batter does not attempt to hit.

**Base on Balls- (a walk**) - Four pitches thrown out of the strike zone.

**Batting order-** Order in which players on a team must bat.

**Count**- The number of balls and strikes on the batter.

**Double**- A hit that permits the batter to reach second base.

**Double Play**- Two offensive players are put out in one play.

**Error-** A mistake, fumble of ball or wild throw, by the defensive team which allows a base runner to

advance.

**Fair Ball**- A batted ball that hits first or third base line, is touched by a fielder within the baselines, or

bounces within the baseline past first or third.

**Fielder’s choice** – The fielder chooses to retire a base runner, rather than the batter.

**Force out**- When a fielder has possession of the ball at a base where the base runner was forced to run does not need to tag the runner.

**Foul Ball** - A ball that first touches an object or player outside of the foul line. It is considered a strike on

the batter, if the batter has less than a two strike count.

**Full count** – A count of three balls and two strikes.

**Grand Slam**- Bases are loaded when batter hits a home run.

**Hit** – A ball that is hit in such a way that the batter or the preceding base runners are not put-out by a

good defensive play.

**Home run** – a batter rounds all bases and scores a run off his/her hit.

**Inning-** The portion of the game within which the teams alternate to the field and at bat. Each team gets

three outs only!

**Line Drive**- A hard hit ball that travels with little arc, parallel to the ground.

**Put-out** – Credited to the fielder who last handles the ball on a play that retires a base runner.

**RBI** – Run batted in: the batter is credited with hitting in the base runner.

**Sacrifice fly** – when the batter hits a fly to the outfield permitting

base runners to advance after tagging up following the catch;

sacrifice himself to advance the runners.

**Single** - A hit that permits the batter to reach first base.

**Strike –** A swing and a miss, or a ball pitched with the strike zone

that the batter does not attempt to hit.

**Strike Zone**- that space over any part of home plate between the

batters arm pits and the top of the knees.

**Tag-up** – With less than 2 outs, runners on base have to go back and

tag up at the base before they can run on a caught fly ball

**Triple-** A hit that permits the batter to reach third base.