“Slow Pitch Softball”

Study Guide

1. 10 players play on the field at a time.
2. There are 4 outfielders: left, left center, right center, and right.
3. There are 7 innings in a game, unless there is a tie, then you play full innings until the tie is broken.
4. An inning is when both teams have each batted.
5. A batter gets 2 strikes and 3 balls.
6. A strike is when the pitch has an arch between 6 and 12 feet and it lands on the plate or the mat behind the plate.
7. Each side gets 3 outs
8. If you step on the plate and hit a fair ball, you are out.
9. Throwing the bat will result in an out.
10. “Tag up” means to stay on your base until the fly ball is caught. Then you may advance to the next base.
11. There is no bunting.
12. A base runner may not lead off.
13. A runner is out if the batted ball hits them unless they are standing on a base.
14. There are 2 bases that you can over run: first and home plate.
15. A force-out is when a base runner has no choice but to advance to the next base. If the runner can stay or return to his original base, it is not a force-out.
16. If there is a force play, you need to only take the base.
17. If it is not a force play, you need to tag the runner with the ball in the glove.
18. Over throws in which the ball stays in fair territory, the runner may advance as many bases as they can.
19. Over throws in which the ball goes in foul territory, the runner may only advance one base.
20. A fly ball that lands in foul territory is a foul ball
21. If a ground ball rolls foul before going past first or third base, it is foul.
22. If a ground ball rolls foul after passing first or third base, it is fair.
23. **Perfect Fielding Position** is used to properly handle any ground ball. Keep your butt low, head up, glove and hand on the ground in front of your body to react quicker to any hard hit ball.
24. The distance between bases is 60 feet, not 90 like baseball.

# The Five Components of Fitness

1. Muscular Strength
2. Muscular Endurance
3. Cardiovascular Endurance
4. Body composition
5. Flexibility