

Softball Rules

Simplified



THE GAME

- There are 9 players on a softball team.
- 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 base line 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 (a inning is when both teams have had their turn to bat)

PITCHING

- The pitcher must have both feet on the pitcher's rubber and can only take one step forward while pitching.
- The ball must be thrown underhand.
- Both hands must be on the ball at the start of the pitch.

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, all other bases the runner may be tagged and called out if they are off the base.
- Runners can not lead off a base, they must be on base until the ball is left the pitcher's hand
- After a fly ball has been caught the base runner must tag the occupied base before advancing to the next base
- One base runner can not pass another base runner that is ahead of them.

- Stealing a base is not permitted
- 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 (four balls equals a walk)
- 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.
- Fly ball- ball hit up in the air to the infield
- On deck- the next batter
- Pop up- ball hit up in the air to the infield
- 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 all.
- Strike zone- the ball passes the batter over the plate between their chest and knees