**Softball Study Guide**

1. A pitch is a strike if it crosses over the plate between the knees and the armpits.
2. There are 7 innings in a game.
3. 4 balls = a base on balls.
4. 3 strikes = an out/ strikeout.
5. First (base) and Home (plate) are the only bases you can overrun and be safe if the defense tags you with the ball.
6. There are 9 players on an official fast pitch softball team. 10 players for slow pitch softball.
7. Visiting team bats first ( In P.E. class the 2nd team to pick is up to bat first).
8. A ball hit on the ground is called a grounder and a ball hit in the air is called a fly ball.
9. The bases are 60 feet apart.
10. A baserunner must tag up on a fly ball and advance to the next base after the ball is caught.
11. Runners must always stay within the 3 feet baselines.
12. If a baserunner is hit by a batted ball in fair territory, they are out.
13. If a baserunner is hit by a batted ball in foul territory, they are safe.
14. The pitcher must release the ball below the waist.
15. A sacrifice “bunt” is when a batter advances a runner to the next base with a bunt; giving themselves up for an out (In P.E. class the ball must be hit pass the pitcher).
16. The bat should be held in the fingers, not the palms.
17. When hitting the ball the grip of the batter should be right hand on top of the left at the end of the bat (if right handed) left hand on top of the right (if left handed).
18. The term “squashing the bug” should be done with the back leg while hitting.
19. The term “test the pond” should be done with the front leg while hitting.
20. It is best to take a short stride when hitting the ball.
21. Infield fly rule – The batter is automatically out if they hit a fly ball in the infield with less than two outs and the baserunner on first and second or the bases are loaded; even if the defense drops the ball. Baserunner runs at their own risk if the ball is dropped. They do not have to advance to the next base.
22. (In P.E. class we play first base is out and pitcher hand you can’t advance).
23. (In P.E. class if the ball is over thrown you can only advance to the next base)

