

Slow Pitch Softball

Introduction:

In 1887 softball was invented as an indoor sport by George Hancock, a reporter for the Chicago Board of Trade. The first game took place inside Farragut Boat Club in Chicago. Over the years there have been many changes in the sport. By the mid 19190's it was played in more than 85 countries.

Softball, game similar to baseball, played with a ball called a softball. Most of the rules of play for softball are similar to those of baseball, with differences in pitch speed, equipment, and field size.

Softball has three major classifications: Fast-pitch, Slow-pitch, and Modified-pitch. There are both men's and women's divisions. Slow-pitch is the most popular form of softball across the United States, with adult fast pitch regionally popular. Girl's fast pitch has grown rapidly in recent years.

Equipment and Field:

A softball is larger than the regulation baseball. The normal ball measures 12 inches in circumference and weights 7 oz. Softball bats cannot be more than 34 inches long nor more than 38 oz.

Infield measurements in softball are shorter than those in baseball. The bases are 65 feet apart in slow pitch. The distance between the pitcher's mound and home plate is 50 feet.

Rules:

Several aspects of softball's rules play also differ from baseball. First the pitching in softball is underhand. In slow pitch the ball is released at a moderate speed and delivered with a perceptible arch, reaching a height of at least 6 feet from the ground while not exceeding the maximum height of 12 feet. The line-up consists of 10 players. Another difference in rules of baseball is that in softball you cannot bunt or steal bases.

Hastings Softball Class rule changes:

For the purpose of speeding up play. In our classes we will have the pitcher be a member of the batting team. Each batter will only get 3 pitches in order to hit the ball safely. If they do not get on base in 3 pitches they are out. We will play 3 outs an inning and a 5 run rule (when 5 runs are scored in an inning the side is retired). We will also play – one base on an overthrow that goes out of bounds.

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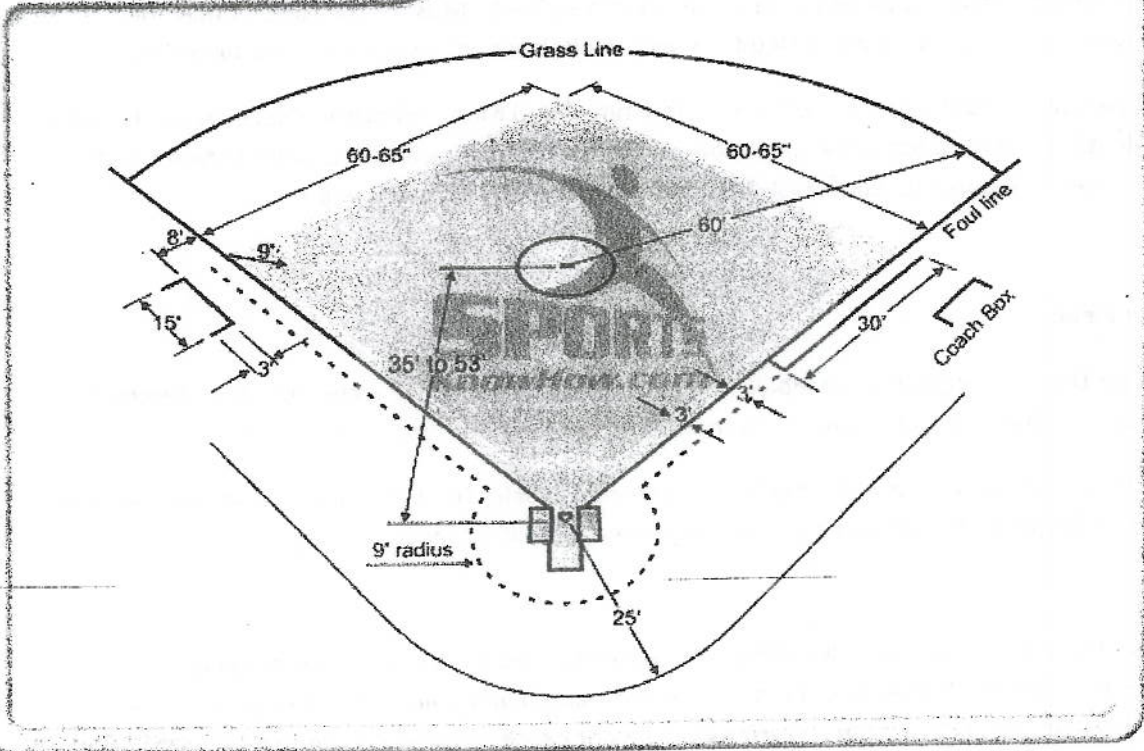
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