

## Softball Equipment

### THE BALL

The ball is probably the most important piece of equipment used in softball, but unlike the name states, the ball is not soft. The ball is round with a circumference of 30.2cm (12 inches) and a weight of 166.5g (6 oz). It's also optic yellow in color with red stitches to make it easier for the batter to see.



### THE BAT

The bat is probably the most fun piece of equipment because everyone loves hitting the ball with it. Bats are usually made of very high grade graphite, carbon, magnesium, ceramic, or some combination. They can be no longer than 34 inches (86.4cm) and weigh no more than 38 oz. (1077 g)



### A GLOVE

A glove is used by every fielder in a defensive position. They are made of leather and have a pocket which is the area between the thumb and first finger that allows for the ball to be caught.



### CATCHER'S GEAR

Catcher's gear is only worn by the catcher and is to protect that player from pitched or batted balls SINCE pitched balls can travel at or near 112km an hour (70 mph).



### BATTING HELMETS

A batting helmet is used by the batter and all base runners to protect themselves from any stray balls that might either be thrown or pitched poorly.



## Information



If you are interested in finding out more about softball and where you can sign up to play it, contact your National Softball Federation or Association at:

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*Or, you can contact the:*

**INTERNATIONAL SOFTBALL FEDERATION**

1900 South Park Road

Plant City, FL 33563

USA

Tel. 813-864-0100 / Fax 813-864-0105

[www.internationalsoftball.com](http://www.internationalsoftball.com)

[isf@internationalsoftball.com](mailto:isf@internationalsoftball.com)



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THE OLYMPIC  
PROGRAMME



# What Is SOFTBALL?



*And why should YOU be  
playing it....*



Softball is a fast paced  
game played in over 124  
countries.



**The International Softball Federation**

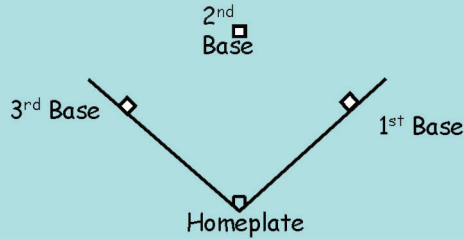
# WHAT IS SOFTBALL?



**Softball** is a *very* exciting game that's played by more than 20 million women and men, boys and girls all over the world.

## What's the Object of the Game?

The game of softball is played on a softball field or, "pitch" that includes 3 bases and a home plate arranged in the shape of a diamond:



## How Do You Play the Game?

### OFFENSIVELY:

✓ The offensive team sends one player at a time "up to bat" with a bat (see Equipment). This player stands next to home plate and tries to hit the ball pitched by the pitcher.



There are two main versions of Softball  
**Fast Pitch** and **Slow Pitch**.



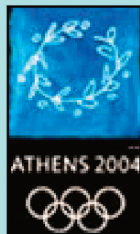
In **FAST PITCH** the ball is pitched in a straight line to the batter as fast as possible. Pitched balls will travel at over 100km an hour at the top levels.



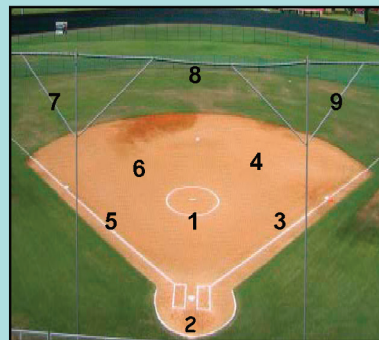
While in **SLOW PITCH** the ball is pitched in an arc to the batter and travels slowly - thus the name.



**Women's FAST PITCH softball is an Olympic sport**



- Softball involves two teams of 9 players - one team on defense and one team on offense.
- The object of the game is to get a "runner" on base by hitting a pitched ball and to advance this runner safely around all the bases to home plate.
- A runner advances safely by not being touched by a player holding the ball or by getting to the next base before the defense can get the ball to that same base.
- This scores your team one "run."
- The team with the most runs in seven innings wins the game.
- Each team's half of the inning (counted when they are on offense) ends when three of its batters have been ruled out. (We talk about "outs" in the How Do You Play the Game? section of this brochure).
- The positions for the defensive team are as follows:



- |                                |                 |
|--------------------------------|-----------------|
| 1 = Pitcher                    | 6 = Shortstop   |
| 2 = Catcher                    | 7 = Leftfield   |
| 3 = 1 <sup>st</sup> Baseplayer | 8 = Centerfield |
| 4 = 2 <sup>nd</sup> Baseplayer | 9 = Rightfield  |
| 5 = 3 <sup>rd</sup> Baseplayer |                 |

✓ The batter's objective is to hit the ball as far as possible. Once the ball is hit the batter runs to 1st base or advances to as many bases as possible.



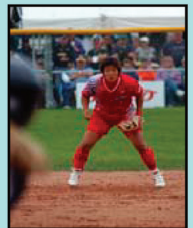
✓ A **RUN** is scored when a runner touches all 3 bases and reaches home plate without being "out".



✓ Only the offensive team, which is the one referred to as "up to bat," is able to score runs.

### DEFENSIVELY:

✓ The defending team's objective is to get 3 outs and not allow the offense to score.



**A player is OUT if:**

- a. A batted ball is caught in the air before it bounces.
- b. The ball is caught and thrown to any base before a runner gets to that same base, or a base runner is tagged by the player with the ball while off of a base.
- c. The batter gets 3 strikes without hitting a fair ball. (A "fair ball" is any ball hit in the portion of the field where the defense plays).