



Baseball/Softball

(These rules apply for indoor whiffleball.)

RULES:

1. In a regulation game, there are 9 players on each team. (In PE class, we divide the class into 2 even teams.)
2. The first two foul balls are counted as strikes.
3. You may over-run 1st base without being tagged out as long as you do not turn toward 2nd base.
4. If a ball is caught before it hits the ground, the runners may not advance to the next base without “tagging up”.
5. A run is scored each time a player crosses home plate.
6. An out is registered if:
 - A player has 3 strikes. (This is called a strike out.)
 - A fielder catches a fly ball, either in fair or foul territory.
 - A fielder tags a runner with the ball.
 - A fielder throws the ball to the 1st baseman, who catches it before the runner crosses the base.
 - A runner advances on a fly ball without tagging up and the fielders throw the ball to the base the runner had been on.
 - A base runner is hit by a batted ball in fair territory.
7. A runner may not pass another runner. If he does, the runner who was passed is out.
8. In softball, the ball is pitched underhand; baseball it is pitched overhand.

TERMINOLOGY:

1. Strike – a ball that is swung at and missed or a ball that is in the strike zone and the batter doesn’t swing.
2. Foul ball – a ball hit outside the foul lines.
3. Fly ball – a hit ball that is caught before it hits the ground.
4. Ground ball – a ball that is hit on the ground.
5. Double play – two outs recorded on the same pitched ball.
6. Tagging up – waiting on the base until a fly ball is caught, then advancing to the next base.
7. Force out – a player must advance to the next base on a ground ball if all the bases behind him are occupied. The fielder only needs to step on the base for an out.
8. Bases loaded – a runner on each base.

POSITIONING:

1. Pitcher – throws the ball to the batter from the pitcher’s mound.
2. Catcher – person behind home plate to return missed balls to the pitcher and to cover home if there is a runner attempting to score.
3. First baseman – stands near first base, in fair territory.
4. Second baseman – stands between first base and second base.
5. Third baseman – stands near third base, in fair territory
6. Short stop – stands between second base and third base.
7. Left fielder – stands in the left part of the outfield as you look out from home plate.
8. Center fielder – stands in the center part of the outfield as you look out from home plate.
9. Right fielder - stands in the right part of the outfield as you look out from home plate.