



# Softball IM Rules (simplified)

## Eligibility

All currently enrolled students; faculty and staff can participate provided they meet the eligibility requirements outlined in the Intramural Sports Handbook.

## 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 cannot 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 (an 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 cannot lead off a base; they must be on base until the ball has 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 cannot 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 knee