**SOFTBALL NOTES**

1. **Positions**

****

**II. RULES**

 **1. Out -**  When a batter or runner is not successful in advancing to a new base, an out is recorded

 a) **Force out** - If a runner is forced to run to the next base because all of the bases behind him/her are full, the defense needs only to touch the base to record an out

 b) **Tag out** - If a runner chooses to run to the next base on his/her own, the defense must tag that person with the ball to record an out

 c) **Tagging up** - If the defense catches a fly ball, all runners must go back and touch their base before attempting to advance to the next base

 **2. Innings**

 a) Each team is allowed 3 outs each time they come to bat

 b) After the batting team gets 3 outs, they must switch with the defensive team

 c) After each team has batted a new round, or “inning”, begins

 **3. Scoring**

 -Each time a player successfully makes it around all of the bases and back to home plate, a “**run**” is scored

**III. Batting**

1. **Stance**
	1. Stand sideways, feet apart
	2. Front hand on bottom, back hand on top
	3. Hands at back shoulder
	4. Back elbow up
2. **Swing**
	1. Small step forward with front foot
	2. Extend elbows on swing
	3. Swing level
	4. Touch bat to front shoulder
3. **Rules**
	1. 3 “strikes”(swings) to hit ball
	2. “foul ball” on 3rd strike does not count