**SOFTBALL NOTES**

1. **Positions**

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**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