



# Softball

alamy

In 1887, a football match between Harvard and Yale universities brought about the origin of softball. The journalist George Hancock sees a joke that consisted of throwing a boxing glove that was hit with a pole to be the point at which the sport began. The first set of rules was created in 1889. It was an Olympic sport until Beijing 2008.

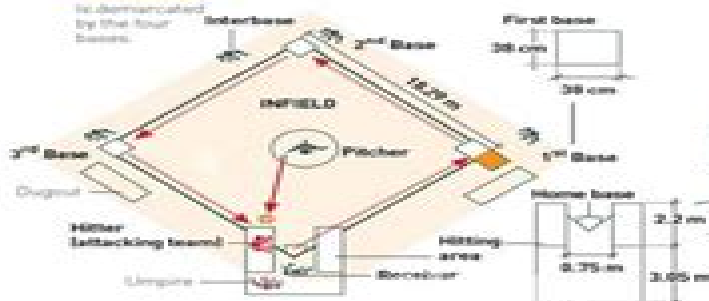
## The players and the field of play (Only women compete at Olympic level)

Derived from baseball, softball requires a smaller playing area. The pitch is divided into the **infield** and **outfield**.



### THE INFIELD

is demarcated by the four bases.



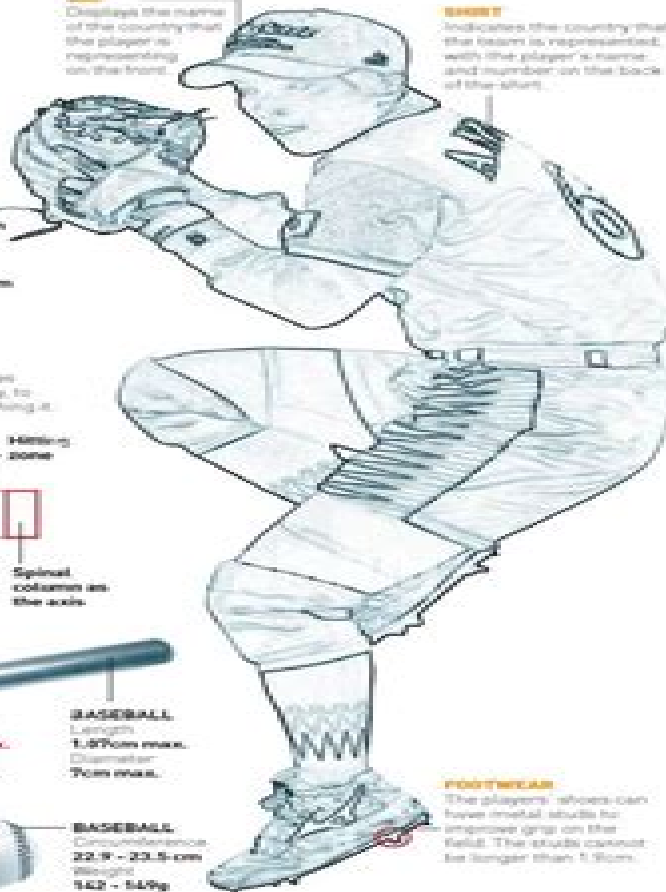
## Attire

### CAP

Displays the name of the country that the player is representing on the front.

### SHORT

Indicates the country that the team is represented with the player's name and number on the back of the shirt.



## The Game

Consists of 7 innings in which players must try and achieve as many runs as possible.

### THE INNING

An inning begins each time the two teams switch sides, from defending to attacking and vice versa. This switch takes place when three players of the attacking team have been dismissed, known as three "outs."

### RUNS

A run is completed when a player from the attacking team completes a lap of the infield, passing all four bases. The team who gains the most runs wins.

### TECHNIQUE

#### PITCHING

Pitching signals the start of play, with the pitcher throwing the ball upwards in a semi-circular action of the latter.

#### HITTING

The key is to hit the ball as hard as possible and with a low trajectory, to prevent the opposition from catching it.



Turning the body and arms with the spinal column acting as an axis.



## Equipment

### THE GLOVE

The receiver's glove, known as a "mitt", does not have separate finger sections in order to increase its catching area.



### THE BAT

Can be made of metal, elastic, bamboo or any other material approved by the ISF.



### THE BALL

The fact that the ball is soft makes the game fast-paced. Recently the traditional white colour has been changed for yellow, to make the ball easier for the players to see. The ball also has red stitching.

### Size Comparison

**SOFTBALL**  
Circumference  
38.2 - 39.6 cm  
Weight  
144.5 - 173.4g



**SOFTBALL**  
Length  
84.6 cm max.  
Diameter  
5.7 cm max.

**BASEBALL**  
Length  
1.07 cm max.  
Diameter  
7 cm max.

**BASEBALL**  
Circumference  
22.9 - 23.5 cm  
Weight  
142 - 149g

### FOOTWEAR

The players' shoes can have metal studs to improve grip on the field. The studs cannot be longer than 1.9 cm.

# Basic Guide To Softball

**Mark Steyvers**



## **Basic Guide To Softball:**

## **Basic Guide To Softball** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Basic Guide To Softball**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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