



Play ball

Intermediate & Junior Secondary School Option

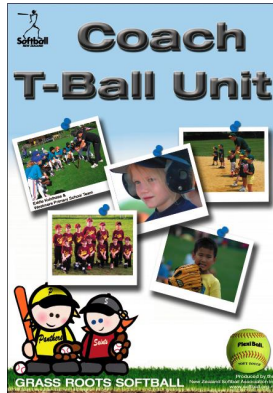
Year 7 to Year 10: An optional game to introduce softball to new players at intermediate and secondary school level

Equipment Required: Suitable weight bat, 12+flexi ball, set of bases including safety base, pitching strip, gloves & batting helmets optional but recommended, catching equipment not required.

Rules: The normal rules of softball apply unless modified as stated below

- ❑ 10 players maximum, the extra fielder must go in the outfield.
- ❑ Each batter faces 3 underarm pitches from a member of their own team. The third pitch does not need to be caught out by the catcher.
- ❑ Pitching distance is 10-12m, or whatever distance it takes to get the ball across the plate. Ensure that pitchers are a safe distance back.
- ❑ A defensive player should be fielded in the normal pitching position and fields any ball hit in that direction.
- ❑ There is no strike zone. Batters must hit one of the three balls delivered.
- ❑ The batter is out if they have not put the ball in play by the third pitch.
- ❑ When 2 pitches have been made, a foul ball on the 3rd delivery does not count as the third pitch, unless the foul ball is caught, then the batter is out in the normal manner.
- ❑ Unless running for home, all play ceases when the ball is in the hands of the catcher. The runner must go back to the last base touched.
- ❑ No bunting or stealing bases.
- ❑ The runner cannot leave the base until the ball is hit (no leading off).
- ❑ Infield fly rule and dropped third strike rule not in affect.
- ❑ The game constitutes 7 innings or 1 hour, whichever occurs first.
- ❑ A team may use more than one pitcher. The pitcher bats like any other team member and is replaced on the mound by another team member when batting and base running.
- ❑ Catchers should remain a suitable safe distance (approx. 3-4m) behind the home plate and batter.

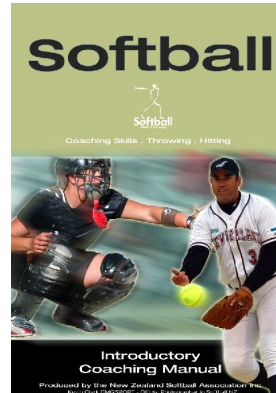
Softball New Zealand Coaching Resources



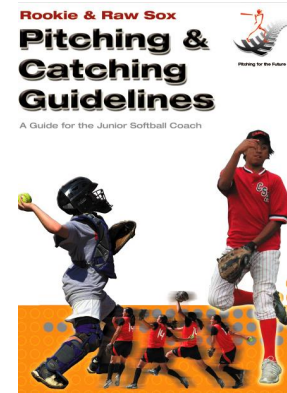
Coach T-Ball Unit
1 Hour practical course for Tee Ball Coaches, Parents or Teachers



T-Ball Skills Passport Sets
For teams & schools



Induction Unit
2 Hour practical course for Beginning Coaches



Rookie Sox Pitching & Catching Module
1 Hour practical module for Beginning Coaches, Parents or Teachers



A resource for primary and intermediate schools

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