



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.

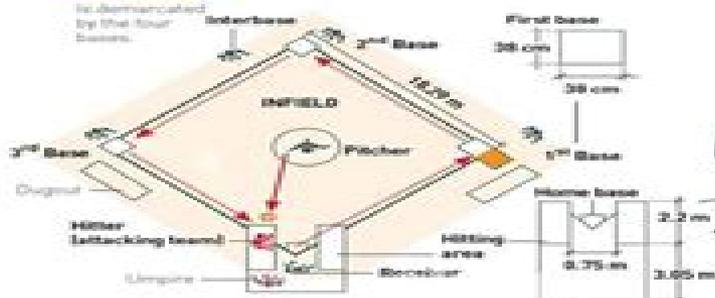
The players and the field of play (Only women compete at Olympic level)

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.



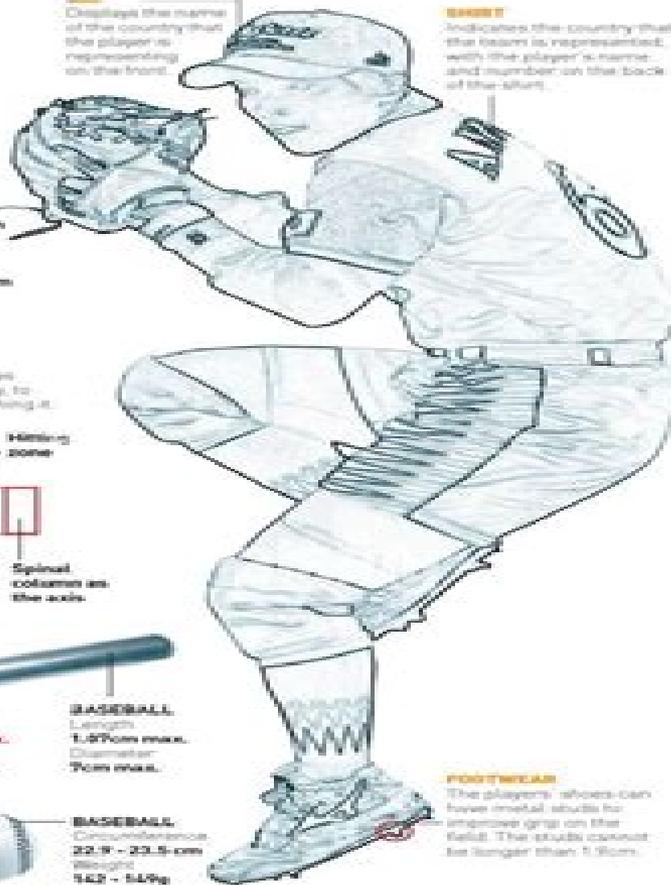
Attire

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.



Starting position, Turn, Throw



Turning the body and arms with the spinal column acting as an axis. Hitting zone, Spinal column on the 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.



Leather, Colour must be of the uniform colour, not white or grey.

THE BAT

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



Size Comparison

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

Christian Drosten



Basic Guide To Softball:

Enjoying the Tune of Expression: An Psychological Symphony within **Basic Guide To Softball**

In a world used by displays and the ceaseless chatter of fast connection, the melodic beauty and psychological symphony produced by the prepared word frequently diminish into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. However, nestled within the pages of **Basic Guide To Softball** a stunning fictional treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths with this poignant review, we will explore the book is main harmonies, analyze its enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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