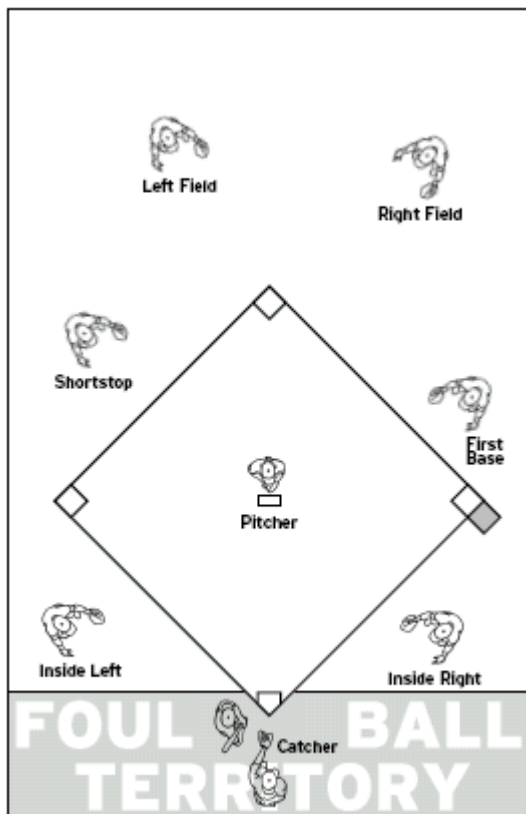


Indoor Softball – info.



The Indoor Softball area is usually defined by its venue. Indoors can be played in gyms, sports halls or similar. The key point is that the playing area should be contained by four walls and a ceiling (usually made of netting) as the ball continues to be 'live' (in play) off all these surfaces.

A Softball diamond should be laid out within the parameters of the venue with Home Plate, First Base, Second Base and Third Base as usual. There are no hard and fast rules about distances except that bases should be a 'reasonable' distance apart – 12 metres is fairly standard – although there doesn't have to be much space left for the **OUTFIELD**.

From the front of Home Plate a straight line is drawn across the court (see diagram) and the area behind the line is the only **FOUL BALL** territory – everything else is **FAIR TERRITORY!** The foul ball territory is where batters line-up preceding their turn at bat. Given the limitations of gyms, it's also where everyone leaves their bags, bats, water, etc. and so this general chaos can lead to **DEAD BALL** situations.

Games: 20 mins. (2 innings – 5 mins. batting & 5 mins. fielding)

Teams: *Fielding* - 6-8 players on the pitch (even split of men & women if possible)

***Batting* – as many as you like!**

Basic rules

- As this is a timed game, the priority is on speed! You need to bat as many times as you can within your allotted 5 minutes! If you are out you simply join the back of the queue for another go.
- You get one pitch when you come up to bat. If it's a strike – hit it! If it's a ball you get a walk to 1st only.
- Any hit going in front of the foul ball line is deemed fair. If it goes behind (without touching a fielder or wall/ceiling) then it's a foul ball and you return to the back of the queue.
- Bunting is NOT allowed!
- Forced & un-forced rules still apply. You must wait until the ball has landed or been caught before you can advance around the bases.
- Balls can be caught off of walls and the ceiling (except in the case of a home run).
- Any hit that touches the back wall cleanly (without interference from fielders/walls/ceiling) is deemed a 'home run'. The batter and any runners on base re-join the back of the queue straight away – there's no need to 'run the bases'!
- Runs are scored in the same way they are outside!
- Once you've hit the ball PLEASE try and place the bat on the rubber mats provided! We don't want to leave lots of dents on the floor!