

SlåBall



School Playbook

SlåBall 2.0



Norges Softball og Baseball-Forbund has endorsed "SlåBall 2.0" as the entry point for baseball in Norway. This document is the result of this endorsement.

"SlåBall 2.0" is designed to introduce children to the game of Tee-Ball/baseball and help them develop basic baseball sport skills in a fun way.

Baseball and Tee-ball are usually played with nine (9) players per side, consisting of six (6) infield positions and three (3) outfield positions. Most kids starting out in baseball do not have the strength to hit the ball into the outfield which causes many children to stand around waiting for their turn to field in a position where they will have contact with the ball.

That is why "SlåBall 2.0" is consisting of only 6 players, for MAXimum involvement and FUN, so that children of all abilities get an equal chance to participate. Game duration is six innings or one hour (whichever comes first).

Players will get to practice the essential skills required for Tee-Ball/Baseball through the following modifications:

- Much greater game involvement.
- Emphasis is on fun rather than winning and losing.
- Every player bats every inning.
- Every player experiences all fielding positions.
- Participants have greater involvement - social, mental and physical development.
- Learn fundamental movement skills, encourage the joy of being physically active.
- Introduce simple rules of ethics of sport.

BATTING

The purpose if the batter is to try to hit the ball to advance the runners on base or to get on base yourself. The easiest way to remember what to do is to use a three count. Start by placing your feet in the right position. Then it is 1,2,3.
1. Place your bat over your shoulder.
2. Step forward with your foot
3. Swing the bat at the ball
The last thing you do is run as fast as you can to 1st base

RUNNING

After you hit the ball you become a base runner. That means you have to try to run around all the bases in turn. Sometimes, the runners can choose not to run, but other times they are forced to run by other runners coming up behind them. Remember, you can not have two people on one base! You run the bases until you make it back to home and score a run for your team.

BASES

When you run to first base, there is no need to stop. This is because you always have to run flat out to first base.
When you run to second base, you have to stop and keep touching the base – otherwise you might be tagged out. The same applies to third base, you have to keep touching it so that you won't be tagged out. When you run from third base to home, run flat out again

You're OUT if...

- you hit the ball and start running to first base and the fielding side gets the ball to first before you get there.
- you hit the ball into the air and one of the fielding side catches the ball before it hits the ground.
- you're forced to run from the base you're on to the next one and the fielding side gets the ball to that base before you.
- you're tagged with the ball while you're a runner and you're not touching the base

Teams

Teams consists of Six (6) players a side (possibly 5 or 7).
When a team only has five (5) players the teacher may act as the catcher.



Batting (å slå)



The ball is not pitched in SlåBall 2.0 - instead it is hit from a Batting-Tee.
A hitter may have as many swings as they require in hitting the ball into fair territory.
A hitter is out when a batted ball is caught before the ball touches the ground.
An inning is completed when every player in the line-up has batted at least once.
You can score by touching home plate after you have touched all the other

bases on the way to home plate.

A run (point) is scored every time a baserunner rounds all bases.

The maximum number of runs scored in any one (1) inning shall be six (6)

Base Running

- In SlåBall 2.0 base stealing is not allowed.
- All base runners must be in contact with the base when the ball is hit.
- A base runner is out when:
A player in possession of the ball stands on the base before the runner arrives.
A runner between bases is tagged by a fielder with the glove or hand which is holding the ball.
- Helmets **MUST** be worn by all batters and baserunners.
- Sliding is **NOT** permitted.

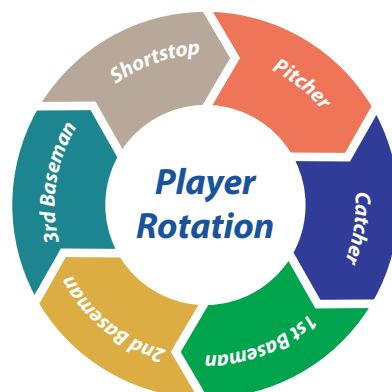


Fielding



All players rotate fielding positions each innings in the following manners -->
The coach may vary the above rotations if a player is not "willing" or capable of playing the position.

All players except the pitcher must be behind the base lines at the time the ball is struck, ie. outside the diamond.



PLAY FIELD (DIMENSIONS)

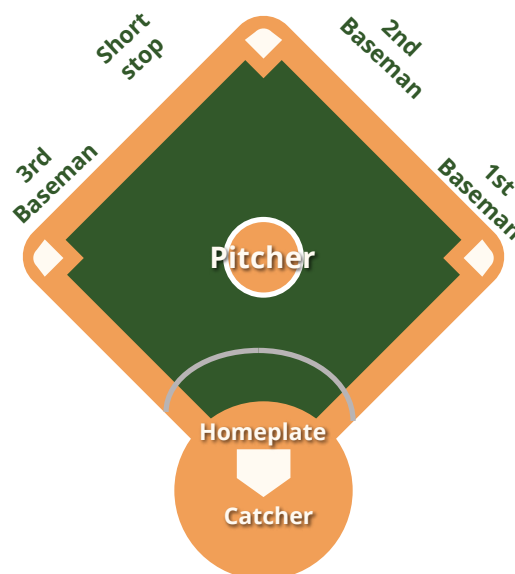
Base paths shall be 15 meter (± 50 ft).

The pitchers plate 12 meter (± 40 ft) from the home plate.

A foul line is marked on the field in an arc in front of the tee/home plate, at 4 meter (± 13 ft) radius from the tee/home plate and between the 1st and 3rd base lines.

The "Dead Ball" line shall be 4,5 meter (± 15 ft) from the diamond.

Players and spectators should be behind this ("Dead Ball") line at all times.



EQUIPMENT

- Players may use baseball/soccer/field-hockey, rubber molded cleats. (shoes with metal cleats or "spikes" are prohibited.)
- Helmets must have two (2) ear guards and must be worn by all batters and base runners.
- All balls are to be 8.5 inch Kenko / Safety Balls or their equivalents.
- 1st base shall be a safety first base (colored half red and half white) to encourage players to know their area of play and avoid collision.
- The bat shall be round and made entirely of wood or approved material.
- A catcher MUST wear a catcher mask.
- The Tee must be light weight steel or composite tubing with a base. The Tee shall be placed directly on top of Home Plate.

WHAT DO YOU NEED

- 4 bases
- Boundary markers
- 1 bat and ball
- 1 batting tee
- 1 glove per player
- Batting helmets
- Optional: a safety base (with the orange half of the safety base to the right of the baseline.)

FOR MORE INFO

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