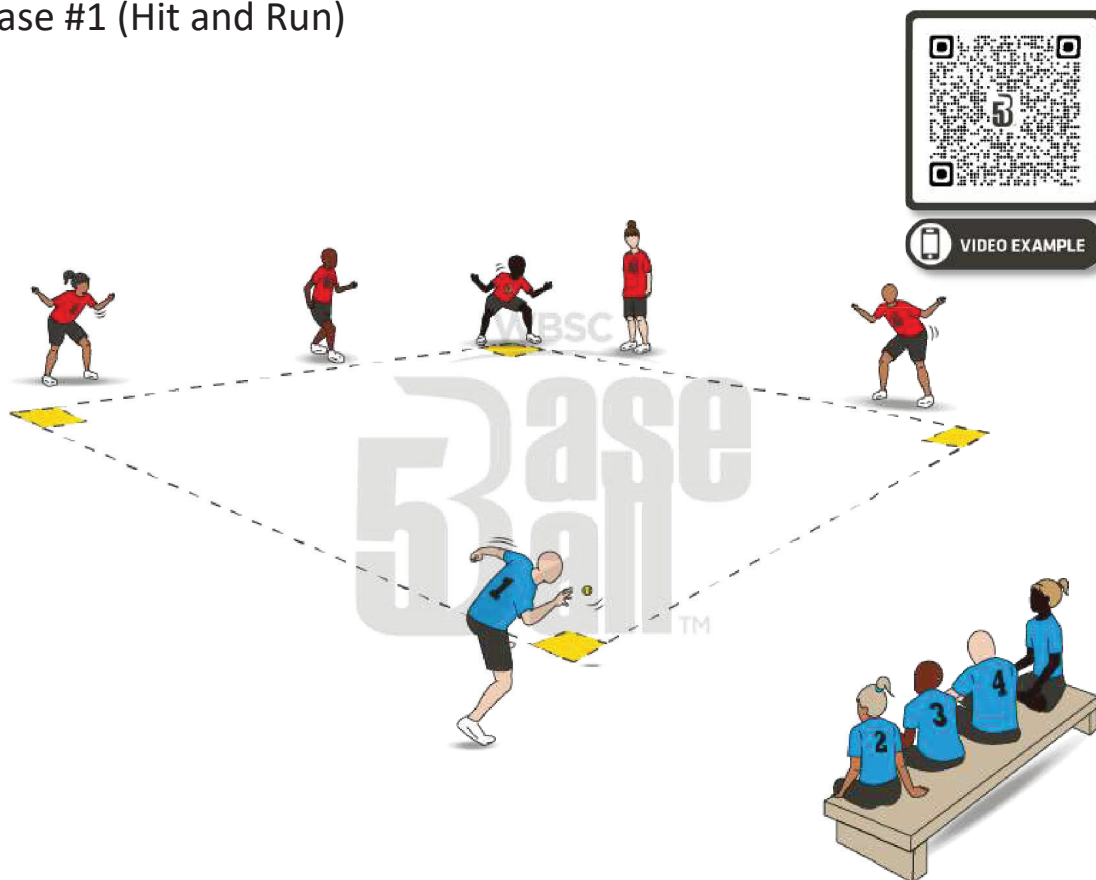


Phase #1 (Hit and Run)



Preparation

Divide the group into two teams. The offensive players, numbered in progressive order (1, 2, 3, 4, 5, ...), will sit on the bench to wait for their turn. Inside the playing field, arrange the square (as per drawing on page 21) with a distance between the bases of about 6 meters per side.

NOTE: Runners' running lanes (straight line between two bases) must be avoided by all defenders.

The Role of Offensive Players

Players on the offensive team must hit the ball with their hand and run around the bases touching all of them in the correct order, which is first base, second base, third base and returning to home plate.

NOTE: For the run to be valid, batters/runners must touch all bases (including the home plate).

The Role of Defensive Players

Defenders will have to take possession of the ball and throw it to a defender who will run to cover home plate who will have to grab it with at least one foot touching the home plate, before the batter has completed the full lap (from home to home).

Rules

If the batter can complete the run (home plate-home plate) before the defenders recover the ball back to home plate, they will have scored a run. If the defenders manage to recover the ball to home plate before the batter has finished his or her lap, the batter will be out (that is, he or she returns to the bench without having to score the run). Only batters can score runs. At the end of each offensive turn the accomplished runs will be calculated. The game ends when the two teams have alternated 5 times in offense and defence.

Special Cases

If the batter hits the ball outside the fair ground, he or she must repeat the hit (the umpire will report this by shouting “foul ball”).

If a defender (without possession of the ball) is in the running trajectory of the runner, the run must be awarded for the batter, due to obstruction by the defender.

Variants

If the ball is caught in the air by a defender, the batter will be called out and the run will not be valid.

After three outs, offense and defence exchange roles and at the next exchange (i.e. when the defence returns to the offense), the batting order will resume again from the player after the last one who has gotten out during the previous offensive turn.

