

What is B5?



B5 is a fast-paced, dynamic version of the classic game of softball. It follows the same founding principles of its parent discipline, but can be played everywhere and requires only a rubber ball.



Why B5?

B5 aims to make softball more accessible by working around common barriers without sacrificing the essence of the classic game. It is easily adaptable to an untraditional field of play or a larger/smaller number of players, and requires very little equipment.

A GAME FOR EVERYONE



Primary Benefits:

- Versatility** - can be played on any surface, indoor or outdoor.
- Fuctionality** - can be self-regulated by participants and/or instructors.
- Adaptability** - can be enjoyed by different age groups and skill levels.
- Practicality** - can be easily understood by participants and implemented by instructors.

The Values of the game



B5 strives to be inclusive. Inclusion is pro-active behaviours, options and actions that make everyone feel welcome and respected.



B5 fosters player confidence. Confidence is the ability to rely on your skills and strengths. Confidence builds when goals are accomplished, and challenges are overcome.



B5 allows for innovation. Innovation is generating new ideas and responding to change in a creative way.



B5 seeks to be accessible. Accessibility is to provide welcoming, supportive, and safe environments where everyone feels comfortable and able to participate.



B5 thrives on teamwork. Teamwork promotes cooperation and is the collaborative effort of a group to achieve a common goal.



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Modifications

B5 prides itself on being versatile and adaptable. Suggested modifications include:

- Reorienting the field of play to use existing walls, fences, or other ground markings.
- Keeping team numbers low to keep the game active and engaging.
- Adjusting the length of the game based on participant interest or stage of development.

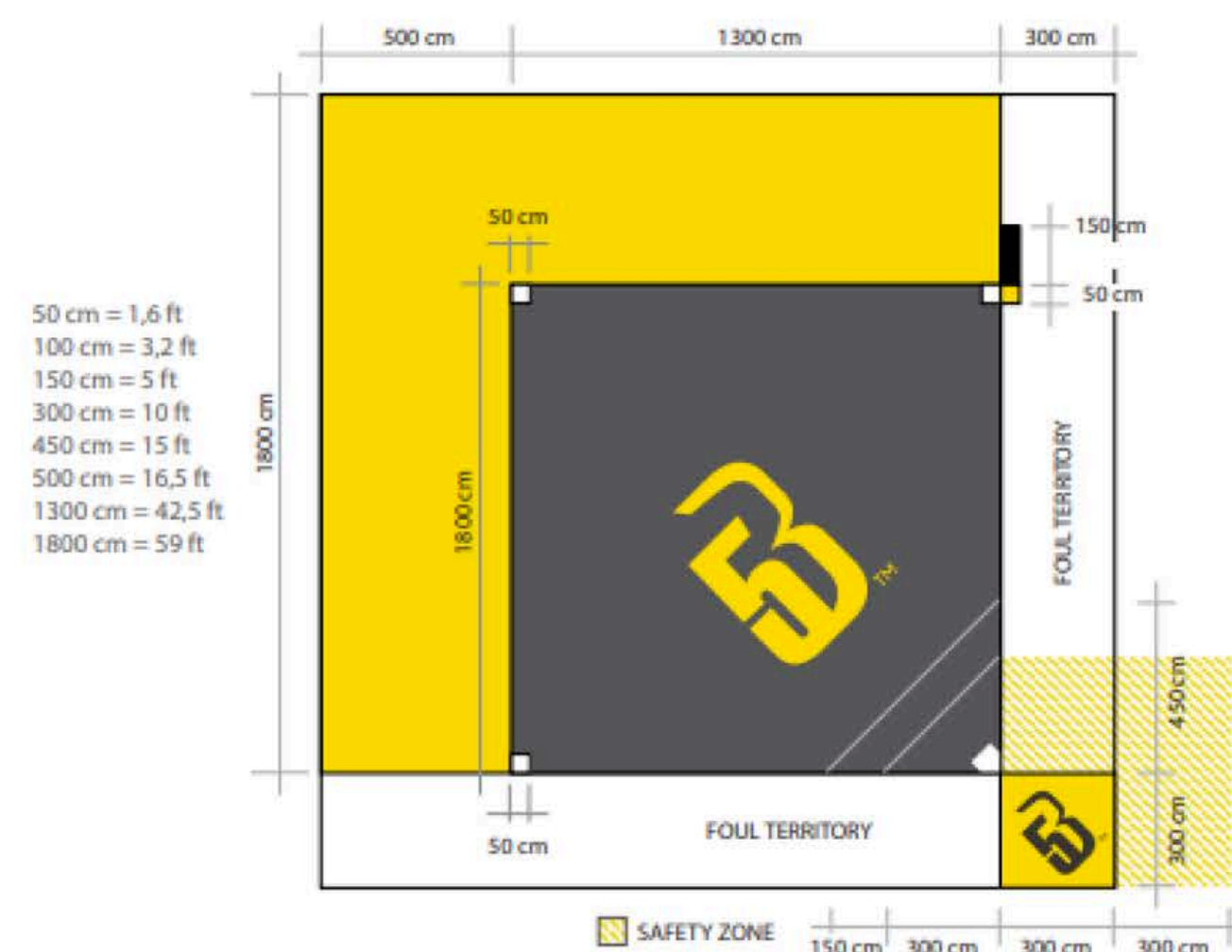
TIP! For a large group of participants, try playing a round robin style of competition, or having multiple games happening at once.

Field Set Up

THE FIELD

INFIELD

The infield is square in shape, with a base in each corner. The distance in between bases is 13 m or 42.5 ft (black area in picture 1). Starting from the batter's box, behind home plate, the bases are numbered counterclockwise. (1st, 2nd and 3rd)



FAIR TERRITORY

Fair territory (black and yellow areas in Picture 1) is square in shape, measuring 18 m (59 ft) per side, in which one of the corners coincides with home plate. The no-hit zone, located in front of home plate, is not part of fair territory.



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Quality Physical Education

Quality Physical Education (QPE) is grounded in the equality of opportunity for all students to access a well-balanced and inclusive curriculum. QPE supports the acquisition of psychomotor, social and emotional skills which define self-confident and resilient citizens. It also emphasizes the value of physical literacy as a key developmental milestone contributing to body ownership, physical competency and enjoyment in lifelong physical activity.

B5 Toolkit

Coordination Abilities:

Balance, Combination & Pairing, Space-time Orientation, Dynamic Differentiation, Reaction, Motor Anticipation, Motor Fantasy

Motor Abilities:

Speed, Force

Cognitive, Affective, & Social Skills:

Knowledge & Compliance with the Rules, Interact with the Situation, Collaboration