

Official Playing Rules for Baseball.

- 1. The shortest distance from a fence or stand on fair territory to the home base shall be 350 feet.
- + 2. The shortest distance from home base to the grand stand shall be sixty (60) feet.
- 3. The total distance around the bases is 100 yds.
- 4. The distance from the point of home plate to the pitchers slab is exactly 60 feet.
- + 5. Coaches are obliged to stay within the confines of the Coaches box, and not more than two Coaches may be on the field at the same time - one in each Coaches box.
- + 6. The batter is never allowed to step over home plate to strike at a ball.
- 7. The pitchers plate may be 2 feet higher than the base lines or the home plate.
- 8. The pitchers plate is a rectangle 18 inches by 6 inches.
- + 9. The four base forms a square.
- 10. The pitchers plate is equal distance to all four bases.
- 11. Bases should be less than three inches thick.
- + 12. The ball must weigh not less than 5 or more than $5\frac{1}{4}$ ounces, and measure not less than 9 or more than $9\frac{1}{4}$ inches in circumference.
- + 13. In every game the balls played with shall be furnished by the home club, and the last in play shall be the property of the winning club.
- 14. The bat must be round, and not over 36 inches long.
- 15. Less than nine players may occupy the field in any inning of the game.
- 16. It is not possible to substitute a fielder for a pitcher and place the pitcher in the fielders position.
- + 17. Penalties which are provided in fines apply solely to professional baseball.

- + 18. The players of the team not at bat may be stationed at any points on the field on fair ground their Captain may elect,
19. except the pitcher.
- 19. Players and Coaches do not have to make room for fielders trying for all fielding plays.
- + 20. Players in uniform shall not be permitted to occupy seats in the stands, nor to mingle with the spectators.
- + 21. The catcher and first baseman may wear a leather glove or mitt of any size, shape, or weight.
- 22. Players' benches must be 25 feet outside the players' lines.
- + 23. It is a regulation game if the team second at bat scores more runs in 8 innings than the team first at bat has scored in 9 innings.
- 24. The score of a forfeited game shall be recorded 1 to 0.
- + 25. With a runner on first base, the pitcher must face the batter with both hands holding the ball in front of him.
- 26. The pitcher must keep both feet in contact with the plate when he delivers the ball to the batter.
- + 27. The rosin bag is solely to aid the pitcher to dry his hands.
- 28. There is no penalty against the pitcher if he throws to a base say "for fun" or to delay a game.
- + 29. At the beginning of each inning, the pitcher is allowed to throw five balls to the catcher or to an infielder for "warming up" practice.
- 30. A balk entitles the base runner and the batter to advance one base.
- + 31. Holding of the ball by the pitcher so long as, in the opinion of the umpire, to delay the game unnecessarily, is a balk.

- + 31. It is not a balk if the pitcher, in the act of delivering the ball to the batsman, drop the ball with no one on bases.
- + 32. The ball is dead and not in play in case of a foul hit not legally caught.
- + 33. Whenever a person not engaged in the game touches a batted or thrown ball it is dead and not in play.
- + 34. A batted ball that touches first base or third base is a fair hit even if it bounds foul.
- + 35. Any bunt rolling foul is a strike.
- 36. A fair hit ball that strikes the ground and bounds into a stand shall be a home run.
- 37. If after two strikes a foul tip is batted and snuffed by the catcher, it is a strike.
- 38. If the batsman strikes at the ball and misses it but the ball hits him, it is not a strike.
- 39. The penalty for an illegally batted ball is a strike.
- + 40. A batsman is out if he fails to take his position at the bat in which his name appears in the batting order.
- + 41. A batsman is out if he fails to take his position within one minute after the umpire has called for the batsman.
- + 42. The base-runner must touch each base in legal order.
- + 43. The base-runner must retouch the bases in reverse order when obliged to return while the ball is in play.
- 44. If a runner who is standing on base is struck by a fair batted ball when the umpire calls an infield fly, the runner is declared out.

- 45. If a fair hit ball strikes the umpire on fair ground it is not in play.
- 46. The batter goes to first base on a balk, because a balk qualifies him as a base runner.
- 47. If a thrown ball strikes a Coach on foul ground the ball shall be considered dead.
- + 48. If the catcher interferes with the batsman while a baserunner is attempting to steal a base, the base-runner shall be permitted to advance to that base.
- + 49. If the umpire gets in the way of the catcher by accident, the runner cannot have the benefit of the mishap to the catcher, but must go back to his original base.
- + 50. The base runner is out if he fails to avoid a fielder attempting to field a batted ball.
- 51. A fly ball is always a force play with a runner on first and second.
- + 52. If a base-runner pass a preceding base-runner before such runner has been legally put out he shall be declared out immediately.
- + 53. If the Coach runs toward home to disconcert fielder, base-runner is out.
- + 54. Base-runner is out if team mates collect on base.
- + 55. The batsman is the only player who can start a force play.
- 56. A Coach may not address words of assistance to the base-runners or to the batsman.
- 57. A run can be scored if the third man out is forced out or is put out before he reaches first base.
- + 58. Umpires in Amateur games have equally as much authority as those in professional games except that fines are not imposed in amateur games.

- 59. The Umpire-in-Chief shall take position back of first base.
- 58 The field umpire calls balls and strikes.
- + 60. The Umpire-in-Chief alone shall have authority to declare a game forfeited.
- + 61 There shall be no appeal from any decision of any umpire on fair or foul ball.

General Definitions. (Fill in blanks.)

1. _____ is the order of the umpire to begin the game.
2. _____ is the order of the umpire to suspend play.
3. An _____ is the term at bat of the nine players representing a club in a game, and is completed when three of such players have been legally declared out.
4. A _____ is the term at bat of a batsman.
5. A _____ shall be credited to the base-runner whenever he advances a base unaided by a base hit, a put out, or a fielding or battery error.

6. ~~_____~~

~~Base Ball Condensed Data Fill in blanks.~~

1. ~~Baseball originated in the United States.~~

BASEBALL

I. When bases are occupied and a slow hit ball is fielded by the pitcher to what base should the pitcher invariably throw unless advised by his catcher?

_____ Ans. _____

II. When a bunt is expected, as when the opponent has a runner on first or on first and second, where should the pitcher throw the ball: (a) for a left-handed batsman (b) for a right-handed batsman?

Ans. (a) _____ Ans. (b) _____

III. If the ball is properly delivered by the pitcher on the above play, what direction should the pitcher take on the diamond and to whom should the bunted ball be thrown. This answer is to be predicated on the assumption that the pitcher pitched the ball to the exact spot he intended to and caused the batter to bunt where the pitcher desired. The pitcher also has listened to his catcher for directions. Also you have a good fielding pitcher.

_____ Answer _____

IV. With a runner on first base only, what type of ball should the pitcher deliver to the batsman who shows by dropping his bat that he is going to bunt?

_____ Answer _____

V. When there is a runner on second base and a base hit is made to the out field, where should the pitcher station himself in relationship with his catcher and what two plays are possible on the throw-in, granted that the throw-in is in direct line with the catcher?

_____ Answer _____

VI. (a) Does a pitcher need any instructions from a catcher if the throw-in by the outfielders toward the plate is not accurate?

_____ Ans. (a). (b) Where should the pitcher play the ball or should he try for a play on the runner at second? (b) Ans. _____.

VII. On a swinging bunt rolling down the first base line who should shout to the pitcher whether to make a play on the ball that looks as if perhaps the ball may roll foul? _____ Answer.

VIII. When a ball is hit by the batsman to the pitcher and a runner stops running between bases, apparently undecided which base to approach, what immediate action should the pitcher take? _____

_____ Answer _____

IX. Hypothetical play at third base.

Third base is occupied. The runner, seeing that he is a sure put-out at the plate, stops and tries to get into a run-up play, so that the batter can get into a scoring position. What immediate action should prompt the pitcher when the ball is hit to him? Please describe the direction of his movements.

FIRST AID QUESTIONS

1. What is meant by the Pasteur treatment? In what per cent of cases is the use of it effective?
2. Name the best known poisonous snake groups in the United States.
3. Discuss the prevention of snake bites.
4. What are the symptoms of snake-bites? When may the greatest severity of symptoms be expected to occur?
5. Discuss fully the treatment for snake-bite as outlined in your text.
6. Is there a serum on the market for the treatment of bites other than those of the coral snake? Name it.
7. What do we mean by the skin irritation, "sea nettles?" What is the treatment?
8. What treatment is suggested in your text for the treatment of Poison Ivy?
9. In the "black widen" spider family which gender of the species is relatively harmless?
10. What are the symptoms of and treatment for "black widen" spider bite?
11. Name eleven of the poisonous drugs commonly taken.
12. Discuss briefly prevention in the case of poisonous drugs.
13. Discuss generally symptoms of poisoning by drugs.
14. What are the two main points to be remembered in the treatment of any poison-drug case?
15. By what emetics (six) can both of the above objectives be accomplished at the same time.
16. What is meant by ptomaine poisoning? What are some of causes of this food poisoning? The symptoms and treatment?
17. In cases of unconsciousness, which three types present the most difficulty?
18. In the event of inability to determine which of these types of unconsciousness exists, upon what expectancy must the first aider work?
19. When examining an unconscious patient, for what four possible conditions must the first aider look?
20. Discuss symptoms and treatment for epileptic fits?
21. What is the first aid treatment for hysterical attacks?
22. Discuss at least four ways in which drowning may be prevented.

23. What are the symptoms of and treatment for a victim of submersion?
24. Describe the Prone Pressure method of artificial respiration.
25. What first aid measures would you use in cases of choking on food, false teeth, fish bones, coins, etc.?
26. In gas asphyxiation cases, what gas causes most trouble?
27. Tell what you know of carbon monoxide gas as a potent poison; where there are dangers of encountering it and how to prevent these dangers.
28. Discuss at some length the symptoms of and treatment for carbon monoxide poisoning.
29. Name and define the four different kinds of wounds.
30. To what two dangers are wounds subject to?
31. Give a practical definition for the term, infection.
32. What are the three conditions which determine whether or not a wound is infected?
33. How would you treat wounds in which the bleeding is not severe?
34. Give treatment of wounds when bleeding is severe.
35. Discuss what you know of the use of the tourniquet. Should it be used if bleeding can be otherwise checked? Why not?
36. Step by step tell how you would apply a tourniquet to a bleeding artery.
37. Are stimulants to be given the patient before the bleeding stops? Why not?
38. What is meant by the term "shock", and what are the characteristics of it?
39. Name some causes of shock.
40. The same three measures are used to prevent shock as are used to treat it. What are they?
41. In case of shock, when are stimulants not indicated?
42. What are the physical symptoms of electric shock?
43. Outline procedure for the rescue of a victim from contact with an electric wire.
44. Outline treatment of such victim.

45. What are the purposes of First Aid Training?
46. Give a comprehensive definition of First Aid.
47. What are the three main purposes of First Aid Training?
48. Discuss The Need for First Aid; why the great increase in accidents-- automobile accidents, home accidents, industrial accidents, other accidents, etc.?
49. If you were the first one upon the scene of an automobile accident where- in some were killed, other injured, what would you do and what would you not do?
50. In what two branches of science must the first aider have a working knowledge?
51. Name four purposes of the bones of the skeleton.
52. Name the two divisions of the skeletal bones of the head.
53. Name the four skeletal divisions of the trunk.
54. The abdomen contains many important organs. Name at least six of these.
55. Name the bones of the upper limbs.
56. Name the bones of the lower limbs.
57. What is meant by connective tissue?
58. What is the blood?
59. Of what three parts is the blood chiefly composed?
60. How much blood should an average person of 150 lbs. have?
61. The loss of how much blood is serious? The loss of how much fatal?
62. Define and locate the heart.
63. What is the average rate of heart-beat?
64. What are the arteries?
65. In first aid, only which arteries are considered?
66. What is the large artery carrying blood away from the left side of the heart called?
67. It is only the main arteries with which the first aider is concerned; these must lie close to a bone. Why?
68. Name the six chief points where these main arteries lie close to a bone.

69. The very small vessels in which the arteries end are called what?
70. Does bleeding from capillaries offer a serious problem? Why or why not?
71. What are the veins?
72. In accidents, which are more frequently cut, veins or arteries? Why is this true?
73. How can one distinguish whether an artery or a vein is cut?
74. How can venous bleeding usually be controlled?
75. Name the organs concerned with respiration.
76. In internal bleeding, what three symptoms may be the only outward indications?
77. What is the greatest danger which might occur from a punctured wound?
78. Define simple fracture. Compound fracture.
79. What are the symptoms of simple fracture? Of compound fracture?
80. Outline general first aid treatment of simple fracture. Of compound fracture.
81. Should a first aider try to distinguish between a skull fracture and a brain concussion? Why or why not?
82. In cases of skull fracture or concussion what treatment should the first aider follow until the physician arrives?
83. Give symptoms and treatment for fracture of nose.
84. Give symptoms and treatment of lower jaw fracture.
85. Give symptoms and treatment for fracture of collar bone.
86. Give symptoms and treatment for fracture of ribs.
87. Of what is the nervous system composed? (This question is to be answered broadly and generally--by just two general groupings).
88. Where are most of the nerve centers located? (two places)
89. If a nerve is cut, the part supplied by it loses both _____ and _____. Supply the missing words.
90. In the case of a broken back, what tragedy might result from pressure on the broken vertebrae? With what bad result?

91. Why does the nervous system play such an important part in injuries?
92. What do we mean by dressings or compresses?
93. What is the material most commonly used in dressings and compresses?
94. Why is this particular material better in such use than other types?
(2 reasons)
95. Name at least five things used commonly in the care of injuries which should never be applied directly on the surface of a wound. (p.29 - 30)
96. Name four purposes for which bandages are used.
97. There are three kinds of bandages used in first aid. Name them. P. 36.
98. Why should a first aider never wash a wound with soap and water?
99. Why is it permissible for a physician to wash a wound with soap and water if he so desires?
100. What is the treatment one should think of in all serious bleeding?

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