

# Subject Knowledge Organiser

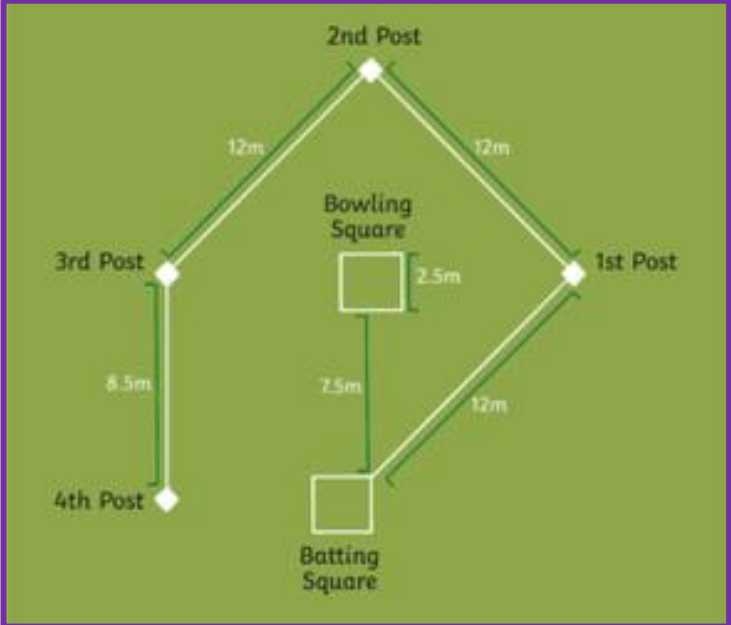
## Rounders – Rules, Officials, Scoring, Player Positions & Pitch Dimensions

- Rules**
- Teams can be a minimum of 6 players and a maximum of 15 players. 9 players are on the field for each team at any one time.
  - One team bats whilst the other team fields and bowls.
  - The bowler bowls the ball to the batter, who hits the ball anywhere on the Rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.
  - A batter is out if the fielding team catch the ball hit by a batter before it touches the ground **or** by touching the post the batter is running to with the ball before the batter reaches it.
  - The team with the most rounders wins.
  - Batters must always keep contact with the post, either with their hand or bat. If you don't, the fielders can stump you out at the following post.
  - If you are at a post you cannot keep on moving to the next post when the bowler has the ball in his square. However, if you are between posts then you can keep on moving until you reach the following post.
  - Each batter will have one good ball bowled to them.
  - A batter must hold on to the bat whilst running round the track.

**Officials**  
During a competitive game of rounders there are two umpires and up to two scorekeepers.

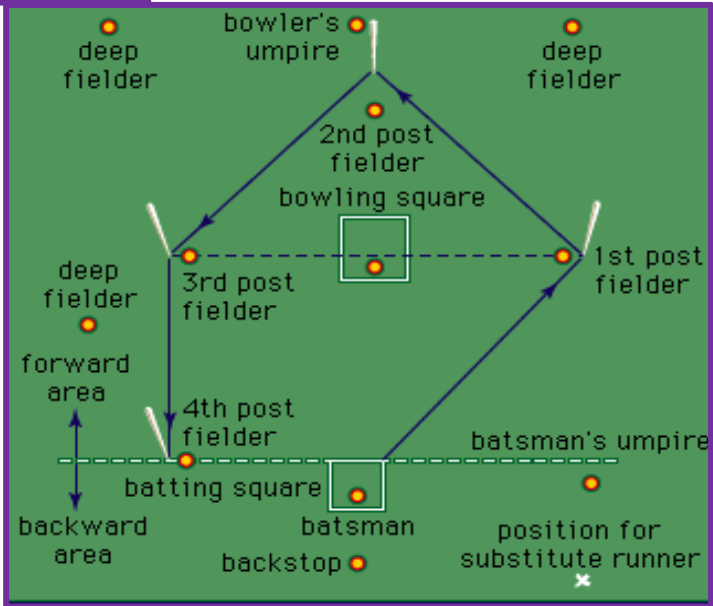
**Scoring**  
In a game of rounders points can be scored by reaching different bases.

- Hit the ball and stop at base two will score you half a rounder.
- Hit the ball and stop at base three will score you half a rounder.
- Hit the ball and run around all the bases, including base four, you will score one rounder.



**Pitch Dimensions**

**Player Positions**



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## Rounders – Bowling, Batting and Overarm throw

### **Bowling**

The underarm bowling technique is an important skill needed to play rounders, it requires consistent accuracy.

#### ***Stage one***

Stand in the middle of the bowling box with the ball in your strongest hand. Facing the batter with your less dominant foot and arm pointing at the batter.

#### ***Stage two***

Bring your dominant arm back in an underarm motion, aiming to bowl the ball above the batters knee but below their head, release the ball with a straight arm at chest height.

#### ***Stage three***

Follow through with your dominant hand when the ball has been released, your arm should finish across your body, weight transferred from your back foot to front foot.

### **Batting**

Hitting the ball into space in a game of rounders increases the batters chance of scoring more points for their team.

#### ***Stage one***

Stand in the middle of the batting box side on, with feet shoulder-width apart. Holding the bat in your dominant hand, head facing the bowler, eyes on the ball.

#### ***Stage two***

When the ball is bowled use your less dominant hand to track the ball by pointing at the ball. Use your dominant hand to swing the bat across the body, aiming to make contact using the middle of the bat on the ball.

#### ***Stage three***

Follow through the movement of the bat, shoulders will be facing the direction of which the ball is going, the bat will finish across the body at the opposite shoulder.

### **Overarm Throw**

The overarm throw is a skill used when fielding over long distances to throw the ball to a person on a base when trying to stump a batter out. It is the fastest and most accurate throw to use.

#### ***Stage one***

Stand shoulder width apart, sideways on to the target, on the balls of your feet with the weight transferred to the back foot. Hold the ball in your dominant hand. The throwing arm is taken back behind the head at a 90° angle. Point the non-throwing arm at the target.

#### ***Stage two***

Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last and fast. Release the ball just in front of your head with both feet on the ground and the chest facing the target.

#### ***Stage three***

Follow through with your throwing arm pointing toward the target. Momentum will pull your body weight towards the floor.