



RULE 6 PITCHING REGULATIONS

SECTION 1 PITCHING REQUIREMENTS

Before starting the delivery (pitch), the pitcher shall comply with the following:

- a) The pitcher shall take a position with both feet on the ground and in contact with the pitching plate. The hands shall be separated with the ball being held in either the glove or pitching hand.
- b) While in this position, the pitcher shall take, or simulate taking, a signal from the catcher.
- c) The pitcher shall bring the hands together or touch them together for no more than ten seconds.
- d) The pitcher shall not be considered in the pitching position, unless the catcher is in position to receive the pitch.
- e) The pitcher may not take the pitching position on or near the pitching plate without having the ball in his/her possession.

SECTION 2 PITCH START

The pitch starts when the hands are separated or the pitcher makes any motion that is part of his/her wind-up. The hands may only be separated one (1) time per pitch. In the act of delivering the ball, the pitcher shall not take more than one step which must be forward, toward the batter, and simultaneous with the delivery of the ball to the batter.

NOTE: *It is not a step if the pitcher slides his/her foot across the pitching rubber, provided contact is maintained with the pitching rubber.*

SECTION 3 NON PIVOT FOOT

After taking the signal, the pitcher may not step backward with the non-pivot foot.

EXCEPTION: *Men may step backward but this step must be taken simultaneously with or prior to starting the pitch.*

SECTION 4 PIVOT FOOT

The pivot foot must remain in contact with the pitcher's plate or ground until the non-pivot foot (front foot) touches the ground. There is no restriction on position or movement of the free foot except that if a step is taken forward with

the free foot, the step must be taken within or partially within the 24" width of the pitching plate. *Women and Youth Girls may not step backwards.*

EXCEPTION: *For Men only: There is no restriction on position or movement of the free foot except that if a step is taken backwards or forwards with the free foot, the step must be taken within or partially within the 24" width of the pitching plate.*

***NOTE:** *It is not considered a step, if the pitcher slides their foot on the pitching plate, provided contact with the pitching plate is maintained.*

****NOTE:** *Such techniques as the "crow hop" and "leap" are illegal.*

SECTION 5 LEGAL DELIVERY

A legal delivery is one in which the ball is delivered to the batter with an underhand motion.

- a) The follow through of the hand and wrist and the release of the ball must be forward past the straight line of the body.
- b) The hand must be below the hip, and the wrist must not be farther from the body than the elbow.
- c) When a forward step is taken toward the batter, the pitch is completed.
- d) When the pitch is released, the catcher must be within the area defined as the catcher's box.

SECTION 6 WIND-UP

A pitcher may use any wind-up desired providing:

- a) There is no motion made to pitch without immediately delivering the ball to the batter.
- b) A rocker action is not used in which, after having the ball in both hands in the pitching position, the pitcher removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.
- c) No wind-up is used in which there is a stop or reversal of the forward motion.
- d) There is no more than one revolution of the arm in the windmill pitch. The pitching arm may be dropped to the side and to the rear before starting the windmill motion. The ball does not have to be released the first time past the hip.
- e) The pitcher makes no continuous wind-up after taking the forward step, which is simultaneous with the release of the ball.

SECTION 7 PITCHER MAY NOT

While in the pitching position, the pitcher may not deliberately drop, roll or bounce the ball in order to prevent the batter from striking it.

SECTION 8 FOREIGN SUBSTANCE

During the game, the pitcher may not use tape or other substances on the ball, pitching hand or fingers; nor shall any player apply any foreign substance to the ball. Rosin may be used to dry the hand. The wearing of any item on the pitching hand, wrist, or arm that may be distracting to the batter will not be allowed.

PENALTY: Any infraction of Sec. 1 through Sec. 8 constitutes an illegal pitch. A ball is awarded to the batter. If the illegal pitch is hit and all runners including the batter-runner, advance one base, the play stands. If all baserunners including the batter-runner do not advance at least one base, the offensive coach has the option of taking the result of the play or the result of the pitch. Failure of players to hear the call shall not void the call.

SECTION 9 NO PITCH

The umpire will declare no pitch when:

- a) A pitcher pitches during the suspension of play.
- b) A runner is declared out for leaving the base before the ball leaves the pitcher's hand.
- c) The pitcher pitches before a base runner has retouched the base occupied after a foul ball and the ball is dead.

PENALTY: The ball is dead and all subsequent action on that pitch is canceled.

SECTION 10 ILLEGAL PITCHING ACT

Umpire will declare an illegal pitch when:

- a) A fielder, other than the catcher, is outside the playing field (foul territory) once the pitcher steps on the pitching plate and prior to the pitch being released.

NOTE: *Foul line considered fair territory.*

EFFECT: *The ball is dead, batter is awarded a ball, and all subsequent action on that pitch is canceled.*

- b) The catcher must return the ball directly to the pitcher after each pitch except after a strike out, putout made by the catcher, or a play on a baserunner

- c) **Once the ball has been returned to the pitcher, the pitcher has twenty (20) seconds to start the pitch.**

PENALTY: (b and c above) a ball is awarded the batter.

- d) After assuming the pitching position, the pitcher may not throw to a base while a foot is in contact with the pitching plate.

PENALTY: An illegal pitch is declared

NOTE: *An illegal pitch will be declared if any fielder takes a position in the batter's line of vision, or with deliberate unsportsmanlike intent, acts in a manner to otherwise distract the batter. A pitch does not have to be delivered.*

SECTION 11 WARM UP PITCHES

At the beginning of each half inning or when a pitcher relieves another, not more than one (1) minute may be used to deliver not more than five (5) pitches to the catcher or other teammate. Play shall be suspended during this time. Each pitcher during an inning may only warm up one (1) time per inning.

PENALTY: A pitcher will be penalized by awarding a ball to the batter for each pitch in excess of five (5).

NOTE: *Under the discretion of the home plate umpire, the pitcher may be authorized more pitches due to inclement weather, injury, or other circumstances.*

SECTION 12 PITCH SLIPS FROM HAND

If the ball slips from the pitcher's hand during the wind-up or during the backswing, a ball shall be called on the batter, and the ball remains in play and runners may advance at their own risk.

SECTION 13 VERBAL INTERFERENCE BY COACH

No player, manager, or coach shall call "TIME", or employ any other word or phrase, or commit any act while the ball is alive and in play for the obvious purpose of trying to make the pitcher commit an illegal pitch.

PENALTY: No pitch will be declared, and a warning issued to the offending team. A repeat of this type act shall result in the offender being removed from the game.