

PITCHING SOFTBALL



National
Federation

SECTION 1: Pitching Regulations



Prior to the delivery

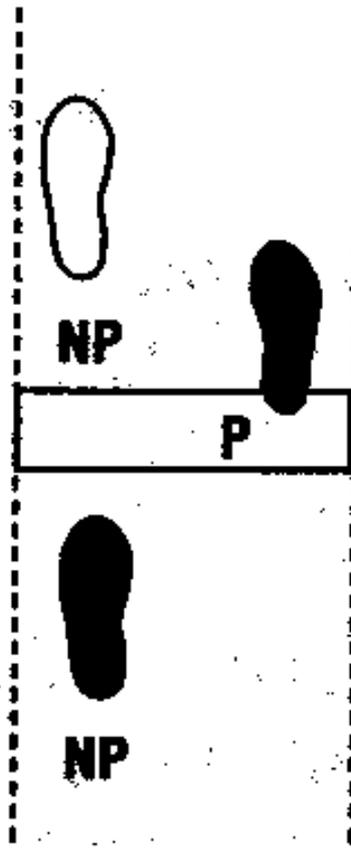
Pivot foot on the pitcher's plate

Non-pivot foot in contact with or behind the pitcher's plate

Both feet must be in contact with the ground

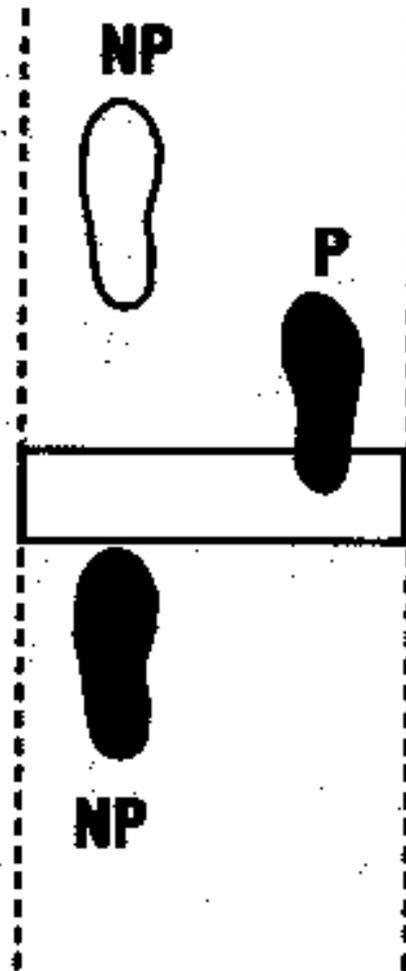
**Within or partially within the 24" length of the
pitcher's plate**

*Legal
Pitch 1*



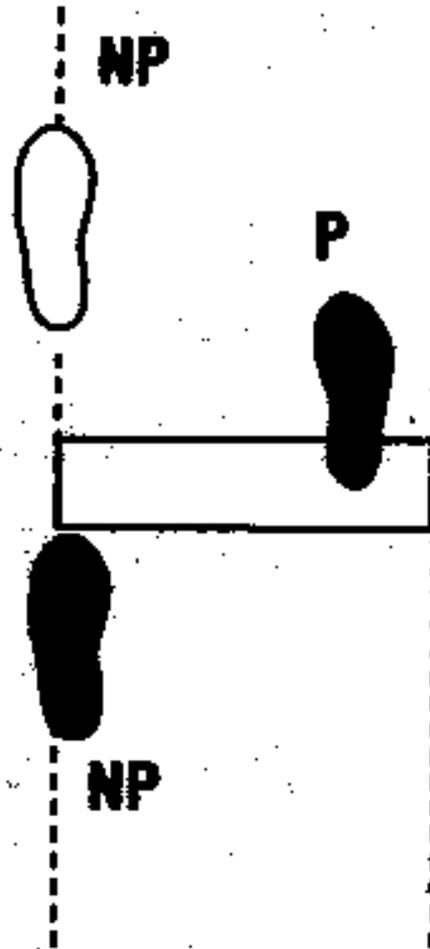
**NO. 1 LEGAL
P — ON TOP
NP — BEHIND/WITHIN**

*Legal
Pitch 2*



**NO. 2 LEGAL
P — ON TOP
NP — CONTACT/WITHIN**

*Legal
Pitch 3*



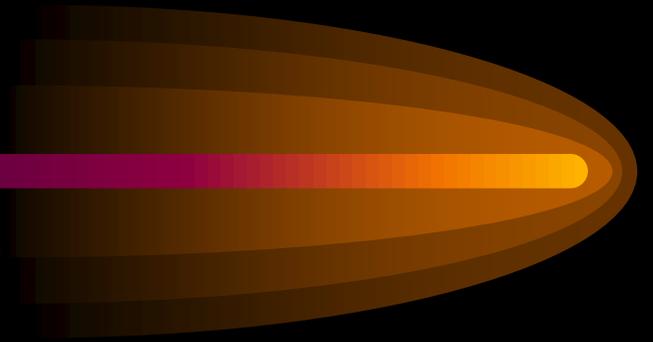
**NO. 3 LEGAL
P — ON TOP
NP — CONTACT/WITHIN**

The pitcher must

Position shoulders in line with first and third base

With the ball in the glove or pitching hand

With the hands separated



NOTE: Changing the ball from one hand to the other, reaching into the glove to position the ball after having placed the pivot foot on the pitcher's plate is an illegal pitch.

The pitcher

Must take a signal from the catcher

Must place hands together in front of the body

(1-10 Sec)

**Is not in the pitching position unless
the catcher is in the catcher's box**

**May not take the pitching position without
having possession of the ball**

Art 2: About the Pitch



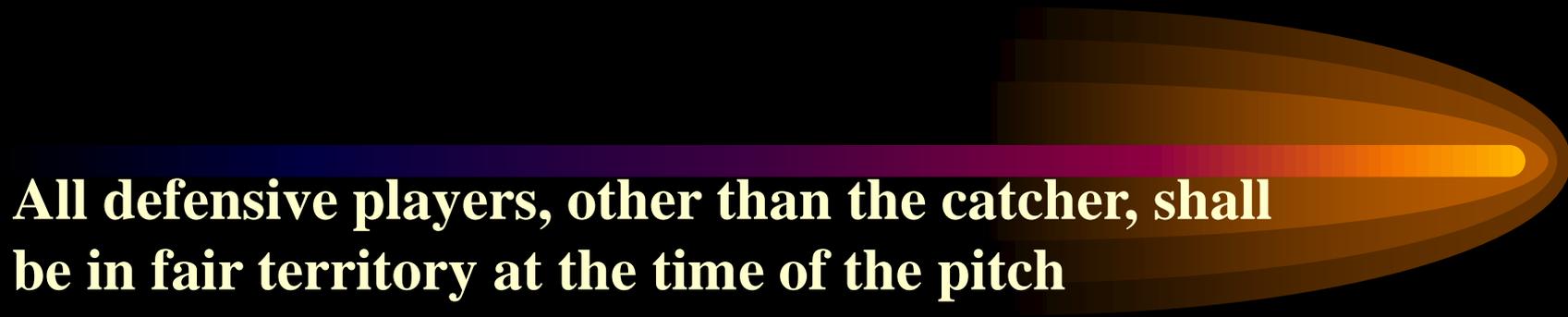
One hand off the ball

Any motion is part of the wind up

One step must be forward, toward the batter simultaneous with the delivery

A step backward shall begin before the hands come together

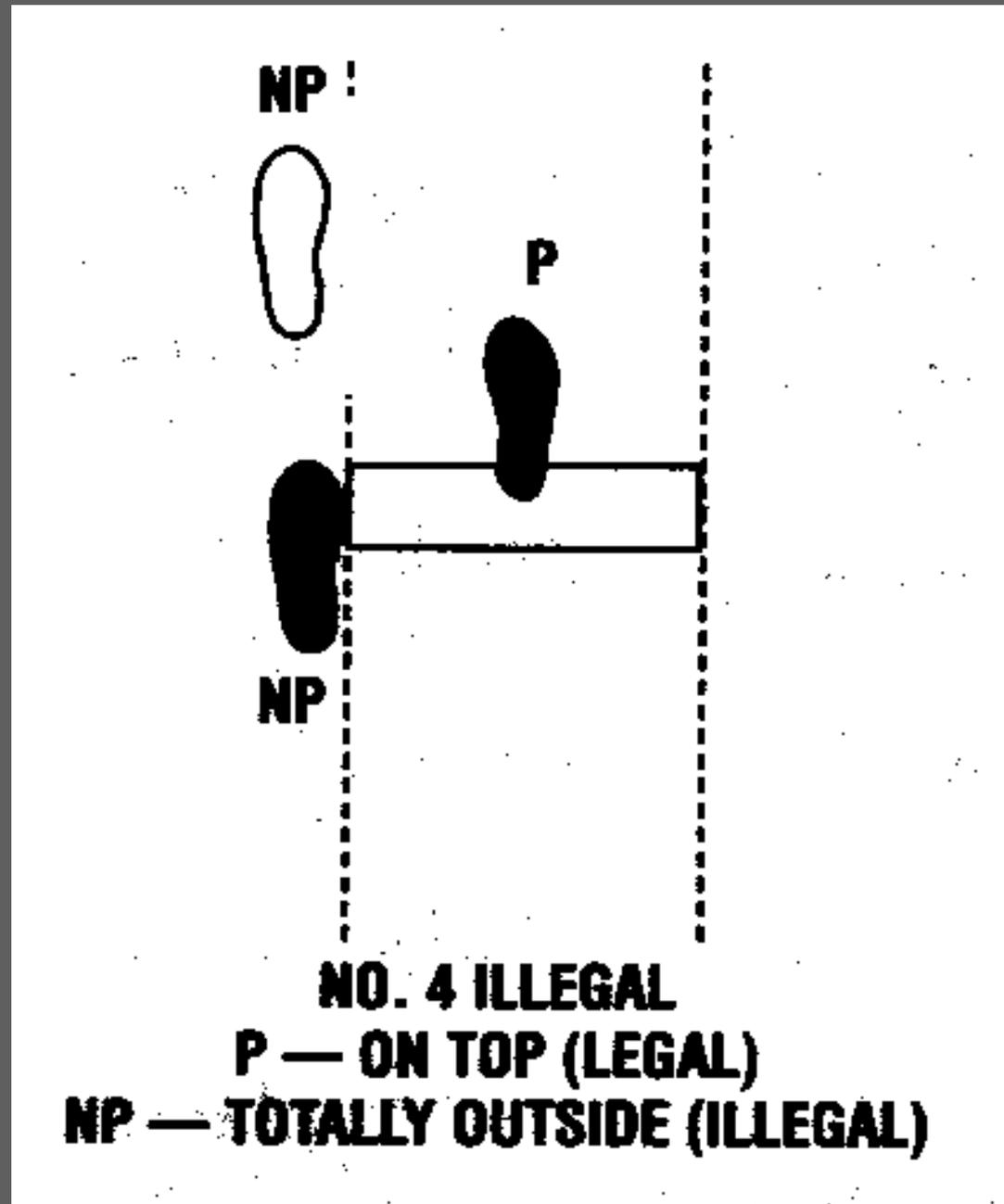
The step backward may end before or after the hands come together



All defensive players, other than the catcher, shall be in fair territory at the time of the pitch

Towards is interpreted as within or partially within the 24” length of the pitchers plate

Illegal Pitch



The pivot foot may



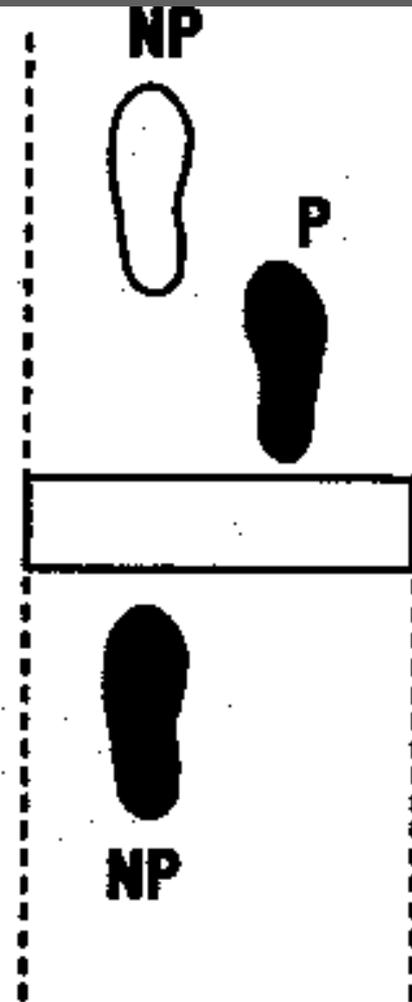
Remain in contact with the pitching rubber

May push off and drag away

As long as the pivot foot remains in contact with the ground

Pushing off with the pivot foot from a place other than the pitchers plate is illegal

Illegal Pitch



NO. 5 ILLEGAL

P — NOT ON TOP (ILLEGAL)

NP — BEHIND/WITHIN (LEGAL)

Note 1: It is not a step if the pitcher slides her foot in any direction on the pitcher's plate, provided contact is maintained.

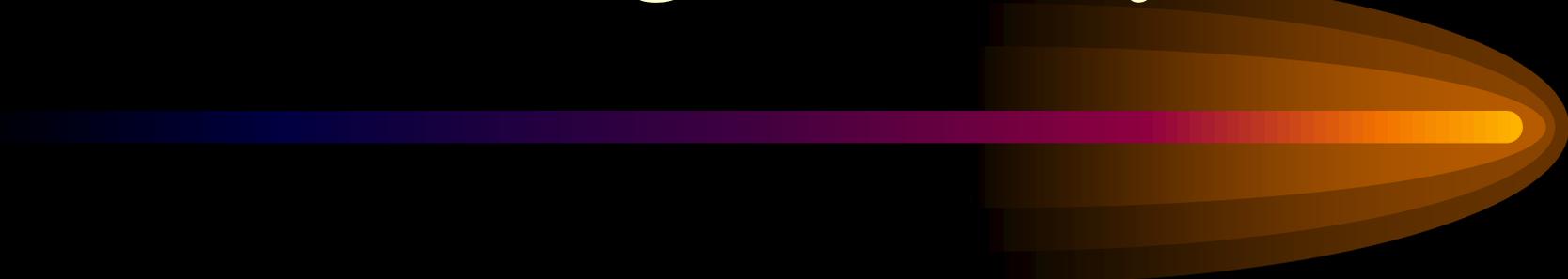
Techniques such as the “crow hop” and “the leap” are illegal.

{Rule 2-16 A crow hop is a replant of the pivot foot prior to delivering the pitch}

{Rule 2-33- A leap is when both feet are airborne}

PENALTY: Illegal pitch. The ball is dead at the end of playing action, if the ball is pitched. A ball is called on the batter

ART 3... A legal delivery



Release and the follow through must be forward past the vertical line of the body

The hand shall be:

Below the hip

The wrist not farther from the body than the elbow

Completed with step

ART 4...The pitcher may use any wind-up desired providing:

No motion without immediate delivery

Does not use a rocker

Does not use a stop or reversal

Does not make more than one revolution

NOTE: Interpreted as “not two revolutions”

Does not continue to wind-up after taking the forward step or after the ball is released

NOTE: Continuation of the wind-up is considered any action that, after the ball is released, causes the arm to continue past the shoulder

PENALTY: Illegal pitch. The ball is dead at the end of playing action, if the ball is pitched. A ball is called on the batter.

SECTION 2: INFRACTIONS



Art 1... The pitcher shall not deliberately:

Drop Roll Bounce

to prevent a batter from striking it

PENALTY: Any infraction in an illegal pitch. The ball is dead at the time of playing action. The batter is awarded a ball and base runners are awarded one base without liability to be put out.

Art 2...The pitcher shall not at any time:

Use tape

Other substance

Contact points of the pitching hand or fingers, nor shall any other player apply a foreign substance to ball

A pitcher who licks her fingers SHALL wipe them off before bringing them in contact with the ball

The pitcher shall not wear any item on the pitching hand, wrist, arm or thighs which may be distracting to the batter.

Jewelry is prohibited. See Rule 1-1-9

Art 3...Once the ball has been returned to the pitcher:

20 seconds to release the next pitch

PENALTY: Any infraction is an illegal pitch.

EXCEPTION: If the pitcher completes the delivery and the batter hits the ball fair or foul, or becomes a base runner, the coach of the team at bat shall have to option of the play or the penalty of the illegal pitch. A delayed dead ball will be signaled.

Art. 4... No pitch shall be declared when:

Pitches during a suspension of play

A quick return of the ball

Runner is called out for leaving the base too soon

Pitches before a base runner has retouched the base

Player, manager or coach calls “Time” or employs any other word or phrase or commits 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: Art 4 a thru d- the ball is dead immediately and all subsequent action on that pitch is canceled.

In (e) , if the batter tries to cause the pitcher to commit an illegal pitch after the pitcher has started her delivery, the ball remains alive if the pitcher legally delivers the pitch.

Art. 5... At the beginning of each inning

No more than one minute

No more than five thrown balls

The one-minute time limit begins from the third out of the previous half-inning.

PENALTY: For excessive warm-up pitches, a pitcher shall be penalized by awarding a ball to the batter for each pitch in excess of five.



ART. 6 ... If the ball slips from the pitcher's hand during the back swing or forward motion, a ball is called on the batter.

In either case, the ball remains in play and runners may advance at their own risk.



ART. 7. The pitcher shall not throw to a base while a foot is in contact with the pitchers plate after having taken the pitching position.



NOTE: The pitcher may remove herself from the pitching position by stepping backwards off the pitchers plate with both feet before separating her hands or making any motion that is part of the windup after the hands have come together. She may step with either foot first. Stepping forward or sideways constitutes an illegal pitch.



Article 8- It is an illegal pitch if any fielder takes a position in the batter's line of vision or with deliberate unsportsmanlike intent, acts in a manner to distract the batter. A pitch does not have to be released.



PENALTY: For infraction of Art.7 and 8- Illegal pitch, the ball is dead immediately. A ball is called on the batter and all runners advance one base without liability to be put out.

SECTION 3: INFRACTIONS BY THE CATCHER

Art. 1... The catcher shall be inside the lines of the catcher's box when the pitcher takes a position to pitch and when the pitch is released.

PENALTY:An illegal pitch is called.

SECTION 3: INFRACTIONS BY THE CATCHER (continued)



Art 2....The catcher shall return the ball directly to the pitcher after each pitch except after a strike out or put out made by the catcher, or to play on a base runner.

PENALTY The batter is awarded a ball.

Exception- Intentionally violating the rule in order to walk the batter shall not result in a ball being awarded to the batter.