

MARCH 3, 2014

## **Training Bulletin**

### **Pitching Positions**

#### **2014 NFHS Rule 6 – Pitching**

(Selected items dealing with pitching stances)

#### **GENERAL REQUIREMENTS (Article 1)**

- The pitcher shall pitch while facing the batter from either a windup position (Art. 2) or a set position (Art 3).
- The position of his feet determines whether he will pitch from the windup or the set position.

#### **WINDUP POSITION – FOOT PLACEMENT REQUIREMENTS (Article 2)**

- The pitcher's non-pivot foot shall be in any position on or behind a line extending through the front edge of the pitcher's plate.
  - (Note: There is NO requirement that the non-pivot foot be parallel to the pivot foot or that it be within the confines of the pitcher plate)

#### **SET POSITION – FOOT PLACEMENT REQUIREMENTS (Article 3)**

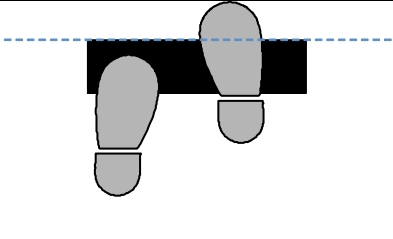
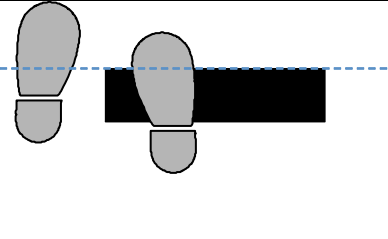
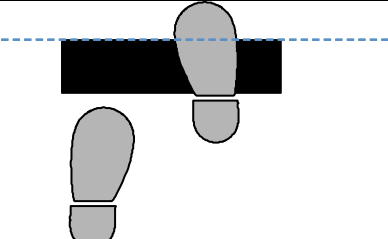
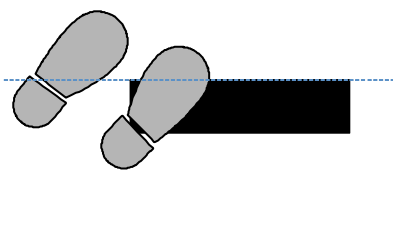
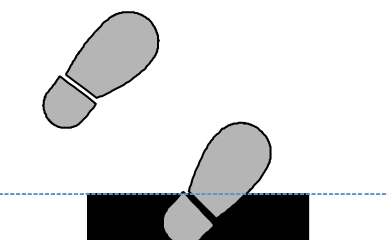
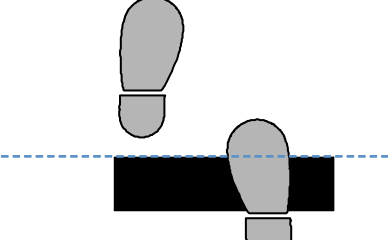
- Before starting his delivery, he shall stand with his entire non-pivot foot in front of a line extending through the front edge of the pitcher's plate and
  - (Note: There is NO requirement that the non-pivot foot be parallel to the pivot foot or that it be within the confines of the pitcher plate)
- With his entire pivot foot in contact with or directly in front of and parallel to the pitcher's plate.

#### **PENALTY – Illegal Pitch**

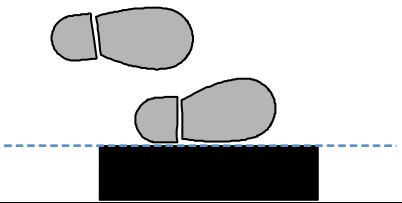
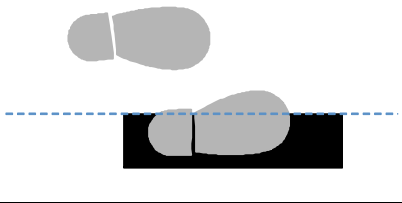
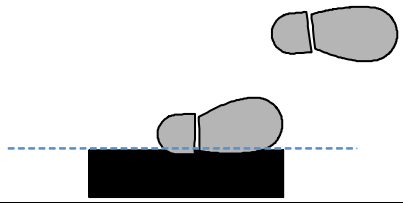
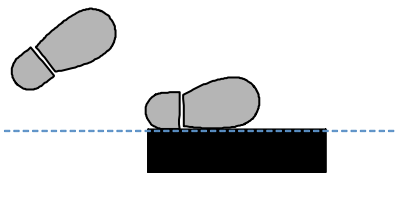
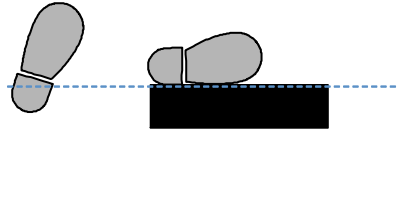
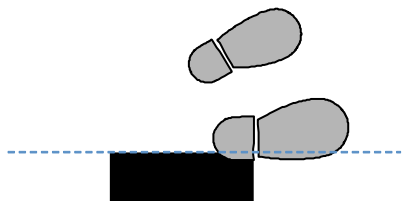
- The ball is dead immediately when an illegal pitch occurs.
- If there is no runner, a ball is awarded the batter.
- If there is a runner, such illegal act is a balk.

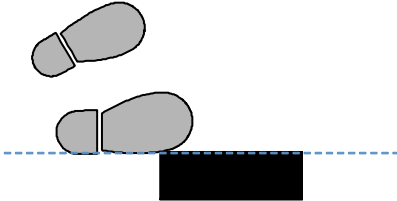
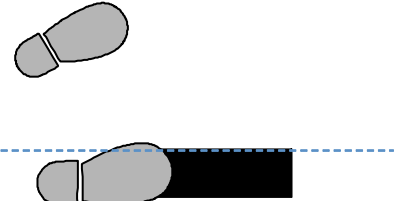
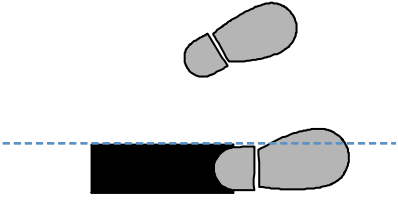
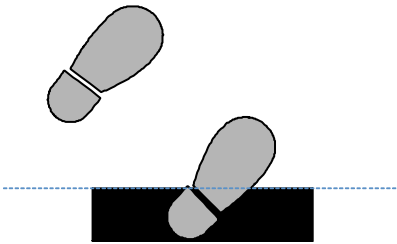
***SEE ILLUSTRATIONS BELOW***

## LEGAL and ILLEGAL Pitching Stances for WINDUP POSITION

		
<p style="text-align: center;"><b>LEGAL</b></p> <p>The <b>PIVOT</b> foot is in contact with pitcher's plate and <b>NON-PIVOT</b> foot is behind a line running through the front edge of the plate</p>	<p style="text-align: center;"><b>LEGAL</b></p> <p><b>PIVOT</b> foot is in contact with pitcher's plate and <b>NON-PIVOT</b> foot is behind a line running through the front edge of the plate. Although a <i>portion</i> of the non-pivot foot is in front of the line extending through the front edge of the plate, the rule states that the foot must "on or behind" that line. In this case, the foot is "on" the line even though a portion of the foot is in front of it.</p>	<p style="text-align: center;"><b>LEGAL</b></p> <p><b>PIVOT</b> foot is in contact with pitcher's plate and <b>NON-PIVOT</b> foot is behind a line running through the front edge of the plate</p>
		
<p style="text-align: center;"><b>LEGAL</b></p> <p><b>PIVOT</b> foot is in contact with pitcher's plate and <b>NON-PIVOT</b> foot is behind a line running through the front edge of the plate. Although a <i>portion</i> of the non-pivot foot is in front of the line extending through the front edge of the plate, the rule states that the foot must "on or behind" that line. In this case, the foot is "on" the line even though a portion of the foot is in front of it.</p>	<p style="text-align: center;"><b>ILLEGAL</b></p> <p><b>PIVOT</b> foot is in contact with pitcher's plate but <b>NON-PIVOT</b> foot is IN FRONT OF a line running through the front edge of the plate</p>	<p style="text-align: center;"><b>ILLEGAL</b></p> <p><b>PIVOT</b> foot is in contact with pitcher's plate but <b>NON-PIVOT</b> foot is IN FRONT OF a line running through the front edge of the plate</p>

## LEGAL and ILLEGAL Pitching Stances for SET POSITION

		
<p style="text-align: center;"><b>LEGAL</b></p> <p>The <u>entire PIVOT</u> foot is parallel and “immediately in front of” the pitcher’s plate. Although there is a small gap between the plate and the foot, this satisfies the requirement that the pivot foot be “immediately in front of” the plate</p> <p>The <b>NON-PIVOT</b> foot is entirely in front of the line extending through the front edge of the pitcher’s plate.</p>	<p style="text-align: center;"><b>LEGAL</b></p> <p>The <u>entire PIVOT</u> foot is parallel and “in contact with” the pitcher’s plate.</p> <p>The <b>NON-PIVOT</b> foot is entirely in front of the line extending through the front edge of the pitcher’s plate.</p>	<p style="text-align: center;"><b>LEGAL</b></p> <p>The <u>entire PIVOT</u> foot is parallel and “immediately in front of” the pitcher’s plate.</p> <p>The <b>NON-PIVOT</b> foot is entirely in front of the line extending through the front edge of the pitcher’s plate.</p>
		
<p style="text-align: center;"><b>LEGAL</b></p> <p>The <u>entire PIVOT</u> foot is parallel and “immediately in front of” the pitcher’s plate.</p> <p>The <b>NON-PIVOT</b> foot is entirely in front of the line extending through the front edge of the pitcher’s plate. Although the NON-PIVOT foot is not within the confines of the plate, it is still legal as long as the entire foot is in front of the line extending through the front edge of the plate</p>	<p style="text-align: center;"><b>ILLEGAL</b></p> <p>The <u>entire PIVOT</u> foot is parallel and “immediately in front of” the pitcher’s plate.</p> <p>The <b>NON-PIVOT</b> foot is <b>NOT</b> entirely in front of the line extending through the front edge of the pitcher’s plate. Although some of the NON-PIVOT foot is in front of the line, the rule requires that the <b>ENTIRE</b> Non-Pivot foot must be in front of the line running through the front edge of the rubber.</p>	<p style="text-align: center;"><b>ILLEGAL</b></p> <p>The <u>entire PIVOT</u> foot is <b>NOT</b> in contact with or immediately in front of the pitcher’s plate.</p> <p>The <b>NON-PIVOT</b> foot is entirely in front of the line extending through the front edge of the pitcher’s plate. Although the NON-PIVOT foot is not within the confines of the plate, it is still legal as long as the entire foot is in front of the line extending through the front edge of the plate</p>

		
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