



April 1, 2026

**Subject:** Mid-Season Reminders & Pitching Rule Emphasis

Team,

We're now halfway through the season, and many of our schools are working toward playoff qualification. Please remember that **a score of 90 or higher on the NFHS softball test is required to be eligible for postseason assignments.** Make sure this requirement has been met.

This is also a good time to reinforce several key **NFHS pitching rules**, especially with the recent changes.

### **Rule 6-1-2c**

NFHS now allows pitchers to (**leap**), meaning both feet may be off the playing surface during the pitch.

#### **Legal:**

- The pitcher may disengage both feet from the ground.
- Landing in front of the pitcher's plate is legal.
- Momentum carrying the pitcher forward after landing is legal.

#### **Illegal:**

- After leaping and landing, the pitcher **may not push off again** from the landing spot.
- A second push that moves the non-pivot foot closer to home plate than it would have been from the pitcher's plate is an **illegal pitch**.

### **One Step Only – Rule 6-1-2b**

The pitcher may take **no more than one step**, and it must be:

- Forward,
- Toward the batter,
- Simultaneous with the delivery.

The pitcher must also remain **within or partially within the 24-inch width** of the pitcher's plate. This is primarily the **plate umpire's responsibility**, and violations must be called.

### **Disengaging and Re-engaging the Pivot Foot**



The Note at the end of Rule 6-1-2 clarifies:

**Illegal:**

- If the pivot foot fully disengages from the pitcher's plate and then reengages, that counts as **a step**.
- If the pitcher then takes her forward step to deliver the pitch, she has taken **two steps** → illegal pitch.

**Legal:**

- Sliding the pivot foot while maintaining contact with the plate is *not* a step.

Umpires must be **absolutely certain** the foot fully lost contact before calling this violation. Do not use phrases such as "It looked like..." or "I think...". If you are not sure, do not guess.

**Pivot Foot Sliding in Front of the Plate**

If the pivot foot slides forward and ends up **in front of and off the pitcher's plate** at the moment of delivery, the pitch is not being delivered from the plate.

This is an **illegal pitch**, but again, only when you are completely certain contact was lost.

**Final Reminder**

Please take time to re-read **Rule 6** and refresh your understanding of all pitching requirements. Consistent enforcement throughout the season prevents postseason issues. We want to avoid hearing:

**"We've been doing this all year, and nobody has ever called that before."**

Thank you for your continued professionalism and commitment to getting these rules right.