



# **WBSC Fast Pitch Pitching Rule 4**



## **6 Basic Features of WBSC Softball Pitching Rule**

- Contact with the pitcher's plate – one or two feet – Pivot must be in contact
- The signal
- Pause – Setting back foot
- The start of the pitch
- The delivery
- Push off and release

## **Contact with Pitcher's Plate**

- The pitcher must start with the pivot foot in contact with the pitcher's plate.
- The stepping (non-pivot) may be in contact with the pitcher's plate or it may be behind the pitcher's plate
- The contact foot (feet) does not have to be on top of the plate

## Pivot Foot in Contact

- It is legal to only have the pivot foot in contact with the pitcher's plate.
- Whether only pivot foot or both feet are in contact, both feet must be within the length of the pitching plate.

# Contact – Heel and Toe - Legal



# Contact – On Top of Plate





# Contact – On Top of Plate



# Signal

- The pitcher must take or appear to take the signal from the catcher while the pivot foot is in contact with the plate
- The hands must be separated and the ball may be in the bare hand or in the glove



## Preliminary to Delivery

- After taking the signal the pitcher must come to a complete stop with the hands together
- The body must be motionless with the hands together for a minimum of two seconds and a maximum of five seconds



# Only Pivot Foot in Contact

- The stepping foot (non-pivot) foot must be stationary prior to the beginning of the pause
- The stepping foot (non-pivot) foot must remain stationary during the pause.
- The stepping foot (non-pivot) foot may only move forward with the start of the pitch

## **Only Pivot Foot in Contact**

- The stepping foot may be in the heel up or toes up position while it is stationary.
- The toes or heels may drop to the ground as part of the step and start of the pitch.







# Preliminary to Delivery

- Holding the ball in both hands to the side of the body, or above the head is considered legal
- During the stop the pitcher may move the ball in the glove to grip the ball

# Start of the Pitch

- The pitch begins with separation of the hands, or with any motion that may be considered part of the wind-up













## Start of the Pitch

- The pitcher may remove themselves from the pitcher's plate, prior to separating the hands or starting the pitching motion, by stepping backwards off the plate
- The pivot foot may slide across the plate providing contact is maintained

## **Start of the Pitch**

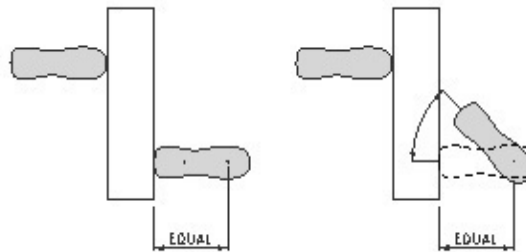
- Lifting the feet a minimal distance, “clearing the cleats” to allow foot movement is permitted
- Lifting the pivot foot and resetting the pivot foot creating a rocking motion is illegal
- Neither the Pivot foot nor the non-pivot foot may lift off the pitching plate or the ground until the step forward by the non-pivot foot.

## Start of the Pitch

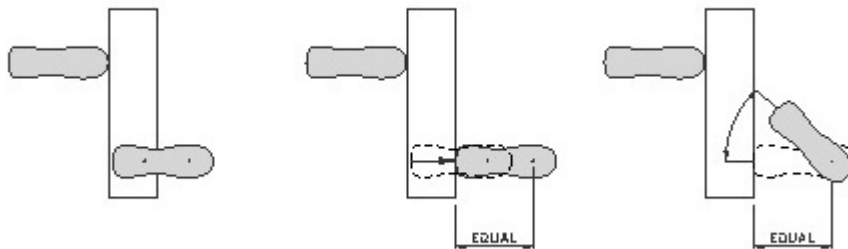
- Lifting the heel of the pivot foot and using the front of the foot (ball/toes) to push off is legal
- This allows the pitcher to twist on the ball of the pivot foot and then push off, providing the foot does not move forward off the pitcher's plate



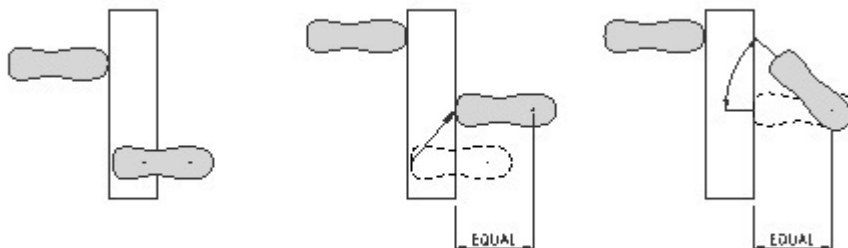
The pivot foot must push off from the pitcher's plate...



1. Pivot foot legally rotates.



2. Pivot legally slides forward and may legally rotate.



3. Pivot legally slides forward and may legally rotate.

# Delivery

- The pitcher may drop their arm to the side and to the rear as part of the windmill action
- The pitcher's arm may not make two full revolutions
- During the delivery there cannot be a stop or a reversal of the pitching arm however there maybe hitch or hesitation in the pitching arm when the pitcher pushes off or turns their body

# Delivery

- The pitcher after having the ball in both hands may not remove one hand from the ball, take a backward and forward swing and return the ball to the glove

## Step & Release

- The pitcher may take one step with the Stepping (non-pivot) foot simultaneous with the start of the pitch
- The step must be forward and within the 61cm (24inch) width of the pitcher's plate
- Only the Stepping (non-pivot) foot must land within the width of the plate

## Step & Release

- The pivot foot must remain in contact with the pitcher's plate until the forward step is taken
- Pushing off from a place other than the pitcher's plate is a crow hop and is illegal



# Step & Release



## Step & Release

- It is legal to drag, leap or hop and then land and throw, as long as the original push **starts** from the plate



Legal - pushing from the plate



Legal - Still in contact with the plate even though hands are together



# Step & Release



Legal – hands have separated & leaping



Legal – The pivot foot may land and push

# Step & Release



Legal - Provided there has been no stoppage in the action and fluent continuous motion

## Step & Release

- The hands must separate during the push off or leap and the pitching arm must be in motion before the pivot stops (push and drag) or lands (leap).

# Separation





# Acknowledgement

- Softball Australia
- Softball New Zealand
- Softball Canada
- The Players and Assistants