

Pitching

APPROACH	HANDS
ABORTING THE PITCH	FEET
THE DELIVERY	INFRACTIONS

Approach

- Hands must be apart
- One or both feet must be on pitching plate
- Shoulders in line with 1st & 3rd

Hands

- Must be separated
- Ball must be in the hand or glove
- Must simulate taking a signal from the catcher with hands separated
- Hands must come together (5 sec max)
- Pitch starts when the hands separate or the wind up motion begins

Aborting the Pitch

Pitcher may remove herself from the pitching position as follows:

- May legally step back off the plate before hands come together, or
- May legally step back off the plate with hands together as long as no part of the wind up motion has begun
- Either foot may be removed first

Feet

- One foot must be on the pitching plate, the other foot must be on or behind the pitching plate
- Not more than one step must be taken
- Step must be forward and simultaneous with the delivery
- Pivot foot must remain in contact with or must push off and drag away from the pitching plate (*toe must be down*)

- Pivot foot must remain in contact with the ground and within the 24 inches
- Pushing off from a place other than the pitcher's plate is illegal (Crow Hop)
- Pitcher may slide her foot in any direction on the plate as long as she maintains contact
- One the forward stride, the non-pivot foot must remain within the 24-inch width of the pitcher's plate

- **“Crow Hop”** – The replanting of the pivot foot in front of the pitcher’s plate where the pitcher pushes off from a point closer to home plate
- **“Leap”** - The act of the pitcher of having both feet off the ground when releasing the pitch
- **“Crow Hop”** and **“Leap”** – they are not the same – but they are both illegal and must be called by the BASE umpire

The Delivery

- With an underhand motion
- The hand must be below the hip
- Wrist no further from the body than the elbow
- No more than one and one-half revolutions of the pitching arm in the windmill pitch
- Ball can pass the hip two times

Infractions

- Cannot continue to windup after the release (Ephus Pitch)
- Cannot use tape on fingers or apply a foreign substance to the ball (dirt is NOT a foreign substance)
- Cannot throw to a base w/ foot on plate
- If the ball slips from the pitcher's hand during the delivery, a ball is awarded to the batter and the ball remains alive