

PITCHING RULES ALL SOFTBALL DIVISIONS

NFSH Rule 6 Pitching

Article 1

Prior to starting the delivery, the pitcher shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact or behind the pitcher's plate. Both feet must be on the ground within the 24" length of the pitcher's plate.

Article 2 (a)

The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of the windup after the hands have been brought together

Article 2 (b)

Once the hands are brought together and are in motion, the pitcher shall not take more than one step, which must be forward, toward the batter and simultaneous with the delivery. Any step backwards shall begin before the hands come together. The step backward may end before or after the hands come together.

Simplified-----The "pitching motion" doesn't start until the hands come together (hand to glove). You can step backwards as long as you haven't started your pitching motion, that is, the touching of the hands. Once you touch your hands your motion has to be forward. The umpire has to make the call here and most won't if the pitcher is close to the rule and not really gaining an advantage.

In addition, she can only touch her glove once. It's an illegal pitch if she touches her hand to her glove, starts the pitching motion, separates and touches them together again during her motion.

Change to DPL rule: In both JV and Varsity a pitcher may return to pitch as long as she stays in the field. She may not return to pitch in the same inning that she was pulled.