

NFHS

Pitching 101

PITCHING

The GOOD

The BAD

The UGLY

WHAT TO LOOK FOR

PRELIMINARIES

- Feet
 - On or partially on Top of the Pitcher's Plate
 - Within the 24"
- Hands
 - Apart, ball in pitching hand or glove/mitt
 - Taking the signal (or simulate taking)
 - Bringing the hands together
- Shoulders
 - In line with 1st and 3rd base





START OF THE PITCH

- Separation of hands
- Step
 - Not more than 1 step
 - Must be forward simultaneous with the delivery (inside the 24" length of pitching plate)
 - Any step backward must begin prior to hands coming together

START OF THE PITCH

- PIVOT FOOT
 - May remain in contact with the pitching plate, or
 - May push off and drag prior to the front foot touching the ground
 - Must remain within the 24 inch length of the pitching plate



Leap

A leap is when both feet are airborne by the pitcher prior to delivering the pitch





Crow Hop

A crow hop is a replant of the pivot foot prior to delivering the pitch

THE DELIVERY

- Must be delivered in a underhand motion
 - Release and follow-through of the hand and wrist must be forward past the vertical line of the body
 - Hand shall be below the hip
 - Wrist not farther from the body than the elbow
 - Delivered from the throwing arm side of the body (not behind the back or between the legs)

THE WINDUP

- May use any windup provided:
 - No motion to pitch is made without immediately delivering the ball
 - No rocker action is made
 - The pitcher does not stop or reverse the forward motion
 - The pitcher does not make more than $1 \frac{1}{2}$ clockwise revolutions of the arm in the windmill pitch.

LIONS FIELD	
HOME	AWAY
1	0
2	0
3	0
4	0
5	0
6	0
7	0
8	0
9	0
TOTAL	0
HOME OF THE LIONS	

Coach

Player

Player







THE WINDUP

- May use any windup provided:
 - The pitcher does not continue to wind up after taking the forward step or after the ball is released

INFRACTIONS BY THE PITCHER

- Deliberately dropping, rolling, bouncing, etc., the ball from the pitching position to prevent the batter from striking it
- Applying tape or other substance on the ball or contact points of the pitching hand (powder resin may be used)
- Licking the fingers prior to contact with the ball
- Wearing any item on the pitching hand, wrist, arm or thighs which the umpire judges to be distracting





Illegal - Tape
on contact points



Legal - BandAid
not on contact
point





Illegal - Nothing on pitching hand, wrist, arm or thighs which the umpire judges to be

INFRACTIONS BY THE PITCHER

- Failing to release the ball 20 seconds after it has been returned from the catcher
- Throwing to a base while a foot is in contact with pitching plate after taking the pitching position
- Any defensive player taking a position in the batters line of vision
- Any defensive player takes a position in foul territory (except the catcher)



- The catcher being outside the lines of the catcher's box when the pitcher takes a position to pitch and when the pitch is released
- When the catcher returns the ball to any defensive player other than the pitcher (except after a strikeout, putout made by the catcher or to play on a base runner)



You

Make

The

Call

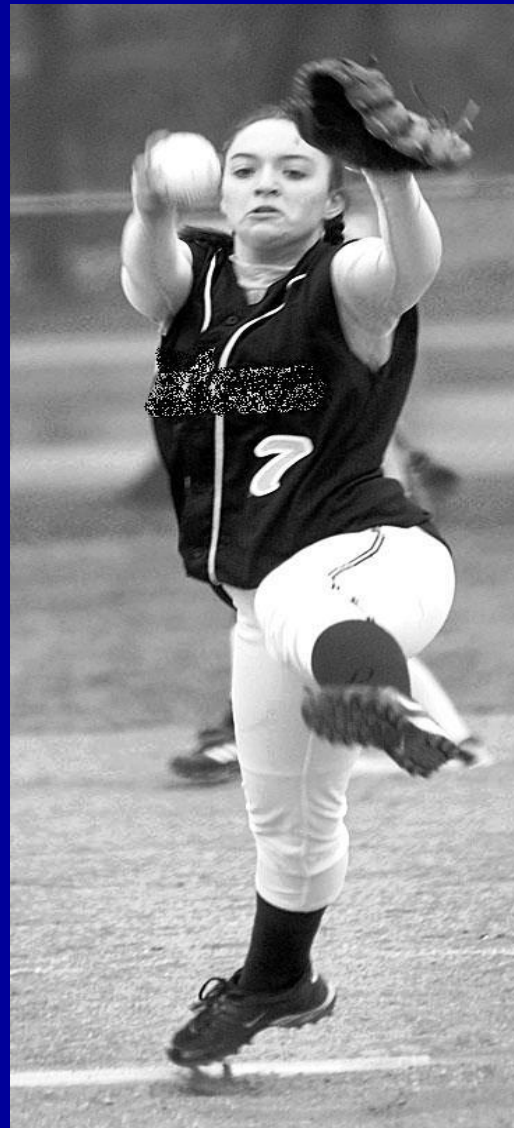




Legal - Still!



Illegal - Leap



Illegal - Leap



Inconclusive - Can't
see hands



Illegal - Leap



Legal



Illegal - Rocking action



Illegal -



Legal????

**THAT WAS
EASY, WASN'T
IT?**