



PITCHING

PIAA BASEBALL CHAPTER MEETING GUIDE

“BASE HITS”

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Presented 3/5/2019

Think Strikes!!

- One of the most important things in baseball is for the PITCHER TO THROW STRIKES!
- When discussing and interpreting the pitching rules, always keep this in mind.

The Wind-Up Position

In a wind up position the pitcher's pivot foot must be somewhere on the pitching rubber and the NON-PIVOT FOOT MUST BE TOUCHING OR BEHIND A LINE EXTENDING THROUGH THE FRONT EDGE OF THE RUBBER. When in this position the TOES WILL BE POINTED TOWARDS HOME PLATE OR SLIGHTLY SLANTED. Under no conditions is the non pivot foot to be entirely in front of the front edge line.

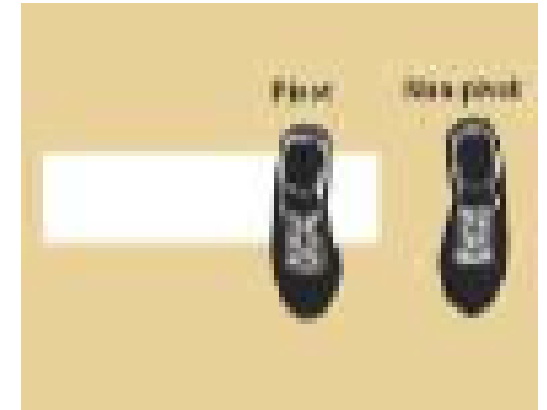
In these diagrams the non-pivot foot could also be on the rubber.

When in the wind-up position the pitcher can only do two things (NFHS RULES):

- 1) Begin the pitching motion with his non-pivot foot or,
- 2) Step backwards (not to the side) off of the rubber with his pivot foot.

WHEN IN CONTACT WITH THE RUBBER IN THE WIND-UP POSITION THE PITCHER CAN NOT THROW TO A BASE.

PENALTY : ILLEGAL PITCH



The Wind-Up Position

In the wind up position the pitcher may start with:

- 1) Hands together in front of the body,
- 2) Both hands at his side,

In both cases, any movement commits the pitcher to pitch (unless stepping backwards to disengage the rubber), or

- 3) Either hand in front of the body and the other hand is at the side.

With one hand in front of the body, the pitcher may go directly into a delivery, or may bring his hands together (at which time he may or may not pause) before delivering the pitch.

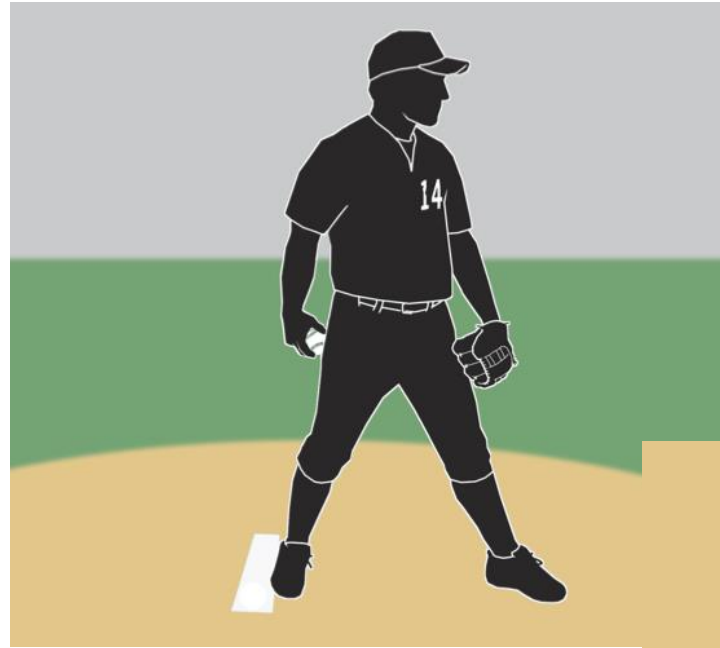
If a pitcher starts with both hands at his side it would be permissible (case 6-1-2 situation H) to bring one hand in front of his body, if the only movement he makes is to move that hand and provided the motion does not have the appearance of the start of the pitch.



The Set Position

In the set position the pitcher must have his ENTIRE pivot foot on or ENTIRELY in front of and ENTIRELY in contact with and PARALLEL TO the rubber. Not beyond either right or left edge.

The **non-pivot foot** must be ENTIRELY anywhere in front of the line (extended in both directions) that determines the front edge of the pitching rubber.



Pivot



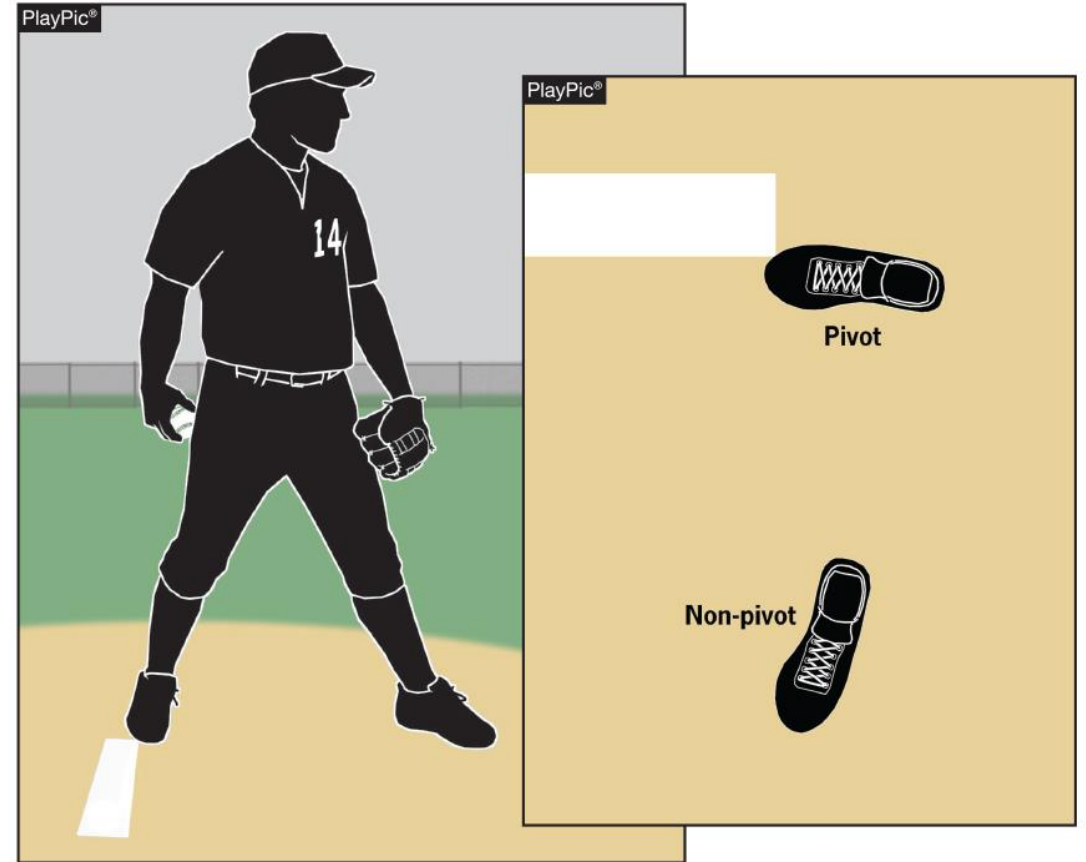
Non-pivot

The Set Position

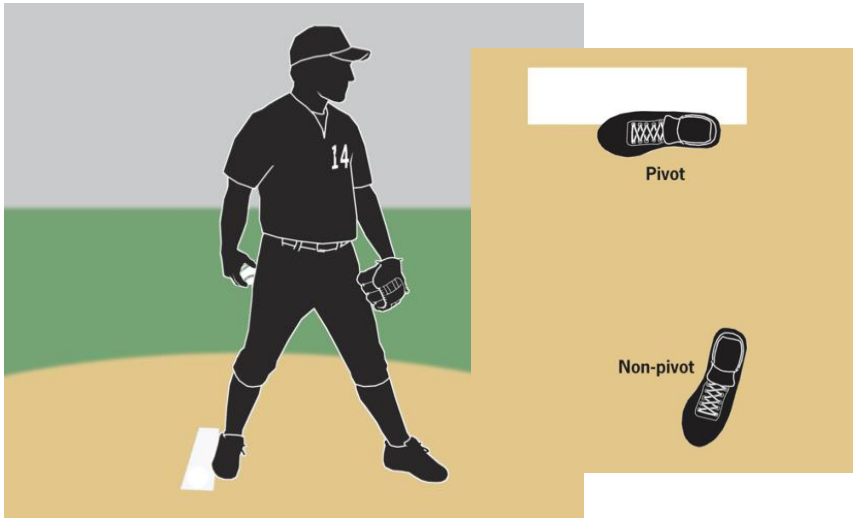
Rule 6-1-3:

Pitchers are no longer required to have their **entire** pivot foot in contact with the pitcher's plate. This change recognizes that many mounds are in the type of condition that it is problematic for the pitcher to have his entire pivot foot in contact with the pitcher's plate.

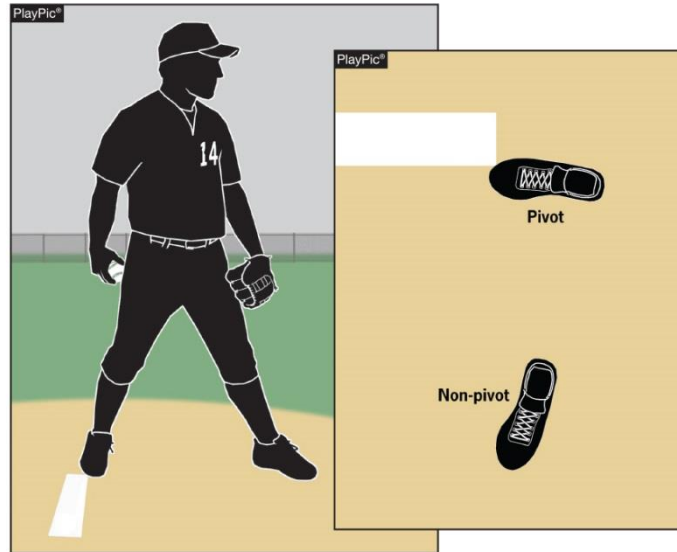
**THIS IS A NEW RULE
CHANGE FOR 2019!**



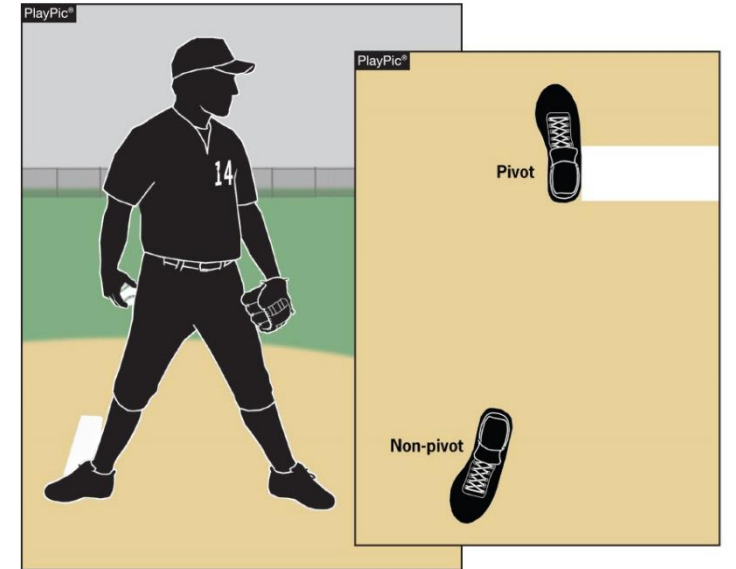
The Set Position



LEGAL




LEGAL



ILLEGAL

The Hybrid Pitching Position

The pitching stance shown in the diagram is called the Hybrid Position and is **illegal** in High School Baseball.

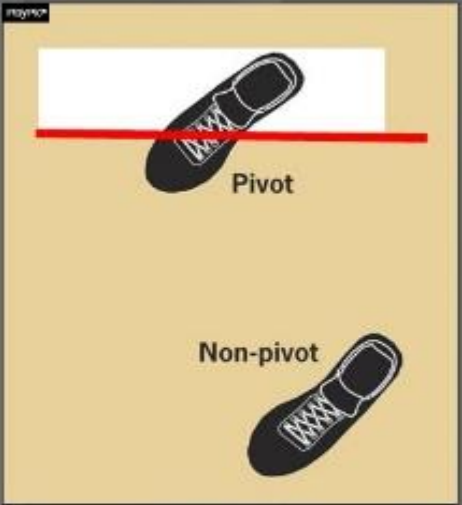



POINT OF EMPHASIS

Rule 6

REFEREE

Illegal Pitching Position



A number of pitchers are starting a pitch from this hybrid position. This position is illegal since it does not meet the criteria of either the windup or set position.

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Replanting the Pivot Foot

Pitching regulations do not permit a leap/hop and replanting of the pivot foot before delivery of a pitch from either the wind-up or set position (NFHS 6-1-2, 6-1-3).

Illegal!



Balk vs. Illegal Pitch

- Question: What are the differences between the penalties for a balk and an illegal pitch?

Balk vs. Illegal Pitch

- Illegal Pitch with no runners on base: Automatic ball
- Illegal Pitch with runner(s): Balk
- Balk with no runners on base: Nothing (not possible)
- Balk with runner(s): Award all base runners 1 base
- An illegal pitch is ALWAYS **illegal**. A balk is only illegal if there are runners on base.

Illegal Pitch

- Pitching while the pivot foot is not touching the rubber (fundamental to pitching)
- Quick Pitch: Pitching before the batter is reasonably set in the batters box. Also known as the Quick-Return Pitch (dangerous!)
- In High School only: General violations of the basic pitching rules regarding pitching positions 6-1-1, 6-1-2, and 6-1-3

Balks

- Tips on calling balks. Here are some things to remember when calling balks:
- When a balk occurs, the ball is dead immediately (HS only).
- At the time of the balk, the calling umpire should say “TIME, THAT’S A BALK” (HS only).
- The call of “balk” should be made VERY loudly and emphatically.
- At the proper moment, other members of the crew should loudly and emphatically call “TIME.”
- If the balk is followed by a pitch, notify the pitch counters that the pitch does not count (HS only).
- Remember to give the proper ball/strike count before resuming play.
- Put the ball back in play when play is ready to resume. (5-1-4)

Common Types of Balks

- Takes sign while not on the rubber.
- Makes an illegal pitch from any position.
- Attempts a pick-off move, from the rubber, in the windup position.
- Assumes the set position without keeping his pitching hand at side or behind back.
- Comes to his stop with the glove above his chin.
- Brings pitching hand to mouth and then delivers without wiping off that hand (WHILE ENGAGED ON THE RUBBER).

Common Types of Balks

- Interrupts pitching motion.
- Pitches from the set position with pivot foot ~~outside the end of the rubber or~~ not parallel to the rubber. (2019)
- Steps forward off the rubber from the set position.
- Pitches from the set position without coming to a complete stop.
- Drops the ball while on the rubber when the ball does not cross the foul line.
- Feints toward home. Feints toward first.
- Fails to step with the non-pivot foot toward any base before making a throw.

Common Types of Balks

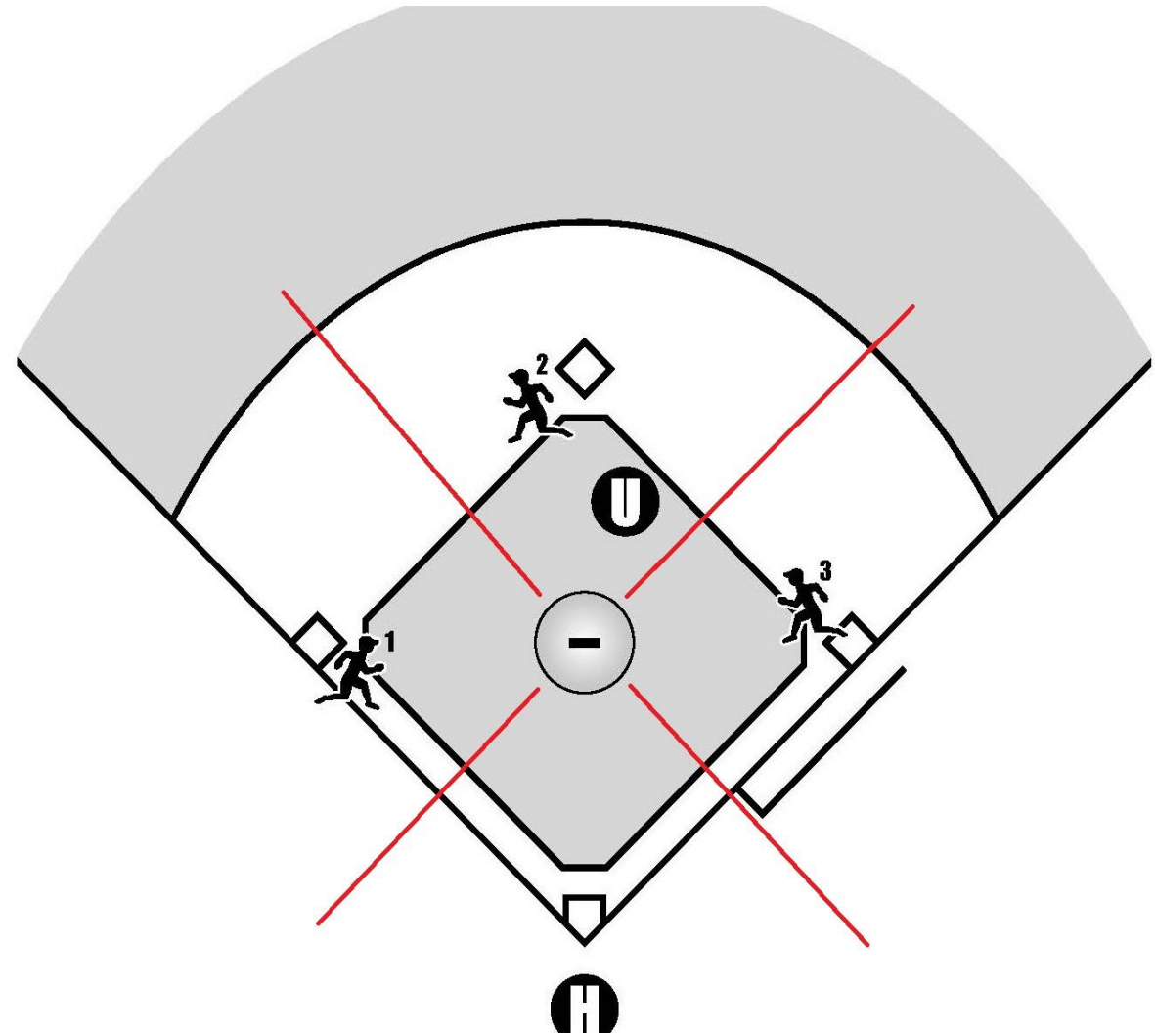
Stepping Directly Towards a Base

A pitcher must step with his non-pivot foot **DIRECTLY** towards a base (occupied or unoccupied) when throwing or feinting there in an attempt to put out, or drive back, a runner. **Penalty: Balk.**

Distance and Direction:

Stepping directly towards a base occurs when the pitcher's non-pivot foot gains both **DISTANCE** and **DIRECTION** towards the base.

This is determined by comparing the position of the foot prior to the move to the position where the foot ends up touching the ground after the move.



Common Types of Balks

- Feints or throws to an unoccupied base except when making a play.
- Fails to pitch after making any motion habitually connected with delivery.
- Stands astride or within five feet of the rubber, without the ball, during a hidden ball trick.
- After bringing the hands together in the set position, feints with any part of the upper body, except the head.
- Steps and feints toward occupied third and then turns and FEINTS to first WITHOUT DISENGAGING the rubber before the feint to first.
- Commits any act, which in the umpire's judgment, is an illegal attempt to deceive the runners.

Special Balk Regulations

- The pitcher shall not be charged with a balk if he attempts a pick-off at first base and throws to the first baseman who is either in front of (coming into cover a bunt) or behind first base and obviously not an attempt at retiring the runner. As long as the fielder attached to that base is in the “proximity” (umpire judgment) of the base.
- Note: There is no violation if the pitcher attempts a pick-off at second or third and throws to an infielder who is in front of or behind or to the side of either of those bases; i.e., this violation is only in reference to pick-offs at first base.
- There is no violation if a pitcher attempts a pick-off at second base and seeing no fielder covering the bag, throws to the short stop or second baseman, neither of whom is in the vicinity of the bag nor is making an actual attempt to retire the runner. **Rationale: He does not have to throw to second.**

Special Balk Regulations

- **THROWING TO AN UNOCCUPIED BASE:** NFHS Rules provide that the pitcher be charged with a balk if, while in contact with the rubber, he throws to an unoccupied base except for the purpose of making a play.
- **Play:** Runners on first and second pitcher in a set position, runner breaks for third and pitcher throws to third base. Ruling: Legal play – runner attempted to steal.
- **THIRD TO FIRST MOVE:** From the set position, a pitcher may step and feint towards a runner at third base, then turn and throw to first base. When making this move, the pitcher may fake to first only if his pivot foot is removed from the rubber on the feint to third.

Nullified Balk (the “do over”)

- If the pitcher stops or hesitates in his delivery because the batter:
 - Steps out of the box with one foot or both feet
 - Holds his hand up to request “Time”
- The balk is nullified. Both the pitcher and the batter have committed violations, so we simply start over from “scratch”. This is a delayed dead ball in case the pitcher pitches.
- However: If the pitcher delivers the pitch, the pitch is called a STRIKE (regardless of where the pitch is located) and the ball remains live.
- If the batter steps out of the box with *both* feet, it is also a violation of the batters box rule. The batter is charged with an automatic penalty strike. Thus, if the pitcher pitches, 2 strikes will be called on the batter.

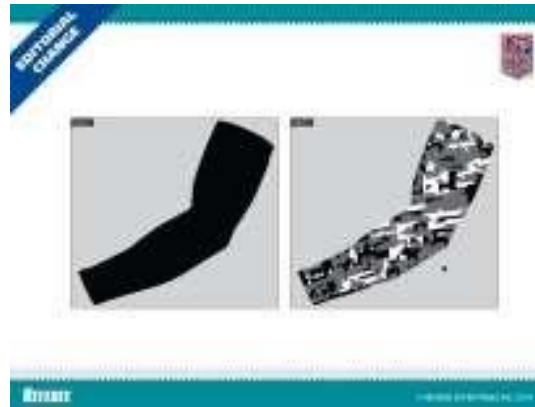
Actions for the Purpose of Causing a Balk

- Any action by any offensive team personnel designed for the purpose of attempting to cause the pitcher to commit a balk. Can be calling “Time”, using any command, or committing any act.
- IMMEDIATE EJECTION! No warning. No written warning. NFHS deems this a highly unsportsmanlike act.
- The balk is nullified.
- The ball is dead and no runners may advance.
- If batter or runner, the offender is NOT out, and may be substituted.

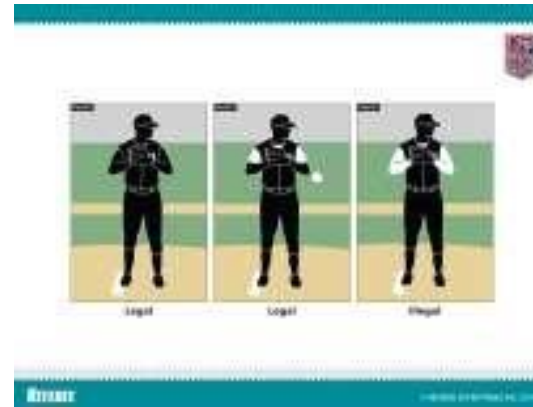
Pitcher's Glove/Mitt and Equipment

- Multi-colored gloves are permitted except, a glove/mitt worn by the pitcher that includes the colors white and/or gray shall be removed from the game upon discovery by either team and/or umpire.

Pitcher's Glove/Mitt and Equipment:



Legal Illegal



Legal Legal Illegal

- Pitchers can wear a white or gray exposed t-shirt, dri-fit style or compression style shirts, as long as the sleeves do not extend below the elbow.
- Compression sleeves, worn by the PITCHER, that extend below the elbow cannot be white or gray.
- “All compression sleeves must be solid black or solid dark, IF THE PLAYER IS PITCHING!”
- Field players can wear COMPRESSION, not to be considered uniform sleeves, on one or both arms, with no restrictions on color or length.
- ARMBAND SIGNAL BANDS: Pitchers are **NOT** allowed to wear anything distracting (including armband signal bands) on either the pitching or non-pitching arm. The pitcher may use armband signal bands, but must place the bands in their pocket where out of view prior to pitching. PENALTY: Call “time”, the pitcher must remove the band before pitching. (New interpretation for 2019)

Replacing the Pitcher

- A player may change to a different fielding position at any time except that a pitcher, after being listed as such on the official lineup card, cannot change until certain conditions are met.
- The starting pitcher shall pitch until the first opposing batter has been put out or has advanced to first base (3-1-1). If the starting pitcher does not face one batter, he may play another position, but not return to pitch (3-1-1 penalty).

Warm-Up Throws

- New Starting Pitcher: 8 throws, 1 minute timed from 1st throw
- New Relief Pitcher: 8 throws, 1 minute timed from 1st throw
- A “pitcher of record” starting the next inning: 5 throws, 1 minute timed from 3rd out of prior half-inning.

2019 PIAA Point of Emphasis:

- Adopted modifications to the pitch count rule
- NOT OUR PROBLEM!!

Major Rules Differences

- Rule 3 – 4 – 1. A coach is allowed 3 “charged” conferences during a regular 7- inning game.
- There is no restriction as to when these conferences can be used. They could, if a coach desired, be used all in one inning or all during one batter’s at-bat.
- After three “charged” defensive conferences, the coach must replace the pitcher on each subsequent visit.
- The pitcher forced to be removed by the 3 conferences rule may remain in the game and play another position, but may not return as pitcher.
- For extra inning games, each team is allowed one “charged” defensive conference in each extra inning(s). Same as OBR (*sort of...*).
- A defensive charged conference is concluded when the coach or non-playing representative crosses the foul line if the conference was in fair territory. If the conference was in foul territory, the conference concludes when the coach or non-playing representative initially starts to return to the dugout/bench area. If a coach who has been restricted to the dugout-bench area is involved in a charged conference, that conference shall end when the players involved initially start to return to their positions on the field. The coach shall be given a reasonable amount of time for the charged conference as determined by the UIC.

Major Rules Differences

- Rule 5-1-1-k. A balk is an IMMEDIATE DEAD BALL. All playing action after the balk is automatically negated (steals, home runs, etc.)
- Rule 6-1-2. No pickoff move can occur from the windup position. The pitcher can only: (1) Pitch to the batter. (2) Step off the rubber legally.
- Rule 6-1-3. While in the set position: (a) The pivot foot must be on or in front of and in contact with and parallel to the rubber. (b) With no runners on base, the pitcher must still display a discernable stop.
- Rule 6-2-4-b. From the set position a pitcher may step and feint towards a runner at third base, then turn and throw to first base. When making this move, the pitcher may also fake to first if his pivot foot is removed from the rubber on the feint to third.
- Rules 6-1-1, 6-1-2, 6-1-3. General violations of these rules are classified as illegal pitches with no runners on base.

Case Book Examples...

Any questions?

Case Book Example #1

- 6-1-3 Situation A: F1 takes the set position with his pivot foot entirely in front of and parallel with the pitcher's plate. F1's non-pivot is entirely in front of his pivot foot (toward home plate). His non pivot foot may be (select all which apply):
 - A) parallel to the pitchers plate;
 - B) at an angle to the pitchers plate;
 - C) within the length of the pitcher's plate;
 - D) partially beyond the edge of the pitcher's plate; or
 - E) entirely beyond the edge of the pitcher's plate.

Case Book Example #1

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 - A) parallel to the pitchers plate; legal
 - B) at an angle to the pitchers plate; legal
 - C) within the length of the pitcher's plate; legal
 - D) partially beyond the edge of the pitcher's plate; or legal
 - E) entirely beyond the edge of the pitcher's plate. legal
 - Only part of the PIVOT foot is required to be parallel to the pitcher's plate, within the plane of each end of the pitcher's plate and in contact with it.

Case Book Example #2

- 6-1-2 Situation D: F1 is on the pitcher's plate. For each of the conditions below, which position does the pitcher need to pitch from in order for the act to be legal (WINDUP position or SET position):
 - A) adjusts his cap;
 - B) goes to his mouth with his hand;
 - C) shakes off the signal with his glove;
 - D) shakes off the signal with his head.

Case Book Example #2

- 6-1-2 Situation D: F1 is on the pitcher's plate. For each of the conditions below, which position does the pitcher need to pitch from in order for the act to be legal (WINDUP position or SET position):
- A) adjusts his cap; legal in windup or set
- B) goes to his mouth with his hand;
- C) shakes off the signal with his glove;
- D) shakes off the signal with his head.
- This is a legal action in BOTH positions if the movements of the arms or legs are not associated with the pitch.

Case Book Example #2

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- A) adjusts his cap; legal in windup or set
- B) goes to his mouth with his hand; illegal in windup or set
- C) shakes off the signal with his glove;
- D) shakes off the signal with his head.
- This is illegal in BOTH positions when on the rubber. PENALTY: BALL if no runners or BALK if runners are on base.

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- This is a legal action in BOTH positions if the movements of the arms or legs are not associated with the pitch.

Case Book Example #3

- 6-1-3 Situation Q: With R1 on 1st base, F1 is a right-handed pitcher in the set position, bent at the waist and his pitching arm naturally hangs down slightly in front or to the side away from his body. As he looks to the catcher for a signal, it is legal if:
 - A) the pitcher's arm is stationary;
 - B) the pitcher's arm rocks slightly from side to side;
 - C) both of the above; or
 - D) none of the above.

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 - C) both of the above; or
 - D) none of the above.

The arm positioned stationary is natural and can be considered by his side meeting the rule (any movement would then start the pitch).

The rocking arm movement is considered the start of the pitching motion and a pitch must be delivered to the plate so this motion results in a BALK.

Example #4

- 6-1-1 Situation A: F1 pitches with the toe of his pivot foot (right foot for right handed pitcher) in contact with the pitcher's plate but his heel is outside a line through the end edge of the plate. This is legal if he pitched from:
 - A) the windup position;
 - B) the set position;
 - C) both of the above; or
 - D) neither of the above.

Example #4

- 6-1-1 Situation A: F1 pitches with the toe of his pivot foot (right foot for right handed pitcher) in contact with the pitcher's plate but his heel is outside a line through the end edge of the plate. This is legal if he pitched from:
 - A) the windup position;
 - B) the set position;
 - C) both of the above; or
 - D) neither of the above.
- Provided that in (B) F1's pivot foot is parallel to the pitcher's plate.

Pitching



Thank you!

Any questions...?