

Clarification of the ISF Fast Pitch Pitching Regulation
Issued March 15, 2011

1. Signal

- a. Pitcher must take or appear to take a signal from the catcher.
- b. Both feet must be in contact with the pitcher's plate.
- c. Ball must be in either the glove or the pitching hand and the hands separated.



2. Pause

- a. Pitcher must have hands together.
- b. Ball may be in either the glove or the pitching hand.
- c. Both feet must be in contact with the pitcher's plate.
- d. Body must be completely motionless for 2 seconds. Pitching hand may move within the glove to grip the ball.

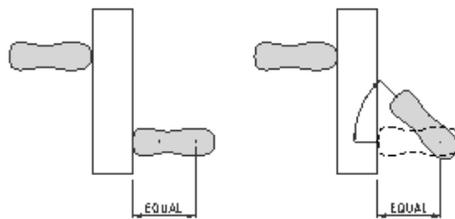


3. Start of the Pitch

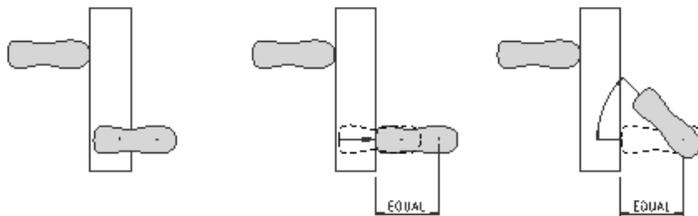
- a. The pitch begins when the hands separate or when any movement that is part of the pitching motions begins. **Once the pitch begins, the pitching arm must remain in continuous motion. (Note there will be a hesitation in the motion at the time of the separation of the hands.)**
- b. The pivot foot may slide from side to side as part of the pitching motion provided contact is not lost with the pitcher's plate. Lifting the cleats a minimal distance to allow movement is permissible however lifting and resetting the pivot foot is not permissible.
- c. The stepping foot and the pivot foot must remain in contact with the pitcher's plate until the forward step is taken.
- d. Lifting the front of the pivot foot (toes) is permitted as long as the rear (heel) of the pivot foot remains in contact with the pitcher's plate.
- e. Lifting the heel of the pivot foot and using the front of the pivot foot (ball and toe of foot) to start the push off is permitted. In this action the heel of the pivot foot lifts and the pivot foot twists to push off, however the foot may not move forward of the pitching plate.



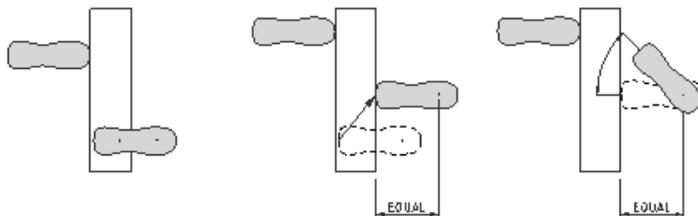
The pivot foot must push from the pitchers plate



1. Both feet in contact with pitchers plate. Pivot foot legally rotates



2. Both feet in contact with pitcher plate. Pivot foot legally slides forward and may legally rotate.



3. Both feet in contact with pitcher plate. Pivot foot legally slides forward and sideways and may legally rotate.

4. Pitching delivery

- a. The pitching arm must begin its motion at the start of the pitch and must continue in motion throughout the pitch delivery. (Note there may be a hesitation in the rotation of the pitching arm at the time the hands separate).
- b. The hands must separate prior to the pivot foot landing if the leaping style of pitching is used or prior to the end of the drag if the push and drag style of pitching is used.

- c. Landing with the hands together or ending the drag with the hands together is considered taking a step with the pivot foot. Any push off from this point would be considered a crow hop.
- d. The pivot foot may land and twist with a follow through at the release of the ball provided there is no stoppage in motion or delivery.

Example of legal push and drag style:



Example of legal leaping style:

