

2024 Pitching

HOLD ALL QUESTIONS UNTIL THE END

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Changes for 2024

- Leaping is allowed
 - If you did not call illegal pitches before, this will not affect you
 - If you did, you will now have to work harder
 - Replanting is still illegal
- Play chart must be on non pitching hand if worn
- Pitcher may use dirt, powdered rosin or other approved drying agent
 - May use chalk line- but must wipe hand prior to touching ball

Pre Pitch

- Pivot foot must be in contact with the pitching plate
- Non pivot can be in contact or behind the plate
- Must step on the pitching plate with hands separated
 - Ball can be in pitching hand or glove
- Must pause, in contact with the pitching plate, before starting the pitch
 - Take or **SIMULATE** taking the sign
 - No less than 1 second, no more than 10 seconds
 - Hands can be still or moving
- Pitch begins when hands are separated
- Catcher must be in position

Start of Pitch

- Pitch begins when hands are separated
- Pitcher may step back with non pivot foot
- Pitcher may only take one step
 - Step back must be prior to hands separating

Legal Pitch

- Must be underhand motion
- Pitch must be immediate
- Hands cannot come back together
- Cannot stop or reverse motion
- No more than 1 ½ rotations
- Cannot continue the motion after the forward step and the pitch release
 - Arm past the shoulder

Illegal Pitch

- Drop, roll or bounce the ball on purpose
 - Benefit of doubt goes to pitcher
 - Ball dropped in back swing
 - Live Ball
 - Ball on the batter
 - Runners can advance at own risk
 - Runners can be put out
- Use of non approved substance on hands



- Lick fingers and then go to ball without wiping

Between innings

- 5 pitches or 1 minute
- Extra pitches are counted as a ball
- If Plate ump is handling substitutions Base ump needs to keep track
 - Do not limit pitcher to 3 after the 1st inning
 - Not a VHSL/NFHS Rule

Ball Rotation

- Pitcher can choose between balls at beginning of inning
 - If both balls have not been in play, must pitch with other ball
 - Do not make a big deal of this
 - If Pitcher does not like the ball, she is not going to throw strikes