

## How to pitch according to the Rules

During a game the umpire may call an illegal pitch. The penalty is usually a warning, with the call of illegal pitch resulting in a “ball” being called on the batter. To deliver a “legal” pitch, the player must abide by the following rules:

**FIRST**, the pitcher must stand with both feet positioned on, or touching, the rubber.

**SECOND**, before beginning her motion the pitcher must “present the ball” to the batter. Simply, the pitcher facing the batter with both feet in contact with the rubber, comes to a full stop with arms separated and the softball visible in one hand, for at least one second, before beginning the pitching motion.

**THIRD**, once stopped and conceivably acknowledging the pitch sign from the catcher, the pitcher can begin the 360-degree circular motion of the Windmill.

**FOURTH**, as the pitcher begins the Windmill, she can only make one full circle arm motion with the ball. Any more, is considered a “double pump” or illegal pitch.

**FIFTH**, as the pitcher delivers the ball, the back (power) foot or pivot (right for right handed pitchers) foot must remain in contact (or level) with the ground. Any skip or hop that results in the foot leaving the ground and being planted before the pitch is considered an illegal “Crow Hop pitch.”

**Finally**, the delivery must be underhanded with the wrist not farther from the body than the elbow (“no side-arm delivery”).

As coach, you have a responsibility to know as much as your pitcher does about pitching. It is essential that you make every effort to attend the pre-season pitching clinics, watch the available pitching videos or ask other coaches how best to teach the motion. Don’t feel embarrassed if you do not know how to do this. We all had to learn this delivery. **The worst thing you can do as a coach, is not ask.**