



Here are the rule changes pertaining to Fastpitch for 2020. New rulebooks should be out in January with the updates.

Rule 6A. Section 1C: Both feet must be on the ground within the 24-inch length of the pitcher's plate. The shoulders should be in line with first and third bases. The pitcher shall take a position with their pivot foot in contact with the pitcher's plate and their non-pivot foot in contact with or behind the pitcher's plate.

Comment: Allows female pitchers to start with one or two feet on the pitcher's plate. This aligns the male and female pitching rule as it relates to foot placement.

Rule 6A. Section 1E: The pitcher shall bring their hands together for not less than one second and not more than ten seconds before releasing the ball. A backward step may be taken before, simultaneous with or after the hands are brought together. The pivot foot must remain in contact with the pitcher's plate at all times prior to the forward step.

Comment: Allows female pitchers to take a backward step from the pitcher's plate, before during or after the hands are brought together. This aligns the male and female pitching rule as it relates to stepping back from the pitcher's plate

Rule 6A. Section 11B & C. Rule 7. Section 5D: (Junior Olympic Fastpitch ONLY) Eliminates the penalty of advancing a runner on base without liability to be put out from the effect of committing an illegal pitch.

Comment: In Junior Olympic Fastpitch ONLY, when an illegal pitch is declared, the penalty is only a ball on the batter. We no longer advance runners in Junior Olympic Fastpitch as part of the penalty.