

The background features abstract, overlapping green geometric shapes in various shades, including light lime green, medium green, and dark forest green, creating a dynamic, layered effect. The shapes are primarily located on the left and right sides of the frame, framing the central text.

Baseball Pitching

National Federation

Rules 2 and 6

▶ PITCHING Codes

- ▶ MLB
- ▶ NCAA
- ▶ NAIA
- ▶ Youth League
- ▶ Baseball v Softball
- ▶ National Federation

Know the Differences

IHSA BASEBALL RULE BOOK

▶ RULE 2

- ▶ Definitions

▶ Rule 6

- ▶ Pitching

Section 1 Articles 1,2,3

- ▶ Two distinct positions determined by the feet
 - ▶ Windup
 - ▶ Set
- ▶ Pitching regulations/restrictions begin....
 - ▶ When the pivot foot is on the rubber
- ▶ The SIGNAL- Must be from the rubber
- ▶ The SHOULDER- can rotate until the hands come together
- ▶ The CATCHER- must be in the catchers box

Section 1 - Articles 2

▶ The WINDUP Position

- ▶ Ball in the glove or pitching hand
- ▶ Non-pivot foot
- ▶ Wind up
- ▶ Start....
- ▶ Don't stop and Deliver

Section 1 - Article 3

- ▶ The SET Position
 - ▶ Holding the ball
 - ▶ Hands together
 - ▶ Continuous and the Stop...
 - ▶ Complete & discernable
 - ▶ Below the Chin
 - ▶ Throws to 1st- No fake
 - ▶ Fake to 2nd or 3rd

Section 1 - Article 4,5,6

- ▶ Pitcher - on the rubber
- ▶ Fielder not in contact with the rubber
- ▶ Balk

Section 2 - Art 1

- ▶ Illegal Acts by Pitcher
 - ▶ Foreign/Spit/Rub/Discolor
 - ▶ Bandages or Tape
 - ▶ Distracting items
 - ▶ On hands, wrists, arms
 - ▶ Glove or Sleeves
 - ▶ The white & gray (Matches uniform) No Camo
- ▶ Hand in contact with mouth

Penalties

- ▶ Deface/spit/rub/dicolor
 - ▶ May warn or eject
 - ▶ If pitched then discovered = illegal pitch
- ▶ Hand to mouth....engages rubber
 - ▶ Award a “Ball” to batter each time
- ▶ Distraction/White-Gray
 - ▶ Correct without penalty
 - ▶ The plate umpire (UIC) sole authority as to whether item is distracting and needs to be removed

Section 2 - Article 2

- ▶ Warmups
 - ▶ 8 then 5
 - ▶ One minute!
 - ▶ Injury or weather exceptions

Summary

- ▶ Two positions- Wind up and Set
- ▶ Pitcher v Fielder
- ▶ Hands together from set position- begins restrictions
- ▶ Fakes to 1st, 2nd, 3rd, Plate

- ▶ Mental Prep for the Level

- ▶ Get into the Rule Book- every day