



Proper Pitching Positions

The premise of the pitching positions is very basic and a violation is enforceable regardless if there is a runner on or not on base. Pitching positions have evolved over the years to stay current with existing teaching styles and the increasing skill levels of high school age students. It is one of the most talked about and modified rules in the history of NFHS rules writing. We should always be cautious and concerned that the reasons to change the rule is never associated to the whims or trends of other levels of baseball.

Pitchers are required to use one of two positions: the wind-up or the set. It is important that umpires, coaches, and players know what position the pitcher is using so they know which part of Rule 6 is in play. The position of the pivot foot determines which of the pitching positions is being used. In the wind-up position, the pitcher's pivot foot is in contact with the pitcher's plate and is not parallel to it. They may only deliver a pitch or step backward off the pitcher's plate with the pivot first. In the set position, the pivot foot is in contact with or directly in front of and parallel to the pitcher's plate.