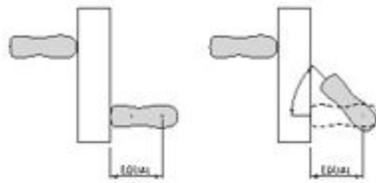




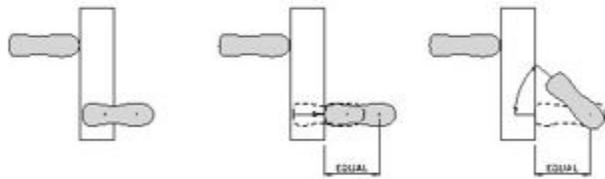
**BULLETIN #1**  
**March 10, 2020,**

**WBSC SOFTBALL MALE AND FEMALE FAST PITCH PITCHING RULE  
POINTS OF EMPHASIS**

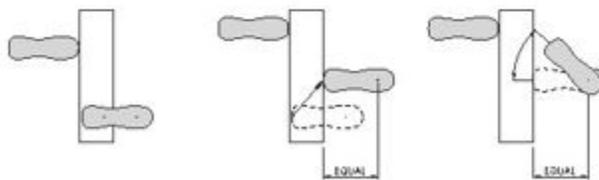
- 1) Upon the ball being returned to the pitcher (ball in the air on the way back to the pitcher or the catcher in a position to return the ball), the pitcher has 20 seconds to start the pitch.
- 2) Prior to starting the pitch, the pitcher, must place the pivot foot in contact with the pitching plate, and with the hands apart, take a signal or appear to take a signal from the catcher.
- 3) The pitcher must then maintain contact with the pitching plate with the pivot foot and must place the non-pivot or stepping foot in contact with the pitching plate or behind the pitching plate within the 61 Cm (24 in) of the pitching plate **before the start of the pause.**
- 4) Once the pause has begun, the pivot foot and stepping foot must remain stationary until the start of the pitch. The pause must be held for a minimum of 2 seconds and a maximum of 5 seconds. The pitcher may ask for time during the pause provided the hands remain together or the pitcher steps back off the pitching plate with the hands together.
- 5) **The pitcher may raise the heel or toe of the pivot foot or the stepping foot and still be considered as in contact with the pitchers plate or being stationary, provided the pivot foot or the stepping foot does not move forwards or backwards prior t the start of the pitch.**
- 6) The pitch starts when the pitcher separates the hands or begins any movement that is part of the pitching motion. The pitchers feet may only move forward once the pitch starts.
- 7) The pitcher may take one step with the non-pivot or stepping foot simultaneously with the start of the pitch. The step must be forward toward the batter and within the 61.0 cm (24 in) length of the pitcher's plate. It is not a step if the pitcher slides either foot across the pitcher's plate, either side to side or front to back or back to front, provided contact is maintained with the plate, and there is no movement backward off the plate. See diagram for legal foot movement.



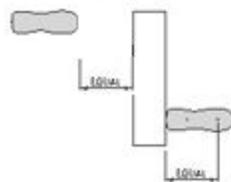
1. The Pivot foot in contact. Pivot foot legally rotates



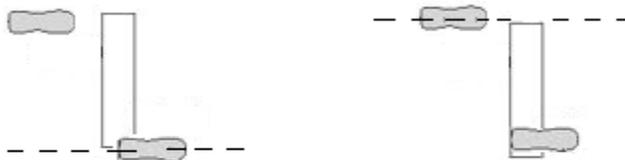
2. Pivot foot in contact. Pivot foot legally Slides forward and may rotate



3. Pivot foot in contact. Pivot foot legally slides sideways and forward and may legally rotate



4. The Non-Pivot foot may be off the back of the plate, all following movement must be forward



5. Both feet must be within the length of the pitchers plate, they cannot be completely off the side of the plate



6. The pivot foot must be in contact with the top, rear or front of the pitchers plate

- 8) The pivot foot must remain in contact with the pitcher's plate, or push off and drag away from the pitcher's plate or be airborne prior to the non-pivot or stepping foot touching the ground. The pitcher may leap from the pitcher's plate, land and with a continuous motion deliver the ball to the batter. The pivot foot may follow through with the pitcher's continuous action.