

Florida Pitching Rule (Revised 7 Feb 2024)

Rule 6. Section 1. Article 1.

Rule 6.1.1. Prior to starting the delivery (pitch), the pitcher shall take a position with her hands apart, her pivot foot in contact with the pitcher's plate, both feet on the ground within (or partially within) the 24-inch length of the pitcher's plate. The stride foot may be on or behind the pitcher's plate as far back as desired. Once the pitcher initially sets the toe of her stride foot, she may not not step back any farther to increase the distance behind the pitcher's plate.

- a. Prior to pitching, the pitcher must take a position with shoulders in line with first and third base, with the ball in the glove or pitching hand, with hands separated, on the pitcher's plate.
- b. While in this position, the pitcher shall take (or simulate taking) a signal. The signal need not come from the catcher.
- c. After completing "b" above, the pitcher's hands must come together in view of the plate umpire for not more than five seconds. The hands do not have to come to a complete stop and, therefore, may be moving during the touch.

Paragraphs 6-1-1d through 6-1-1f remain unchanged.

The PENALTY: (ART.1) remains unchanged

Rule 6.1.2b. Delete the first sentence.

Rule 6.1.2c. While pushing off from the pitcher's plate, both feet may disengage from the playing surface as long as they remain within the 24-inch width of the pitcher's plate and do not create a replant of the pivot foot resulting in the pitcher being farther away from the pitcher's plate. Pushing off with the pivot foot from a place other than the pitcher's

plate resulting in the non-pivot foot becoming closer to home plate is illegal.

In summary:

- The pitcher can **start** back, but cannot **step** back. Once she establishes the position of her stride foot toe, she cannot move her foot any farther backward until the step/stride.
- She must set her feet with her hands apart, and **then** take (or simulate) a signal from the pitcher's plate.
- The signal can come from the catcher, the dugout, from a wristband ... it doesn't matter.
- The pitcher MAY look at her wristband before stepping on the pitcher's plate, but then must complete all of the steps required in Rule 6.1.1. Specifically, she must **pause** with feet set and hands apart.
- The time requirement (20 seconds from the time she gets the ball until she releases the pitch) has not changed.