

**April 28, 2025**

### **Let's Talk Pitching**

Pitching Positions – There are two pitching positions with NFHS rules. The windup and the set position. If the pitcher begins with his pivot foot parallel to the pitcher's plate then they are in the set position.

Their movement can only be forward to deliver the pitch. Stepping backward or to the side would not be permitted after they have come set. The "hybrid" is legal however it is considered the wide up.

**SITUATION:** With R1 on first, F1 is in set position in a wide stance. F1 lifts the nonpivot foot to shorten the stance and then returns to a wide stance (a) during the stretch and before a stop or (b) after a stop.

**RULING:** This is legal in (a), but is a balk in (b). If nonpivot foot is lifted after the stop, F1 must immediately pitch or step directly toward a base and throw to that base.

Going to Mouth – Illegal acts by the pitcher include bringing the pitching hand in contact with the mouth without distinctly wiping off the pitching hand before it touches the ball. The penalty: For each infraction a ball shall be awarded each time a pitcher violates this rule and subsequently engages the pitching plate.

**SITUATION:** With R3 at third and R1 at first, F1 is in contact with the pitcher's plate but has not yet come set. F1 brings the pitching hand to the mouth and distinctly wipes it off. **RULING:** Balk, award R3 home and R1 second. The pitcher cannot bring the hand to the mouth because the pitcher is required to go to the set position without interruption and in one continuous motion.

### **NFHS Survey**

All head coaches and umpires were sent a survey link via email yesterday. Please complete the survey as it is important for those individuals that will analyze possible rules changes. The survey is due April 29.

### **Roster Limit – Postseason**

The roster limit for this year's postseason is 18.