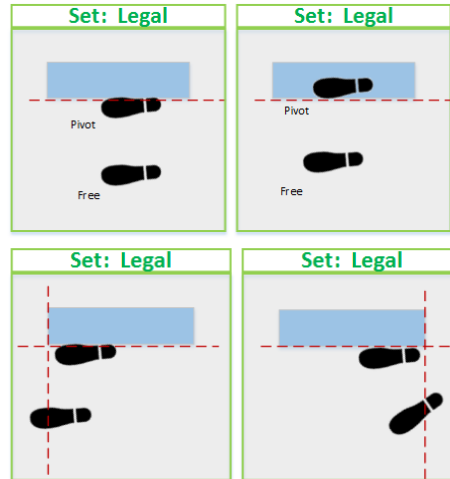


## PITCHING FEET POSITIONS

### THE SET POSITION (Recommended)

There are three critical points in determining the legal foot positions in the set position:

- The pivot foot is on or touching the rubber
- The pivot is entirely inside the left and right edges of the pitching rubber
- The free foot is entirely in front of the pitching rubber



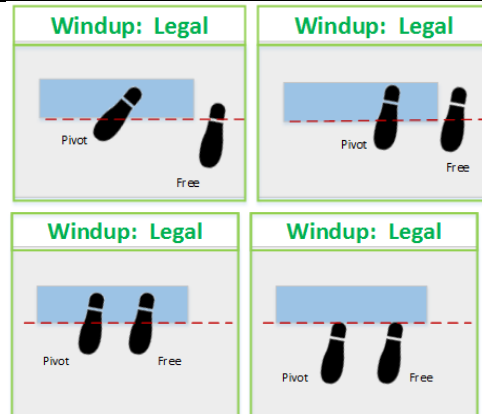
What makes the feet illegal in the set position is when the pivot foot is outside the pitching rubber – either to the left or to the right of the red line marking the edges of the rubber.

Note that in the image on the right, the free foot is also outside the edge of the rubber, but that is not the problem. The position of the pivot foot, not the free foot, is what makes the position illegal.



### THE WINDUP POSITION

In the **windup position**, the pitcher must stand facing home plate with his pivot foot in contact with the rubber while his free foot is on or behind a line extending through the front edge of the pitching rubber. Both feet must be facing home plate.



The pivot foot is correctly positioned in contact with the rubber. However, in both cases the free foot is entirely in front of the rubber and not in contact with it. In the example on the right, it does not matter that the free foot is off to the side of the rubber. What makes the position illegal is that the free foot is beyond the front of the rubber. The feet should also be pointed more toward home plate.

