



## Baseball Points of Emphasis - 2025

### **Pitching Positions**

The premise of the pitching positions is very basic, it has 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.

Pitching rules may be different at the collegiate and professional levels. At the high school level, pitchers must adhere to the regulations regarding the wind-up and set positions. Whether umpires and coaches agree with them or not, umpire professionalism requires umpires to administer the rules as set forth by NFHS, the high school governing body.

## PITCHING POSITIONS



- Pitchers are required to use one of two positions: the wind-up or the set.

- In the wind-up, the pitcher's pivot foot is in contact with the pitcher's plate and not parallel to it.



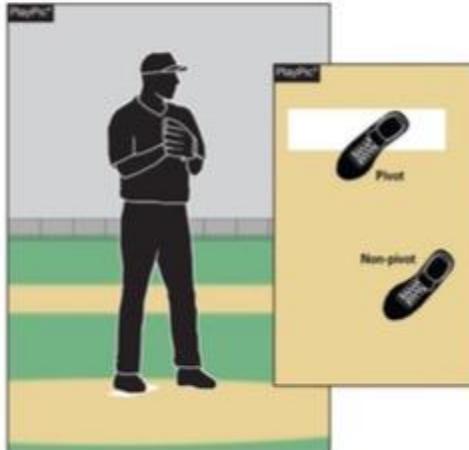
PLAY  
RESPECT  
COACHES

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In recent years, NFHS modified its rule to permit the non-pivot be in front of the pitcher's plate which was previously not allowed. It was called the hybrid pitching position.

## PROPER PITCHING POSITIONS

The so-called hybrid stance is illegal as it does not meet the requirements of either the windup or set positions.



ILLEGAL

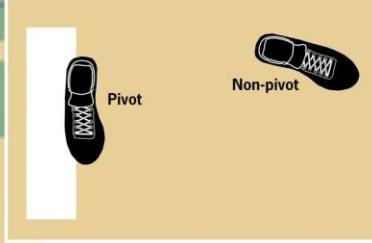
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The NFHS interpretation is that the position of the pivot foot determines whether the pitcher is in the wind-up or set position. In the illustration above, which is now a legal pitching position, the pivot foot is not parallel to

the pitcher's plate and thus he is in the wind-up position. He can only deliver a pitch or step backwards off the pitcher's plate with the pivot foot. With runners on, he cannot throw to a base. That would be a balk.

Points of Emphasis

## PITCHING POSITIONS



- The position of the pivot foot determines which of the pitching positions is being used.
- In the set position, the pivot foot is in contact with or directly in front of and parallel to the pitcher's plate.
- 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.

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In the set position, part of the pivot foot is in contact with or directly in front of the pitcher's plate and parallel to it. The pitcher may deliver a pitch, step backwards off the pitcher's plate or throw to an occupied base from the set position.

**6-1-1, 6-1-2, 6-1-3**

## **PITCHING – Determination of pitching position**

- What is important is that umpires, coaches, and players know what position the pitcher is using so they know which part of Rule 6 is in play.
- Deleting the use of the non-pivot foot does no damage to the existing pitching position rule and having only the pivot foot determine makes it clean and easily discernible for all involved.

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## **PITCHING – Determination of pitching position**

- Rules Committee has changed the rule wording to make it easier for coaches, players and umpires to determine whether a pitcher is in the windup or set position.
- If an umpire cannot determine whether a pitcher is in the windup or set position, NFHS has clarified that the umpire is to consider F1 in the windup position.

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**If an umpire cannot determine whether the pitcher is in the wind-up or set position, NFHS has clarified that the umpire is to consider the pitcher to be in the wind-up position.**