The following two pages come from the USA Softball 2023 Rules Book, pgs. 101-102 & 137-138

https://www.teamusa.org/-/media/USA_Softball/Documents/Rulebook/2023_Rulebook_Digital.pdf

Information on the Look Back Rule

T. (Fast Pitch) Look Back Rule.

The "Look Back" rule shall be in effect for all runners when:

1. The ball is live.
2. The batter-runner has reached first base or has been declared out.
3. The pitcher has possession and control of the ball within the pitcher's circle. The pitcher is considered to be in the pitcher's circle when both feet are on or within the lines.
   A. When a runner is legitimately off a base after a pitch or as a result of a batter completing a turn at bat, and while the pitcher has control of the ball within the eight-foot radius of the pitcher's plate, the runner may stop once then must immediately return to the base or attempt to advance to the next base.
   B. Once the runner stops at a base for any reason the runner will be declared out if leaving the base.
   C. Responsibilities of the batter-runner after reaching first base, and while the pitcher has control of the ball within the eight-foot radius of the pitcher's plate, including a base on balls or a dropped third strike, are as follows:
      1) A batter-runner who rounds first base toward second base may stop once, but then must immediately non-stop return to first base or attempt to advance non-stop to second base.
      2) A batter-runner who over-runs first base toward right field, turns left and immediately stops, must then return non-stop to first base or attempt to advance non-stop to second base.
      3) A batter-runner who over-runs first base toward right field, turns left and moves directly toward second base and stops, is committed to second base and must attempt to advance non-stop to second base.
      4) A batter-runner who over-runs first base toward right field, turns left and moves back toward the infield in any direction except directly toward second base, is committed to first base and must return non-stop to first base.
      5) A batter-runner who over-runs first base toward right field, and turns right, is committed to first base and must return non-stop to first base.

Effect - Section 7T[A-C]:

1. *The ball is dead.*
2. *The runner is out.*
3. *When more than one runner is off base, only one runner is called out.*
4. *All other runners are returned to the last base touched.*

Exception - Section 7T[A-C]: The runner will not be declared out if:

1. *A play is made on any runner. A fake throw is considered a play,*
2. *The pitcher no longer has possession of the ball within the eight-foot radius, or*
3. *The pitcher releases the ball on a pitch to the batter.*

34 - LOOK BACK RULE (Fast Pitch) (Rule 8 Section 7T)

When a runner is legitimately off base after a pitch, or as a result of a batter completing their turn at bat, and is stationary when the pitcher has the ball in the circle, the runner MUST immediately attempt to advance to the next base or immediately return to the base left. The responsibility is entirely on the runner. There is no obligation on the pitcher to look, fake or throw.

A. The Look Back rule does not go into effect for any runner until the batter-runner touches first base or is called out, and the pitcher has control of the ball within the eight-foot radius circle.
B. Failure to immediately proceed to the next base or return to their original base after the pitcher has the ball within the circle results in the runner being called out.
C. Once the runner returns or stops at any base for any reason, the runner is out if they leave that base.

Exception B-C: *A runner will not be declared out when:*

1. *A play is made on another runner, or*
2. *The pitcher leaves the circle or drops the ball, or*
3. *The pitcher releases the ball to the batter, or*
4. *The pitcher places the ball under their arm or between their legs to free both hands to fix their uniform, hair, etc. The ball is not controlled unless it is held in the glove or hand. Once the pitcher controls the ball again in the glove or hand, the Look Back rule is again in effect.*

D. If multiple runners are off base and more than one umpire calls a runner out, the umpires must determine which runner was called out first and return the other runner(s) to the base they left. When a runner is declared out in this situation, the ball is dead. It is impossible to call two outs on the Look Back rule.
E. A pitcher fielding a ball in the circle is an infielder and runners can leave their base. If runners leave their base, the same rule applies while the pitcher holds the ball in the circle: once the runner stops, they must decide which way to continue or be called out.
F. A base on balls or a dropped third strike is treated as a batted ball if the batter-runner continues past first base without stopping or stops only once and then immediately moves one way or the other. However, if the runner stops at first base and then steps off the base after the pitcher has the ball in the circle, the runner is out.
G. Batter-runners overrunning first base cannot start back to the base and before reaching first, advance to second base. If a batter-runner commits to first base, moving toward first base, the runner must return to that base. The batter-runner may not change their mind and advance to second base once they have started moving directly to first base following the overrun. If they do so, the runner is out. Umpire's judgment determines what is committing toward a base.
H. If a runner is moving toward a base, other than first base, when the pitcher receives the ball in the circle, that runner may stop once then immediately advance to the next base or return to the previous base. A runner failing to advance to the next base or return to the previous base should be called out. Making an attempt or fake justifies the runner being called out. If, after the pitcher has the ball in the circle, the runner starts back to their original base or forward to another base and then stops or reverses direction, the runner is out unless the pitcher makes a play on them or another runner. When a play is made on any runner, other runners may also stop or reverse their direction.
I. A runner is out when standing off the base and they do not immediately attempt to advance or return after the pitcher has the ball in the circle.
J. While in the circle and in possession of the ball, any act by the pitcher that, in the umpire's judgment, causes the runner to react is considered making a play.
K. The pitcher must have control of the ball while in the circle. Placing the ball on the ground, holding the ball between their legs or under their arm is not considered having control of the ball.
L. Being in the eight-foot circle is defined as both feet within or partially within the lines. The pitcher is not considered in the circle if either foot is completely outside the lines.