



Allendale Little League

P.O. Box 295
Allendale, MI 49401



Softball Pitching Rules FAQ

- Minors=11" ball from 35ft.
- Majors=12" ball from 40ft.
- Juniors-12" ball from 43ft.
- Ball must be delivered in an underhand motion with the hand below the hip.
- While in contact with the rubber, pitcher may not "practice" throwing into her glove or another motion
- While "getting a signal" on the pitcher's mound, the hands must start separated with ball in either the hand or glove.
- A backward step may be taken before delivery; pivot foot **MUST** remain in contact with the pitching plate.
- Pitcher may not take the pitching position on the rubber without having the ball in her possession.
- The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
- The pitcher must not use a motion after initially separating the hand, the pitcher then returns the ball to both hands.
- Pitchers shall have only one revolution of the arm in a windmill motion- pitching may drop the ball to the side or rear before starting windmill.
- Pushing off with the pivot foot from a place **OTHER** than the pitcher's mound is illegal. This includes a "crow-hop".
- The pivot foot must remain in contact with **OR** push off and drag away from the rubber (as long as the pivot foot remains in contact with the ground).
- There is **NO** balk in softball.
- A manager may come out to "visit" with the pitcher twice, on the 3rd time the player must be removed. The coach may confer with any other player including catchers during these visits.
- A conference to evaluate a player's condition after an injury shall not be considered a visit.
- A pitcher shall not wear any items on her wrist, hands or arms which may be distracting to the batter. (See rule 1.11-a.3 in 2013 Rule Book).