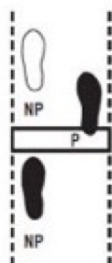


# PITCHER'S FEET POSITIONING UNDER THE UNIFIED PITCHING RULE

Courtesy of the National Federation of State High School Associations (NFHS)



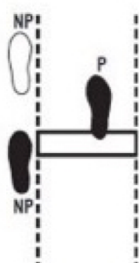
**No. 1 LEGAL**  
P = In Contact (Legal)  
NP = Behind/Within (Legal)



**No. 2 LEGAL**  
P = In Contact (Legal)  
NP = Contact/Within (Legal)



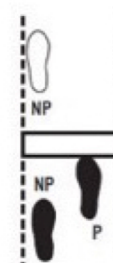
**No. 3 LEGAL**  
P = In Contact (Legal)  
NP = Contact/Within (Legal)



**No. 4 ILLEGAL**  
P = In Contact (Legal)  
NP = Forward Step Totally Outside (Illegal)



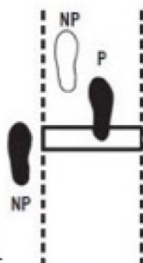
**No. 5 ILLEGAL**  
P = Not In Contact With (Illegal)  
NP = Behind/Within (Legal)



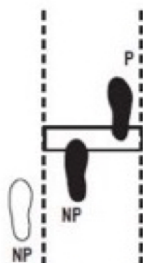
**No. 6 LEGAL**  
P = In Contact (Legal)  
NP = Behind/Within (Legal)

## KEY

P = Pivot Foot  
NP = Non-pivot Foot  
Black = Starting Position  
White = Finishing Position  
USSSA Rule Ref 6.1.A & E



**No. 7 ILLEGAL**  
P = In Contact (Legal)  
NP = Begins Totally Outside (Illegal)



**No. 8 ILLEGAL**  
P = In Contact (Legal)  
NP = Backward Step Totally Outside (Illegal)