### 10.2.1.2

**Date:** 10/21/19

**Interpretation/Clarification/Situation:**

10.2.1.2 The stride foot may be on or behind the pitcher’s plate as far back as desired. Once the pitcher initially sets the toe of her stride foot, she may not step back any farther to increase the distance behind the pitcher’s plate.

**Clarification:** The stride foot may be on or behind the pitcher’s plate as far back as desired. Once the pitcher takes the proper pitching position required for taking the signal and initially sets the toe of her stride foot, she may not move that foot in any direction (backward, forward, sideways or off the ground). The proper pitching position as defined in Rule 10.2.1, including the position of the stride foot, must be established before taking the signal. Once the pitcher has established her stride foot, simple dropping or rocking onto her heel is not a violation. The first movement of the stride foot is the forward step when the pitching motion starts.

### 10.2.2

**Date:** 10/21/19

**Interpretation/Clarification/Situation:**

10.2.2 While in the pitching position and taking the signal, the pitcher must take or appear to take a signal. The signal need not come from the catcher.

**Clarification 1:** Taking the signal from behind the pitcher’s plate from her signal arm band or the catcher is illegal since the pitcher is not in the pitching position. The result is an illegal pitch.

**Clarification 2:** A coach may give visual or verbal signal while the pitcher is not in the pitching position, however, when the pitcher assumes the pitching position she must look at her signal arm band or the catcher to take or appear to take the signal. The pitcher may not simply step into the pitching position, put her hands together and start the pitching motion. There must be timing consistent with taking the signal from an arm band or catcher. Failing to do so will result in an illegal pitch.