

## Rules Governing Balks

Rule 8.05: In its simplicity, the balk is used in order to stop the pitcher from ‘deceiving’ a baserunner: (a) the pitcher, while touching the plate, makes any motion naturally associated with the pitch and fails to make such delivery; (b) the pitcher, while touching the plate, feints a throw to first base and fails to complete the throw; (c) the pitcher, while touching the plate, fails to step directly toward a base

before throwing to that base; (d) the pitcher, while touching the plate, throws, or feints a throw to an unoccupied base, except for the purpose of making a play; (e) the pitcher makes a quick pitch; (f) the pitcher delivers the ball to the batter while not facing the batter; (g) the pitcher makes any motion naturally associated with the pitch while not touching the pitcher's plate; (h) the pitcher unnecessarily delays the game; (i) the pitcher, without having the ball, stands on or astride the pitcher's plate or while off the plate feints a pitch; (j) the pitcher, while touching the plate, accidentally or intentionally drops the ball; (k) the pitcher, while giving an intentional base on balls, pitches when the catcher is not in the catcher's box.; (l) The pitcher, after coming to a legal position, removes one hand from the ball other than in an actual pitch, or in throwing to a base; (m): The pitcher delivers the pitch from the set position without coming to a stop.

Rule 8.01 Comment: The Windup Position. The pitcher shall stand facing the batter, his **pivot foot (right foot for right-handed pitchers, left foot for left-handed pitchers)** in contact with the pitcher's plate and the other foot free. From this position any natural movement associated with his delivery of the ball to the batter commits him to the pitch without interruption or alteration. He shall not raise either foot from the ground, except that in his actual delivery of the ball to the batter, he may take one step backward, and one step forward with his free foot. When a pitcher holds the ball with both hands in front of his body, with his pivot foot in contact with the pitcher's plate and his other foot free, he will be considered in the Windup Position. Rule 8.01(a) Comment: In the Windup Position, a pitcher is permitted to have his “free” foot on the rubber, in front of the rubber, behind the rubber or off the side of the rubber. From the Windup Position, the pitcher may: (1) deliver the ball to the batter, or (2) step and throw to a base in an attempt to pick-off a runner, or (3) disengage the rubber (if he does he must drop his hand to his sides). **\*In disengaging the rubber the pitcher must step off with his pivot foot and not his free foot first.** He may not go into a set or stretch position—if he does it is a balk.

\*FOR CLARITY: if a pitcher disengages with his free foot, his only option is to deliver the pitch to home plate. Anything else (stops, steps off, throws to a base, etc.) is a balk if one or more bases are occupied.

**NOTE:** 8.05 (l), 8.05 (j) and 8.05 (m) shall not be enforced at any time. Umpires will judge a quick pitch as one delivered before the batter is reasonably set in the batter's box.

6-8 Baseball: There will be one warning issued per pitcher before a balk is penalized. The penalty for an illegal pitch/balk with no one on base is a ball will be awarded to the batter. With runners on base, all runners will advance one base.