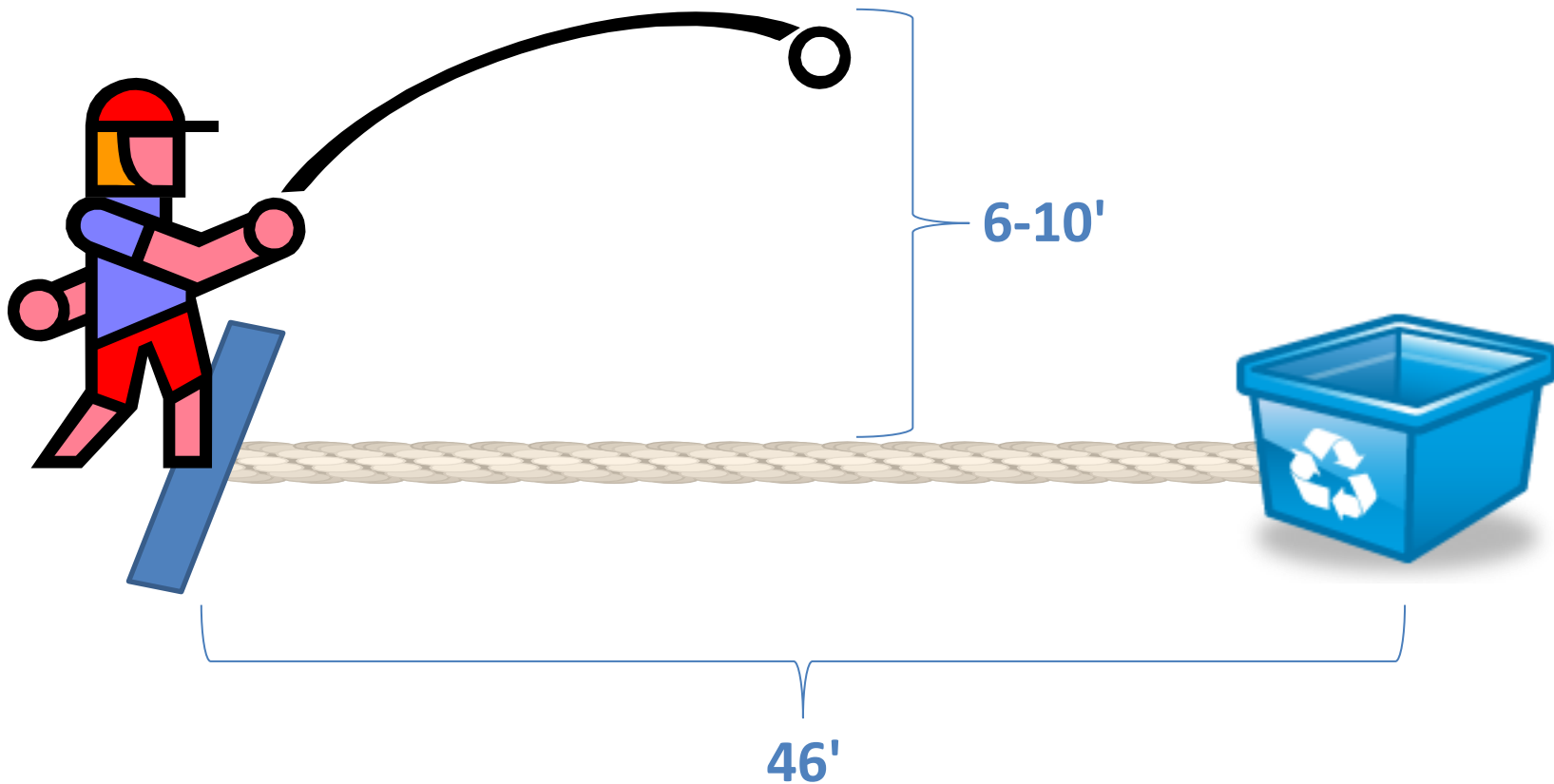


RGSA Intermediates Pitching

- When the ball leaves the pitcher's hand, the arc must be between 6 feet and 10 feet. The pitching distance shall be 46 feet. One of the pitcher's feet must remain in contact with the pitching rubber until the ball leaves the pitcher's hand.
- To keep the games moving along, all pitchers will be required to practice at home a minimum of 20 pitches per day for a minimum of 3 days per week for the week before she will pitch. More practice at home, than this bare minimum, is strongly encouraged. Extra softballs will be provided to each coach to send home with prospective pitchers to allow for this practice.
- To keep the game moving along, any pitcher who walks more than four batters in an inning will need to be replaced with another pitcher.



Make a game out of it...one that can even be played solo!

*Tie a 46' piece of rope to a pitching plate and a recycling/laundry bin...try to pitch the ball from the plate into the bin!
Anything can be used for the plate, even a piece of wood and use several balls.*