

Technical Clarification: Defensive Conferences, Coaching Visits, and Pitching Stances

Hello everyone,

I wanted to take a moment to address some confusion that's come up regarding the NFHS rules for defensive conferences and coach visits during a seven-inning game. It's important to recognize the differences between player conferences and coach visits, so let's clarify.

According to the rule, each team is allowed one defensive conference per inning. This conference could involve the catcher and pitcher, the shortstop and pitcher, or any other combination of players. It's not limited to just the pitcher and catcher—any two players can meet, but only once per inning.

For coach visits to the mound, the rule permits a total of three visits during a seven-inning game. After the third visit, any additional trips will require the coach to make a pitching change. If the game goes into extra innings, the coach is granted one additional visit per inning, but there is no carryover from the previous innings.

Shifting gears to pitching positions, there's been a lot of discussion about whether a pitcher is in the windup or set position, especially with many pitchers adopting hybrid stances this season. If the pitcher's feet are one or more degrees off parallel to the pitcher's plate, they are considered to be in the windup. During warmups, engage with the pitchers to confirm their feet positions and ensure they understand what constitutes the windup. Conversely, if their feet are parallel with the pitcher's plate, they're in the set position and must adhere to all set and pause requirements.

I hope this clarifies these rules and helps everyone feel more confident on the field. If you have any questions or need further details, please let me know.

Thanks for your attention and send us any questions that may be coming up this season for you.

Joe Klunder