

National Federation of State  
High School Associations



# STRIKE ZONE



# COMMENTS FROM NFHS

- The NFHS Softball Rules Committee believes that improvements have been made in helping umpires identify the strike zone for each hitter.
- Additional work on this issue is needed to make the game fair for all hitters. There is no such thing as a common strike zone for all hitters.



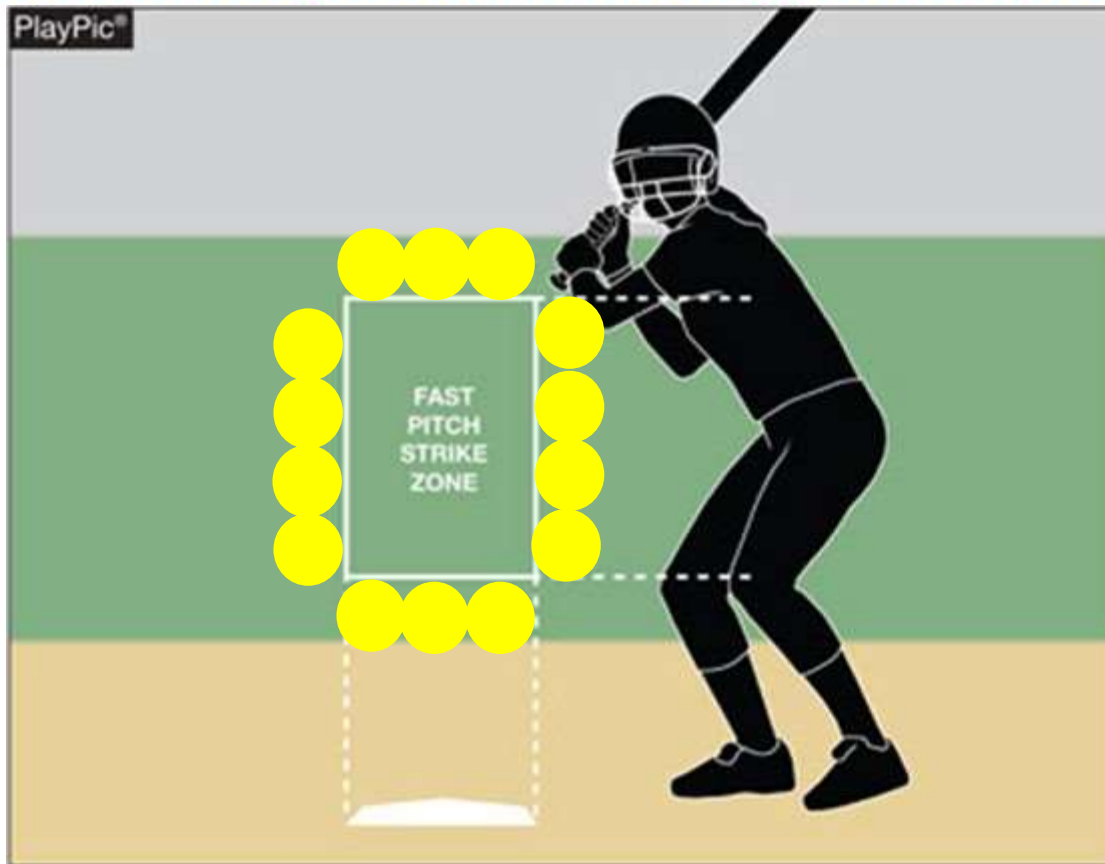
# WHAT IS THE STRIKE ZONE?

## RULE 2-56 (pg. 28)

- The space over home plate
- Between the batter's forward armpit and the top of the knees
- Batter's natural batting stance



**POINT OF  
EMPHASIS**



Enforce the strike zone from the top of the knees and especially the high end of the zone at the batter's forward armpit.

# QUESTION

- Is it necessary that the ENTIRE ball.. (*when legally pitched and before it has touched the ground but not swung at*)...pass through the batter's strike zone to be called a strike?



# ANSWER

# NO!



# WHAT IS THE STRIKE ZONE?

- Any part of the ball on a legal pitch that enters the strike zone in flight is considered a strike.
- The plate umpire shall determine the batter's strike zone when the batter assumes a natural batting stance.



# QUESTION

- **So why was the strike zone not enforced by all officials?**
  - **Umpires want to call the strike zone they are comfortable with and what they have called in the past.**
  - **Call the strike zone the coaches want. This will get you less arguments, grief, and favorable recognition.**
  - **Hitters cannot hit certain pitches in the strike zone (high pitch) as written. This is not fair to the hitter.**





# QUESTION

- **Why should you change and the association follow NFHS recommendations.**
  - **Call the rule book strike zone. This is what we are charged with as officials.**
  - **Players and coaches will adjust.**
  - **Reward pitcher for a quality pitch when it follows the rules.**
  - **Game will move at a faster pace.**
  - **Consistency across chapter.**



# GOAL

- **Be consistent throughout the game**
- **Work on calling upper level of zone and corners**
- **Give corners to the pitcher**
- **If you do not see space between the ball and plate – call a strike.**

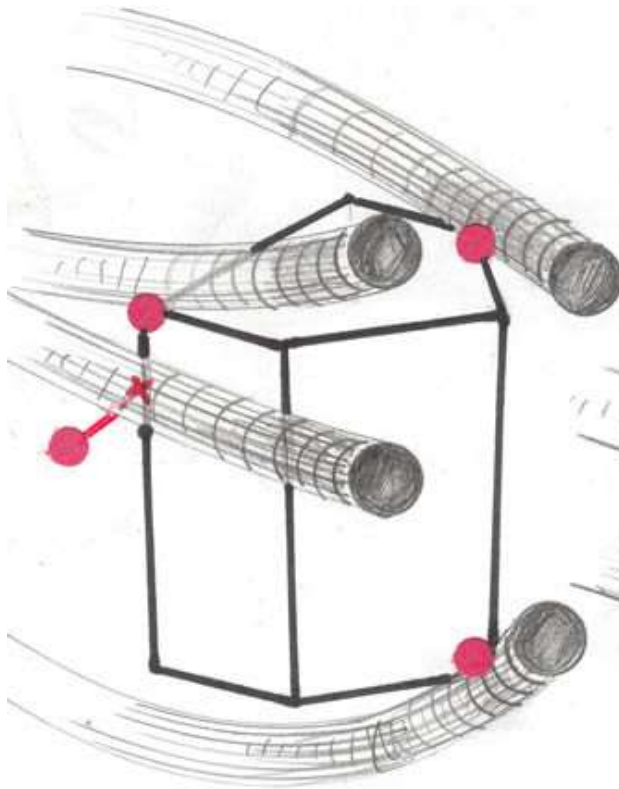


# TIP

- **The batter may set up in front of the plate, middle of the plate, or back of the plate.**
- **You must visually move the batter to the middle of the plate.**
- **When batter is in front of the plate; use the back knee as your focal point for low pitches and back of body for high pitches.**
- **When batter is in back of the plate, this is tougher to visualize. Must move batter to front of plate and then make call based on what you observe. A ball that just catches the top of the knee at the front of the plate, will not look like a strike to anyone from the dugout based on the batter's stance.**

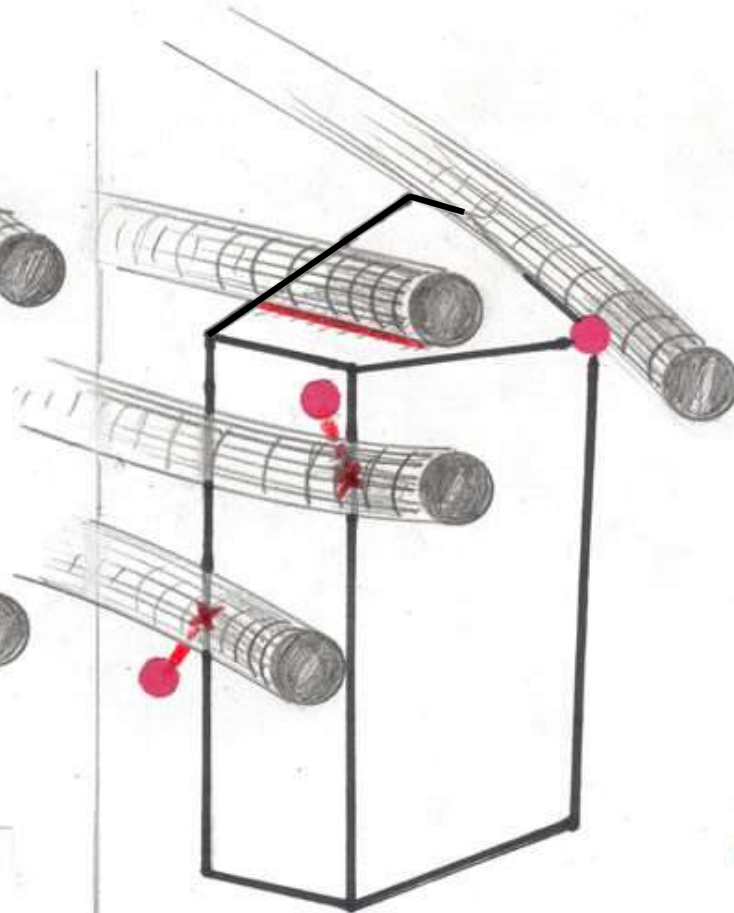


# The Strike Zone Column



● Red area shows ball contact with column

**Column**  
**a shorter batter**



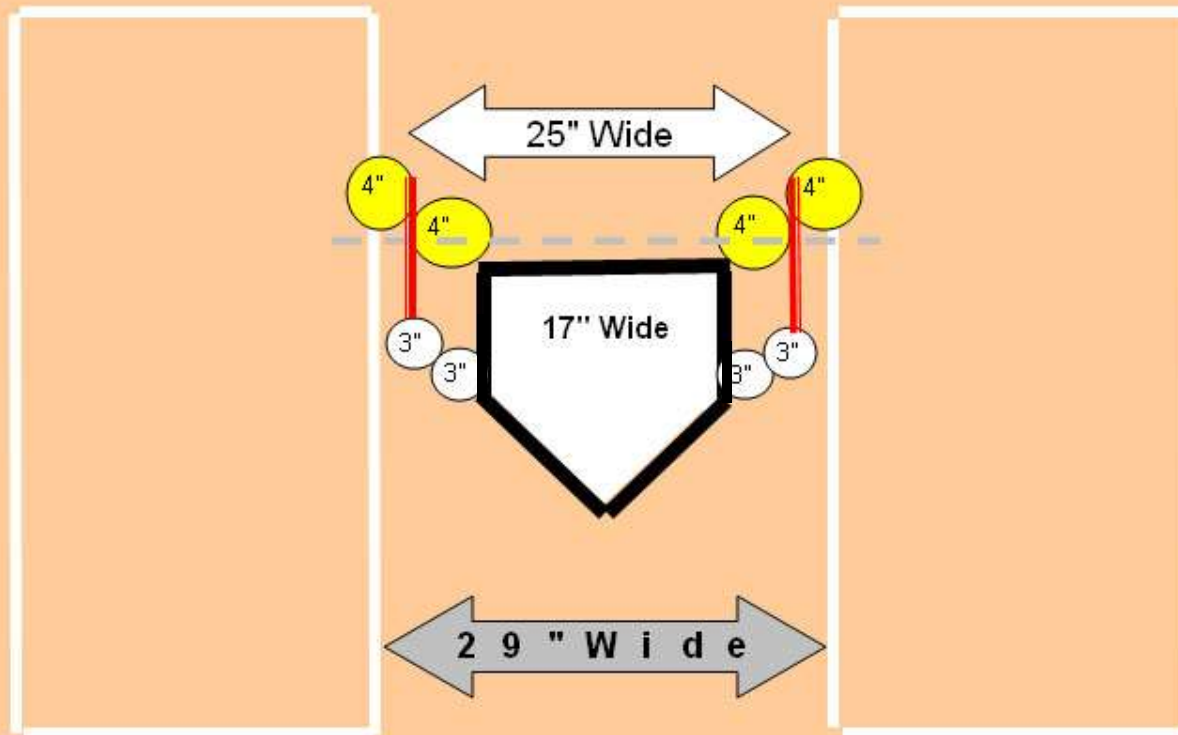
**Column**  
**a taller batter**



# STRIKE ZONE

## 2-56-3

*The Top Down view of the Strike Zone*



# What is the corner of the plate?



# COMMENTS FROM NFHS

***“There is no such thing as a common strike zone for all hitters.”***



# DISCUSSION

**AGREE**

**or**

**DISAGREE?**

**WHY?**

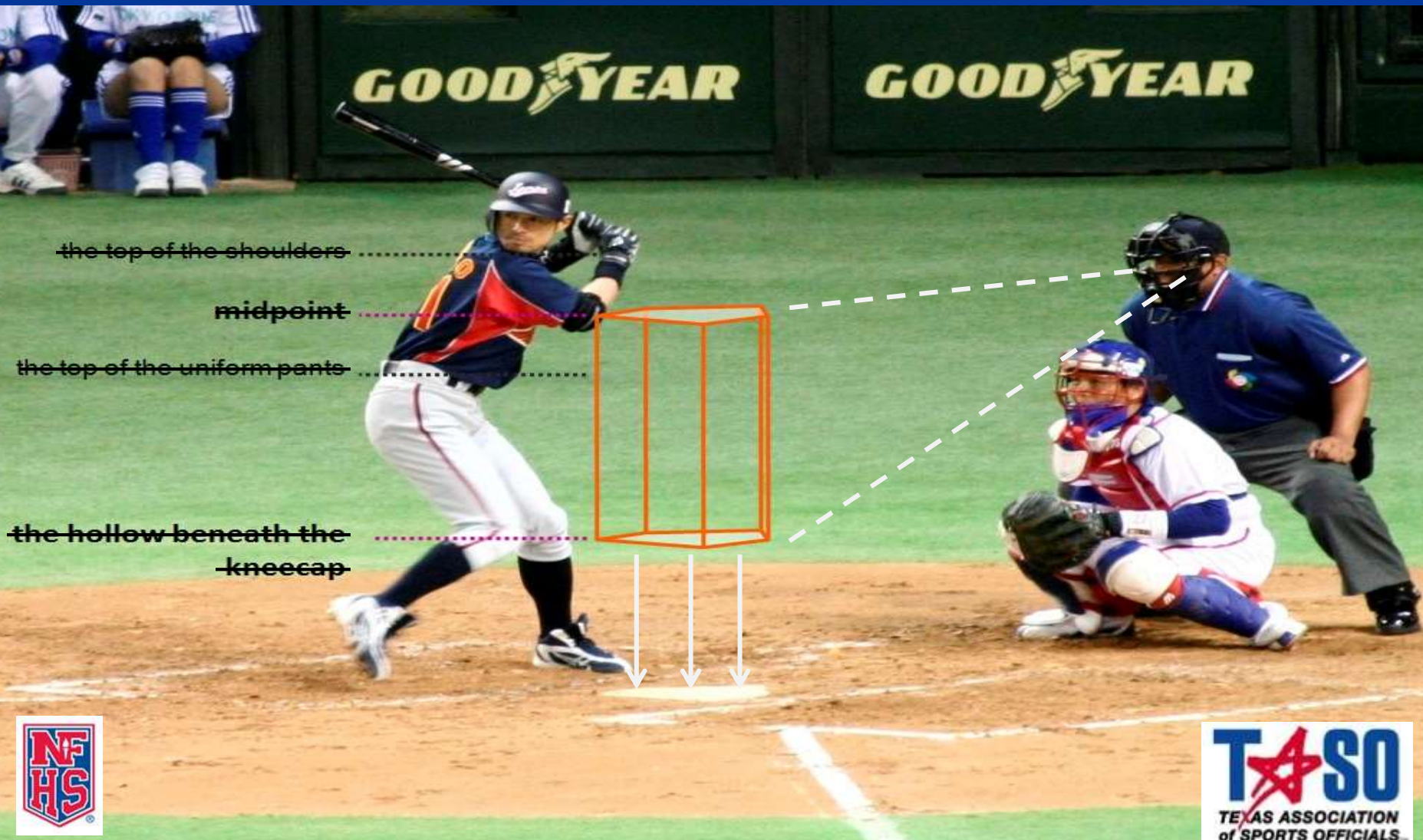




# Where's the strike zone?



# Where's the strike zone?



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# Where's the strike zone?

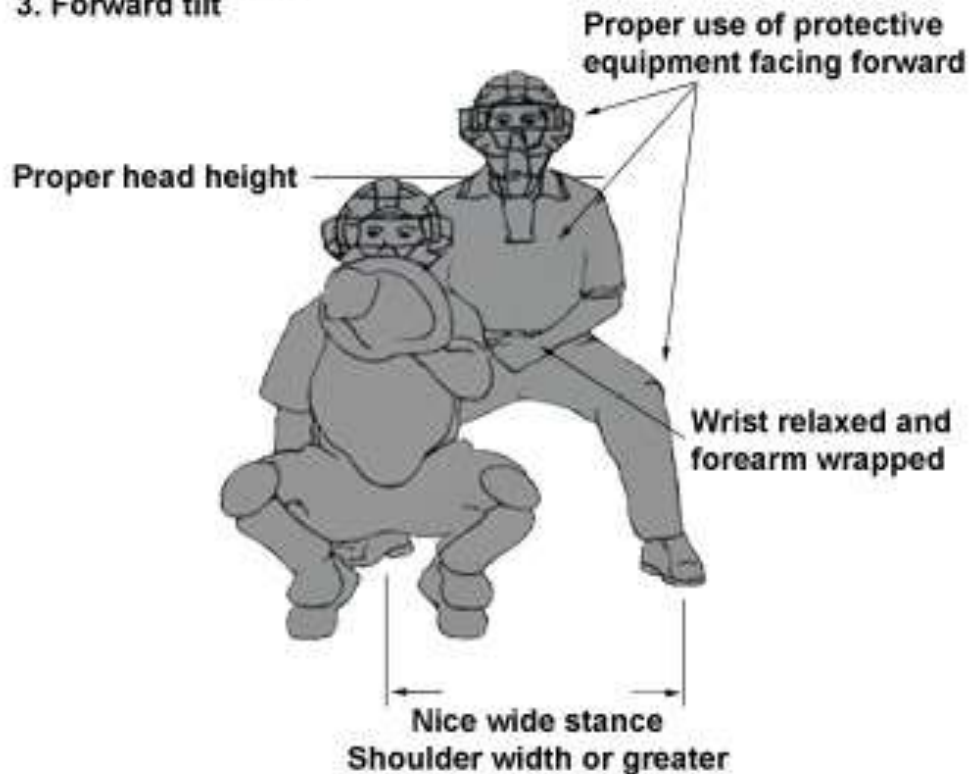


# Mechanics Issues – The Slot

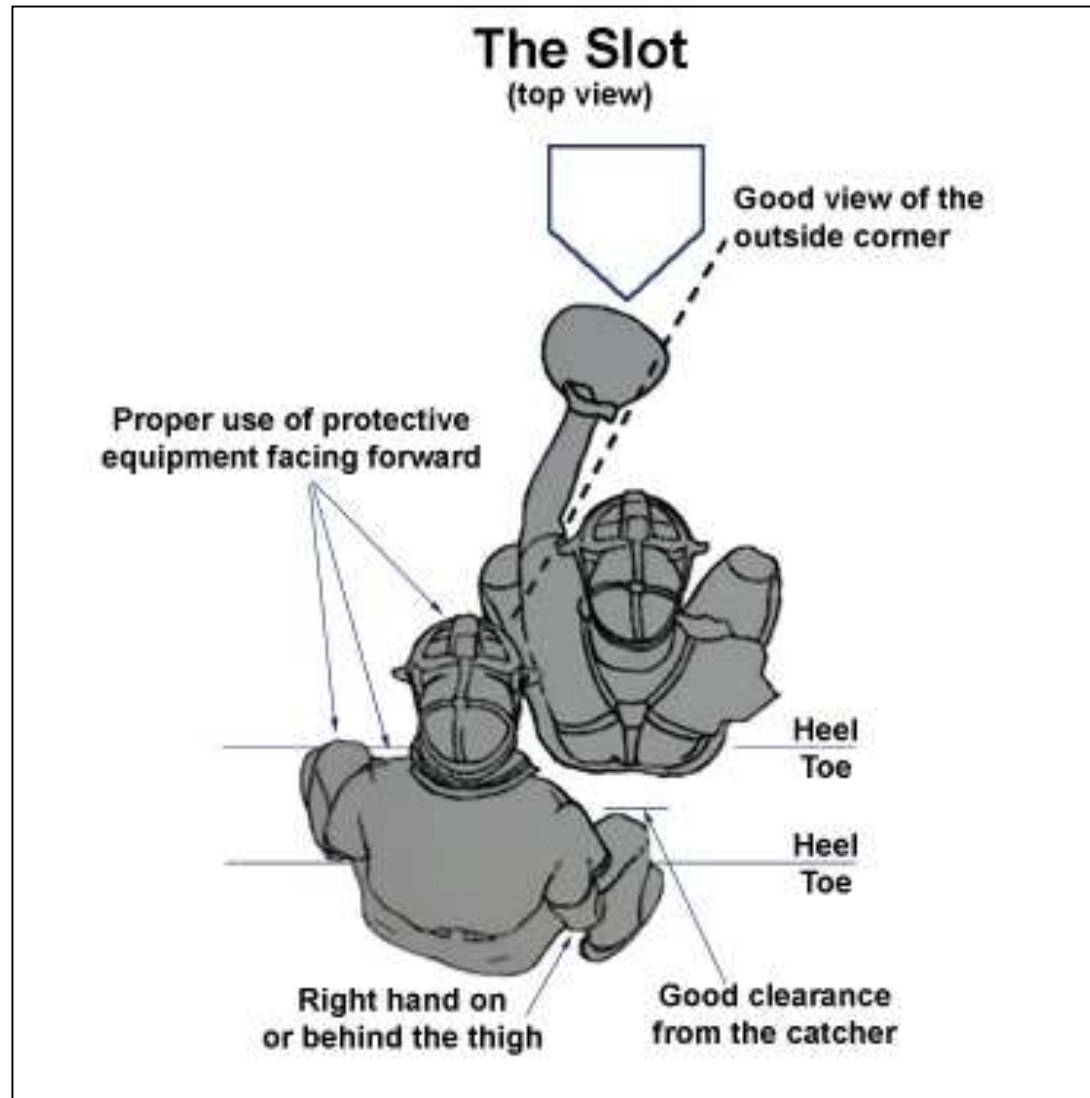
## The Slot (front view)

Proper HEAD POSITION is controlled by:

1. Width of stance
2. Amount of squat
3. Forward tilt



# Mechanics Issues – The Slot



# Mechanics Issues – The Slot



# DISCUSSION

**GOOD SLOT or  
BAD SLOT?**

***YOU BE THE JUDGE...***



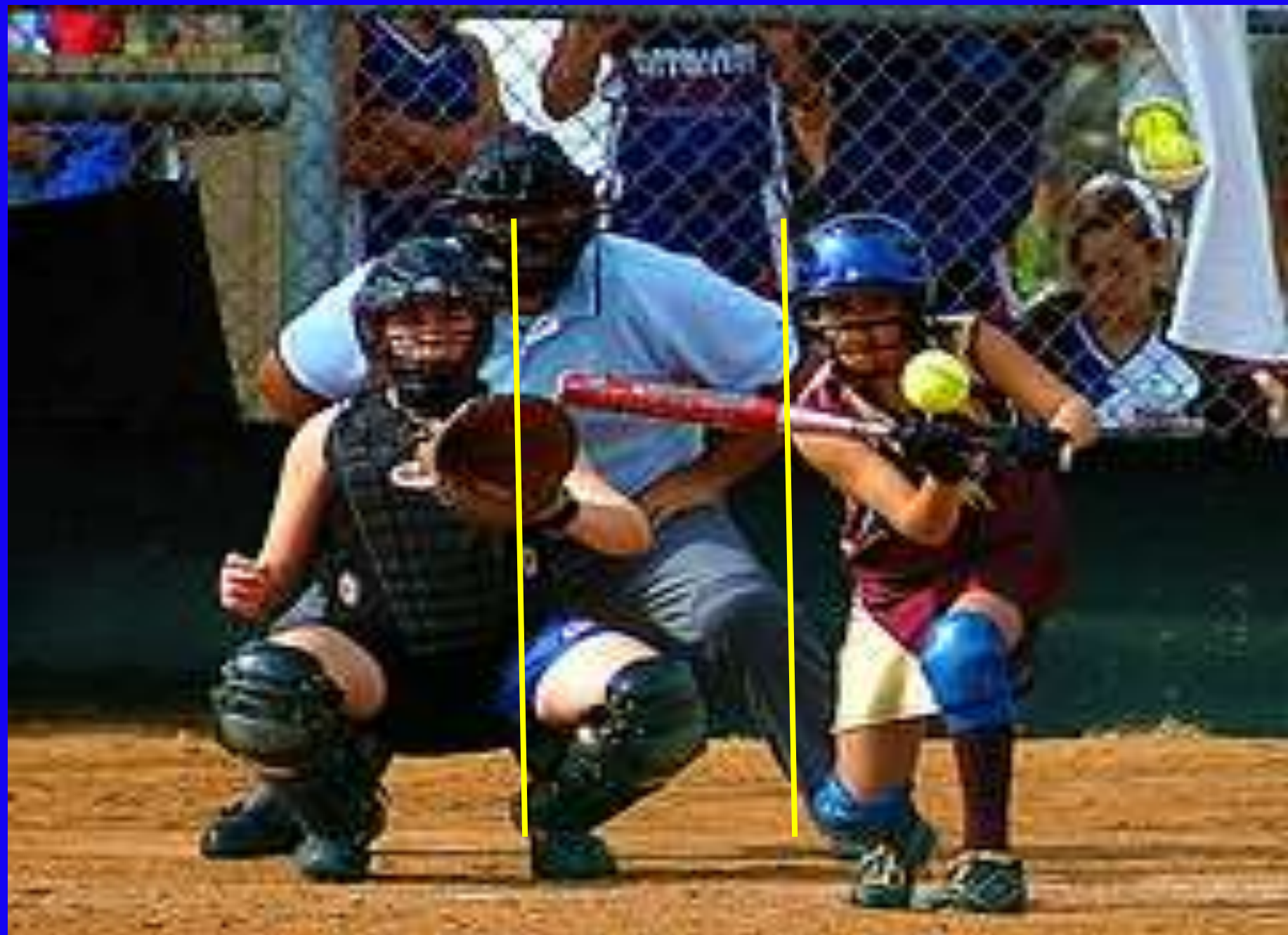






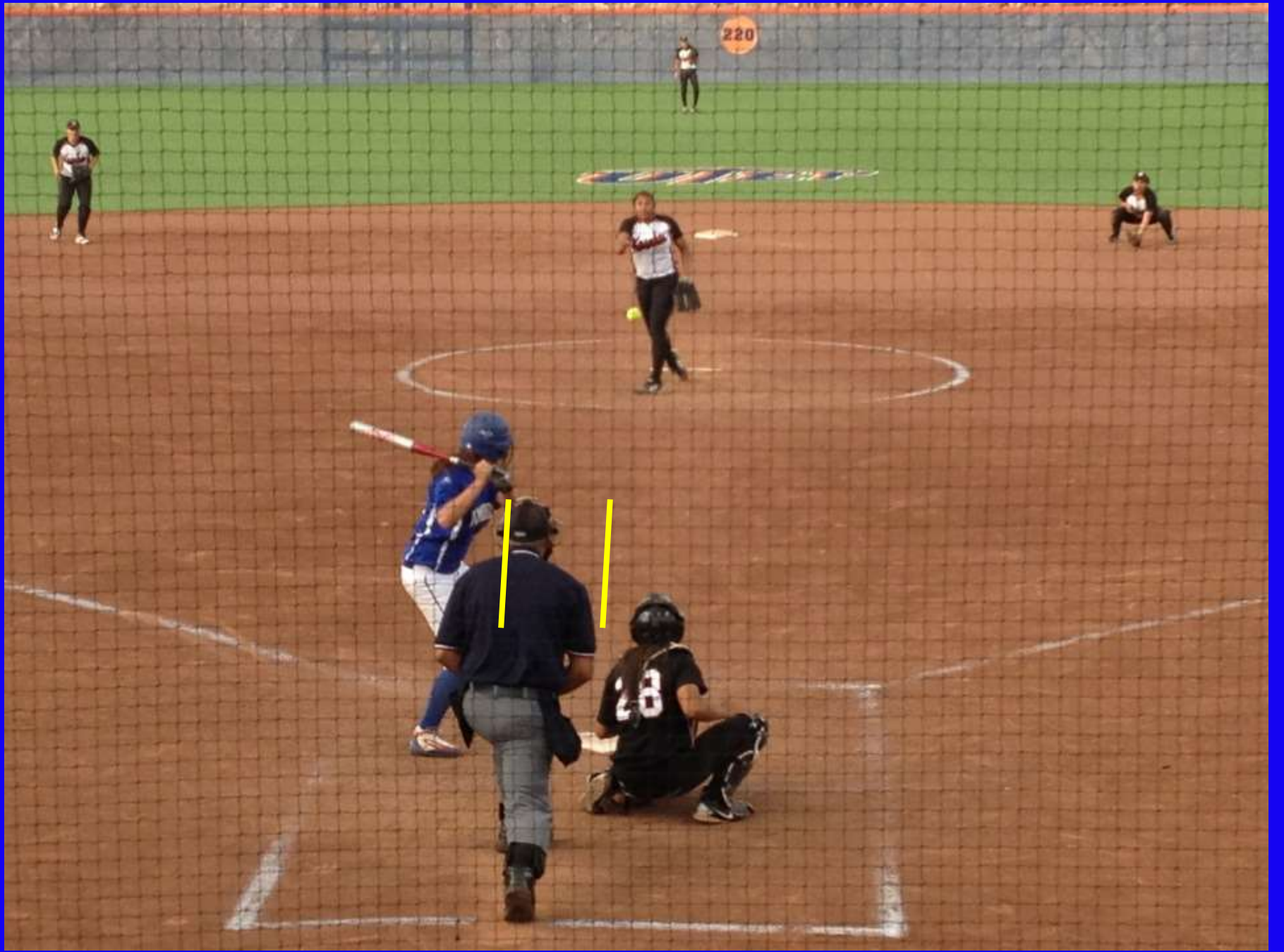




















**GOOD SLOT**

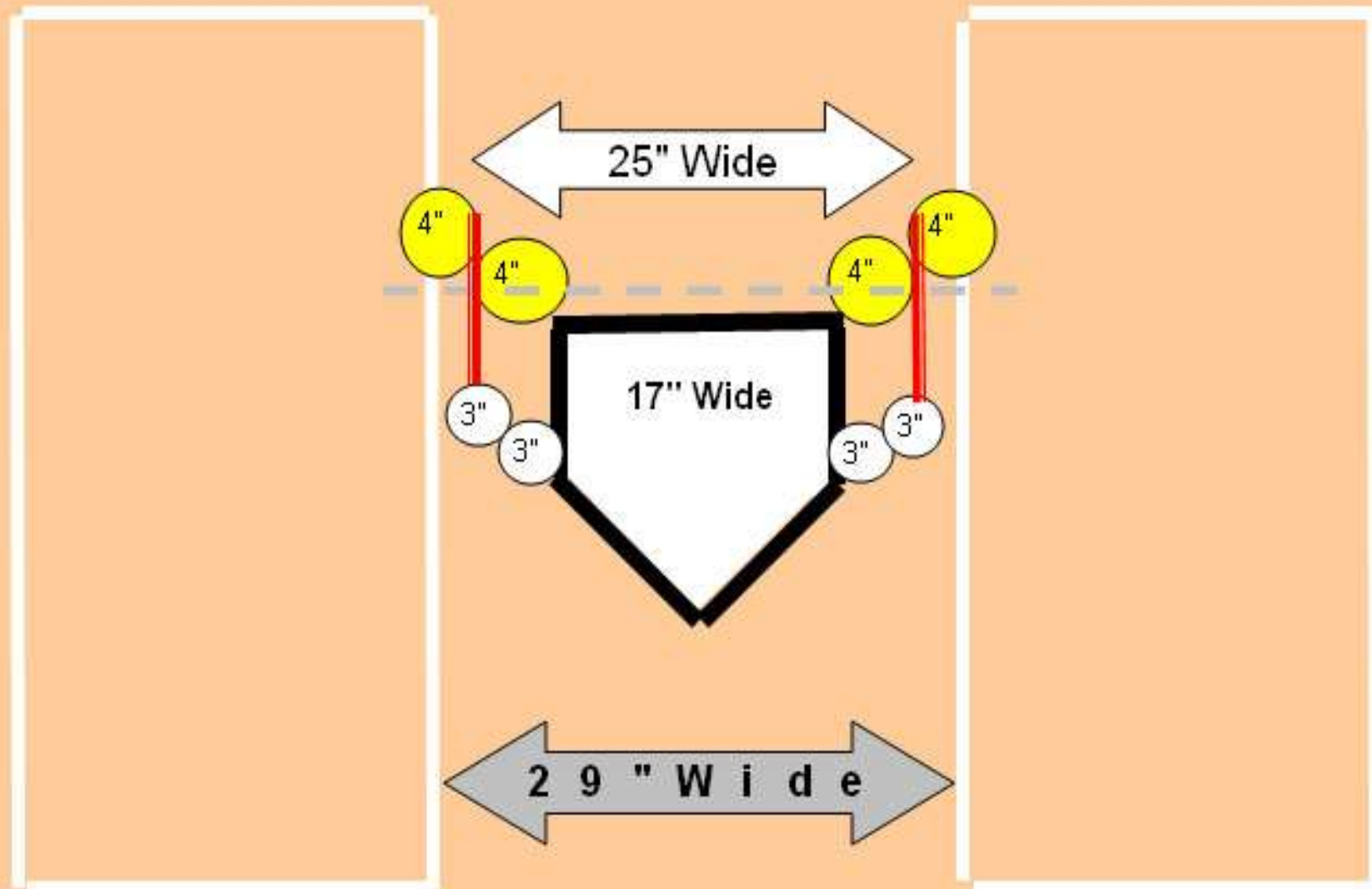
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**BETTER VIEW**

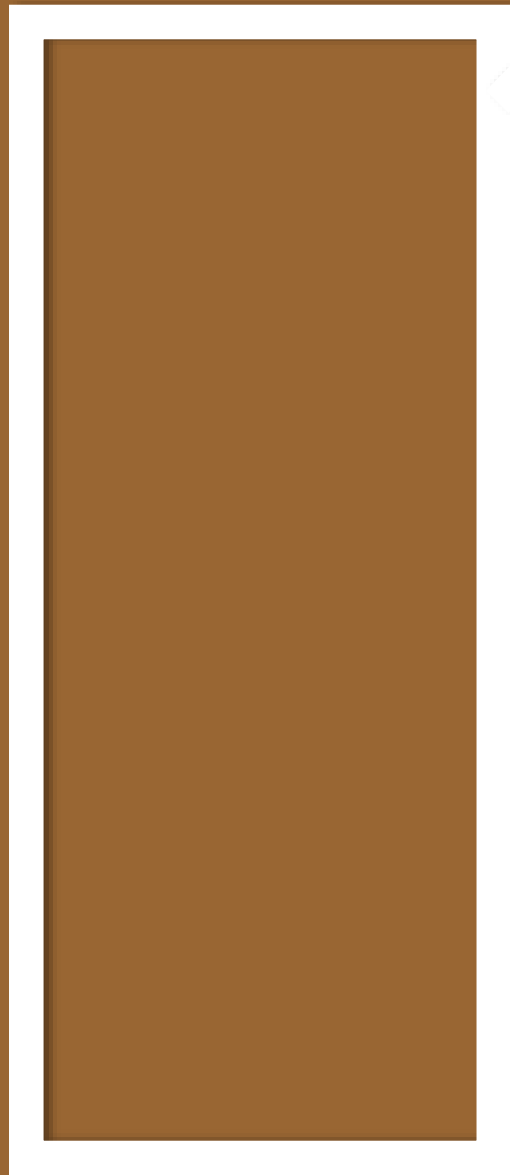
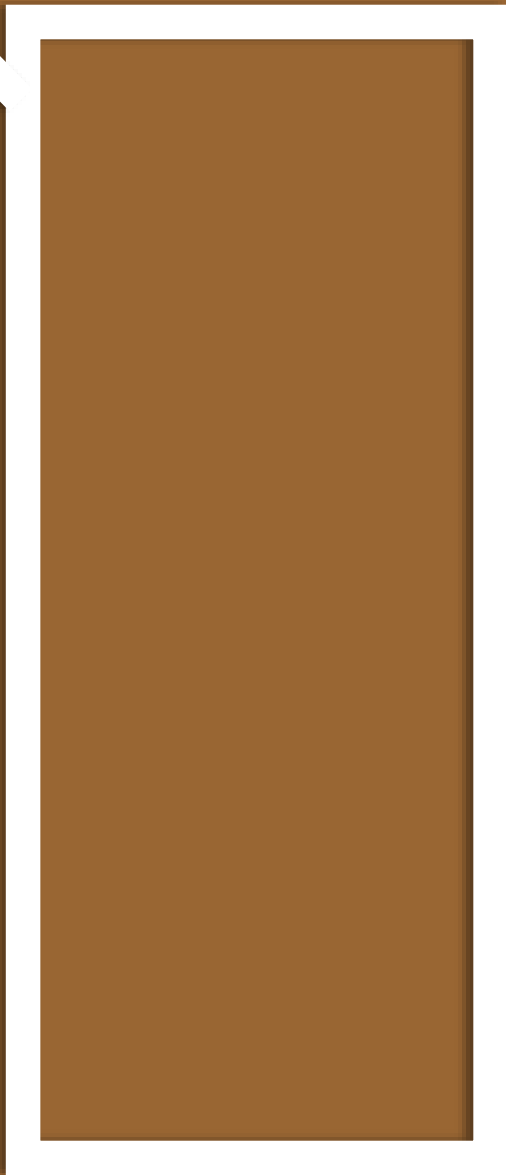
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**CONSISTENT ZONE**

# *The Top Down view of the Strike Zone*







# STRIKE







# BALL





# STRIKE





# BALL





# STRIKE







# BALL





# STRIKE





# BALL





Views from  
the Plate