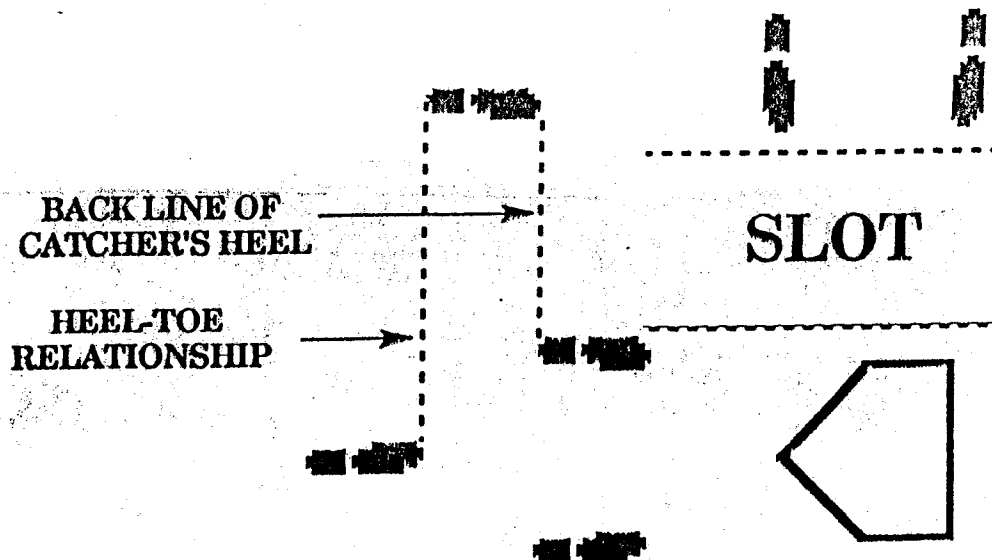
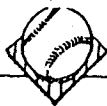


# WORKING THE PLATE

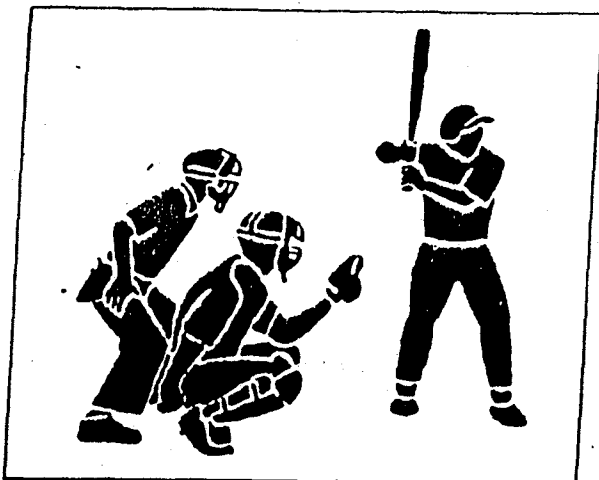
## The "Box" or "Slot" Stance

1. Point back foot toward shortstop (LH batter) or toward second baseman (RH batter)
2. Point slot foot toward pitcher.
3. Don't expose inside of slot leg.
4. Position back foot approximately 6 inches behind catcher's midpoint.
5. Work in slot with an exaggerated heel/toe relationship: the heel of your slot foot should be even with the toe of your back foot.
6. Work with a wide base.
7. Shift approximately 80% of body weight forward; slot heel on ground, back heel ground if possible.
8. The toe of the slot foot should be even with the back line of the catcher's heel.
9. Flare knees out.
10. Bend at knees, not at waist. Buttocks should be above knees.
11. Square up shoulders to pitcher.
12. Position elbows inside of upper body frame, resting slightly on thighs.
13. Position hands in front of crotch.
14. Keep hands in loose, relaxed fists, not clenched or tight.
15. Set up so that the bottom of your mask is at the top of the catcher's head.
16. Square up your head to the pitcher. Eyes should be level.
17. Follow pitch with eyes, not head. Avoid tunnel vision.
18. Very important -- set up aggressively into the pitch; i.e. your back is not perpendicular to the ground, but forward into the pitch.





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Box profile view



Box front view

## ***WORKING THE PLATE (CONTINUED)***

### **Check Swing Mechanics**

1. For a right handed batter, point with left hand at batter and have a right hand in strike motion. Verbalize, **"YES, HE WENT."**
2. For a left handed batter, point with your right hand, and then come up with the strike motion. Verbalize, **"YES, HE WENT."**
3. If the batter does not swing, stay down and verbalize, **"BALL, NO HE DIDN'T GO."**

### **Passed Balls and Wild Pitches**

Pivot to the opposite side the ball goes, and let the catcher go after the ball. For a play back at the plate, be sure you are at the opposite side of the plate from the ball.

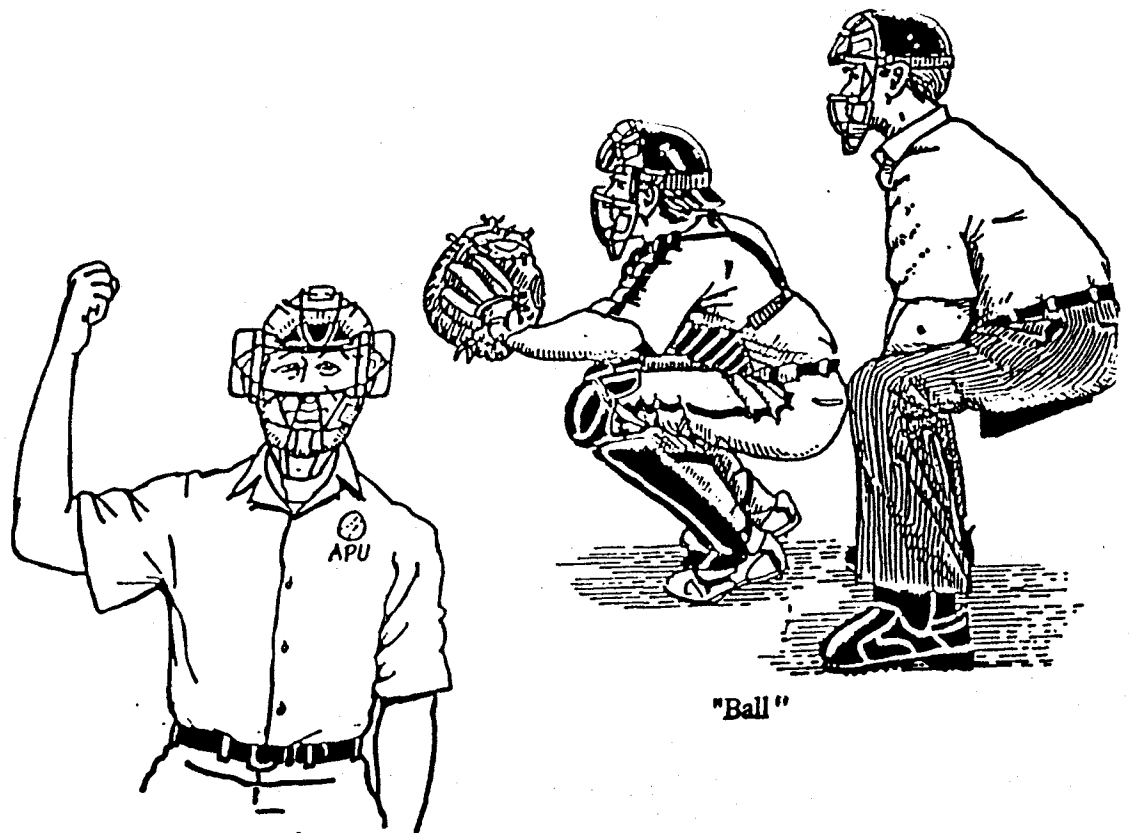
### **Pop-Ups Behind the Plate**

Pivot and let the catcher go after the ball, staying 12-16 feet away so you don't interfere.

If the ball is near the fence, be sure to get between the catcher and the fence and watch for interference or the catcher trapping the ball on the fence.

If the pop-up would possibly come back toward fair territory, position yourself on a foul line or foul line extended to make the call.

## STRIKE / BALL



**"Strike"**

Set up with your head one full head above the catcher's head.

Work in the "slot" with most of your body weight forward.

Do not use the "Kitchen Cabinet" stance with your backside resting on your calf muscles. Keep your butt above your knees. Bend at the knees and not the waist.

"Track" pitches all the way into the catcher's glove. Keep your head still. After the catcher catches the pitch count "One-One Thousand" and then call the pitch.

Call "balls" from the down position and "strikes" from the upright position.

**STAY WITH THE PITCH! STAY BEHIND THE PLATE! Don't jump, skip, flinch, bail out or dance behind the plate.**

Don't verbally call swinging strikes. The "Bow and Arrow" strike mechanic is acceptable for strike three.

**Base Umpires:** Stay away from the new pitcher after a pitching change. Do not inform the new pitcher which bases are occupied; how many outs there are or what time it is.

**Plate Umpires:** Aggressively terminate conferences at the pitcher's plate, especially when the manager/coach wants to criticize your strike zone. Don't expect the base umpire to do your job.

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# PLATE UMPIRE

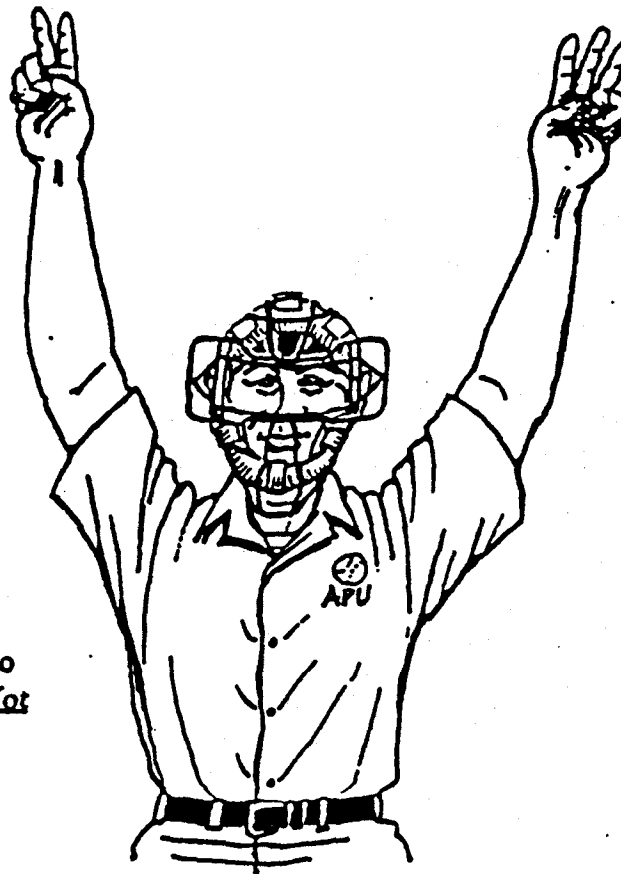


Signalling "OUT"

- \*Mask always in left hand
- \*Right arm creates right angle

Signalling "SAFE"

- \*Mask always in left hand
- \*Arms outstretched parallel to ground
- \*Fingers together



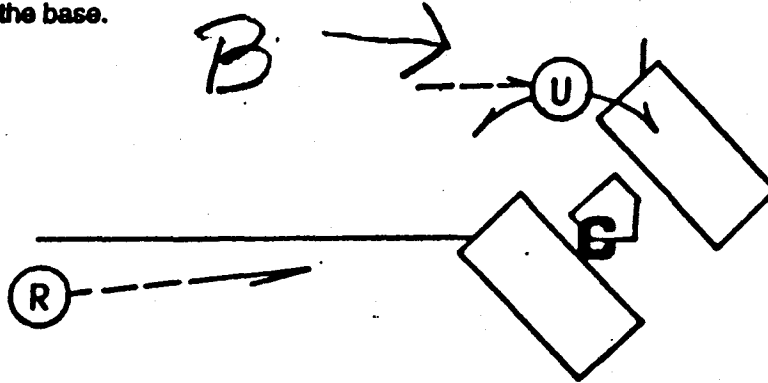
Giving Count

- \*Always use fingers to indicate count. **Do Not** use closed fists to indicate full count.

Keep your weight distributed on the balls of your feet, move in on the play as it develops, find the ball and make the call. (See figure 03.)

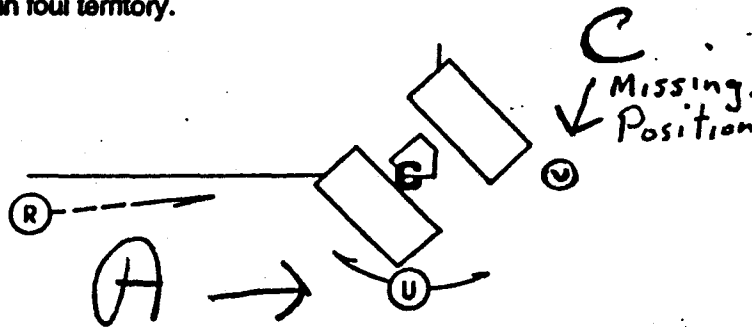
The reason we want you to remain inside the diamond in returning to home plate deals with the inside-outside theory. On a play at third that allows the runner to advance, the ball, for the most part, will wind up in foul territory. If you remain inside the diamond as you retreat to the plate, all four elements will remain within your view—the ball, the defense, the runner and the base.

FIGURE 03.



On plays at the plate where the ball is coming from fair territory or a throw from the outfield, the plate umpire should assume a position in foul territory, 90 degrees from the path of the runner just outside the deepest corner of the right hand batter's box. (See figure 04.) After making this call the umpire should clear out while continuing to watch the ball moving to a position in foul territory.

FIGURE 04.



• Assume the basic position. Keep your weight distributed on the balls of your feet, move in as the play develops, find the ball and make the call accordingly.

Due to the critical nature of the play at home, move in to find the ball. If you can't find it, ask the player to "show me the ball," point at it with your left hand and SELL IT accordingly.

#### Appeal at the Plate

If a runner misses home plate and the catcher misses the tag, the umpire should hesitate slightly to allow the players to finish the play, either the runner reaches to tag the plate or the catcher reaches to tag the runner. If no tag is made, the umpire should declare the runner SAFE. If a proper appeal play is made, the umpire should then declare the runner OUT.

# TIME PLAYS

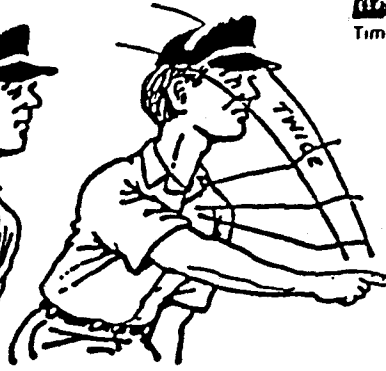
Whenever there is a runner in scoring position with two outs or the possibility of a "Time Play" exists, communicate with your partner. Prior to the pitch, tap the top of the left wrist, where a watch is normally worn, with the fingers of the right hand. This is the "Time Play" signal.



Getting The Attention  
Of The Official Scorer



"Score that run..."



Score that run...  
(pointing to plate)



...One Run Scores!"  
(pointing to press box.)

If more than one run scored on the play,  
signal the number of runs scored to the pressbox.

OR



After Getting Attention  
Of The Official Scorer...



"No Run Scores...No Run Scores!"  
(Repeat as necessary)

"Time plays" are plays which occur when a runner crosses home plate immediately before, during, or after another runner is declared out for the 3rd out of the inning. It is important that the umpire anticipate the possibility of this happening and line-up the runner approaching the plate with the potential play on the bases. If the play on the runner is not a force play, then it becomes umpire's judgment as to whether or not the runner crossed the plate before the 3rd out was made. The umpire should use the proper mechanics and signals to indicate to the official scorer whether or not the run scores.