

# Pitching Machine Guidelines

## Safety

- All baseball/softball participants under the age of 18 **must** wear a batting helmet. Batting helmets are encouraged to be worn by all participants.
- Before plugging in machine please make sure:
  - The machine is off
  - All dials are set to "0"
  - No one is in front of the machine or the backstop
- Once the machine has been switched on make sure no one is in front of the machine or the backstop.
- Make sure to test the machine's settings, speed and aiming, before a batter steps into the batter's box.

## Rules

- No cleats in the gymnasium.
- Make sure all dials are set to "0" before shutting machine off.
- Do not touch the wheels of the machine until they have come to a complete stop.
- Baseball/softball participants **must** provide their own batting helmets and bats.
- A pitching net must be used at all times to protect the pitcher from oncoming balls.
- DO NOT SET ANY OF THE PITCHING MACHINE DIALS ABOVE 5.

## Settings

- We recommend hitters hit at least one bucket of balls on a slower setting to get their timing and coordination down before speeding up the machine.
- Below are the recommended settings for the pitching machine. These have been adjusted to encompass the pitching machine's distance from the plate.
- The settings for the pitching machine are recommended and you can adjust them to each batter's preference.
- To adjust the height of the pitch you'll need to spin the elevation control knob.

Baseball	Left Dial	Right Dial	Bottom Dial	Est. MPH
8-10 year olds (Slow)	1.5	1.5	5	35-45
11-13 year olds (Medium)	2	2	5	45-55
14-15 year olds (Fast)	2.5	2.5	5	60-70
15+ (Fast)	3	3	5	70-75
16+ (Very Fast)	4	4	5	75+

Softball (12 inch ONLY)	Left Dial	Right Dial	Bottom Dial	Est. MPH
8-10 year olds (Slow)	2	2	3	30-35
10-14 year olds (Medium)	2.5	2.5	3	35-45
11-14 year olds (Fast)	3	3	4	45-50
15-17 year olds (Fast)	3.5	3.5	4	50-55
16+ year olds (Very Fast)	4	4	5	55+