

Lago Vista United Baseball & Softball
(LVUBS) General and Age Specific
Rules Updated: Updated: 1/16/2018

General LVUB Baseball Rules

- ‰ **ZERO TOLERANCE POLICIES ARE IN AFFECT AT EVERY COMPLEX.** Any player, manager, coach or fan ejected from a game must leave the facility immediately and will serve a minimum 1 additional game suspension. During the suspension the ejected person may not be at the ballpark.
- ‰ There are no formal protests allowed; any rules issues must be addressed on the field before play continues.
- ‰ Home team is responsible for keeping the official scorebook. Teams should confirm outs recorded and runs scored each inning to avoid any controversy. However, each team is expected to keep a scorebook for all games.
- ‰ Teams are responsible for cleaning up their dugouts after games.
- ‰ One box of game balls will be provided to each team for the season. It is the head coach's responsibility to manage the game balls for the season. Each team should provide one new and one slightly used ball for their game.
- ‰ Teams must bat entire roster. There are open defensive substitutions except for pitching. Players arriving late can be added to the bottom of the order (notify another team and umpire).
- ‰ There are technically no substitute players if a batter is injured and cannot finish their at-bat. Rather than the player being called out, the next batter can assume the injured player's at-bat; however, the injured player cannot return to the game at a later time.
- ‰ No headfirst slides when advancing bases; runner will be called out. Diving back into a bag is ok.
- ‰ Metal cleats are not allowed except for the 14U Division.
- ‰ Runners should avoid contact; intentional contact or malicious contact in the umpire's opinion can lead to player being called out and/or removed or ejected from the game.
- ‰ A squeeze is defined as a play where there is a runner on third base (this includes the situations where there are runners on base in addition to the runner on third) and in which the runner on third base starts home as the pitcher delivers the ball (this includes starting to advance home during the windup) and continues toward home, without stopping, while at the same time the batter attempts to put the ball in play via a bunt. This is NOT ALLOWED in order to protect the safety of the fielders, the runner, and the batter.
- ‰ A safety squeeze is defined as a play in which there is a runner on third base (including the situations where there are runners on base in addition to the runner on third) and in which the runner on third holds his advancement toward home plate as the batter squares to bunt and waits until the ball is in play before attempting to continue to advance toward home. This IS ALLOWED as it provides clear protection for the fielders and runner.
- ‰ Stealing home is defined as attempting to advance to home plate during the pitch. Under this narrow definition, the runner may not steal home; however, this definition is not intended to limit other plays at the plate, but rather to provide protection to the runner, batter, and fielders. Runners may attempt to advance from third base to home plate, at their own risk, after the ball has crossed home plate and between pitches, including, but not limited to, the following examples:
- When the ball gets past the catcher, either as a passed ball or wild pitch.
 - When the catcher attempts to throw the ball back to the pitcher after a pitch.
 - When the catcher attempts to throw the ball to another fielder after a pitch.
 - When the pitcher is in possession of the ball on the mound, but has not yet begun the windup. (12U & 14U only)
 - When the pitcher makes a pickoff move toward, third, second, or first.
- ‰ Throwing the bat will result in 1 warning per player, 2nd occurrence will result in the batter being called out.
- ‰ Exceeding pitching limits will result in a forfeit of the game.
- ‰ Complete games are 2 ½ innings if home team is ahead, 3 if visiting team is ahead. Run rules and time limits supersede.
- ‰ Scores do not revert back to previous innings if time expires; the inning is completed; home team only bats if it is behind. All runs scored when umpire calls ball game is recorded even if game ends in the middle of an inning.
- ‰ Forfeits will be recorded as a 7-0 score.
- ‰ If the score is tied after regulation time or regulation innings, the game will end as a tie. This rule is not in effect during tournaments.

Time Limit, Pitching Distance, Base Distance, Runs per Inning

Age Group	Game Time	Innings	+Base Distance	Pitching Distance	Runs per Inning	Pitching Limits	Rest Period for Pitchers
6U	1:00	6	55 feet	NA	5	N/A	N/A
8U	1:15	6	60 feet	40 feet	5	N/A	N/A
10U	1:25	6	65 feet	46 feet	5	6 outs per game, no more than 15 outs per week.	For 10U, 12U, and 14U age groups, if a player pitches the max outs for a game, there is a mandatory 48-hour rest period (2 full days). Players who pitch less than the max outs may pitch on consecutive days. This rule is not in effect for tournament play. Managers are asked to be aware of pitch counts so they do not overthrow a pitcher.
12U	1:35	6	70 Feet	50 Feet	8	9 outs per game, no more than 21 outs per week.	
14U	1:45	7	80 Feet	54 Feet	Open	12 outs per game, no more than 27 outs per week.	

Pitching:

- In the 10U, 12U, and 14U divisions, throwing 1 pitch will count as an out, even if an out is not recorded by that pitcher. Managers are asked to be aware of pitch counts as to not overthrow a pitcher.
- If more than one pitcher is used in an inning, each pitcher will be credited with a minimum of 1 out or any outs that are recorded while they are pitching.
- There is no penalty if the pitcher exceeds the out limits if a double or triple play occurs when the max number of outs is reached.
- If a player pitches an entire inning, and the maximum runs are scored before three outs are recorded, it will count as three outs toward the player's pitch count.
- Pitchers may not re-enter the game as a pitcher once they are removed as a pitcher.
- A calendar week is from 12:01 a.m. Monday to 12:00 a.m. (midnight) the following Sunday.

+ Base and pitching distances may vary slightly based on each ballpark.

Run Rules:

- 25 after 1 complete inning (14U only)
- 20 after 2 complete innings (14U only)
- 15 after 3 complete innings (all ages)
- 10 after 4 complete innings (all ages)
- 10 after 5 complete innings (all ages)

Unless the run rule limits apply (see above), the game will be played until time expires. Once time has expired, if the visiting team is ahead more than the maximum number of runs allowed in an inning or the home team is winning, the game will be called, and the score recorded as it stands at that time. The game will not be called until time has expired unless the run rule (mercy rule) applies after a complete inning. Scores will not revert to a previous inning.

Example 1: Ten minutes left in regulation play in a 5 run per inning game. Visiting team is at bat and ahead 6 runs. Play continues until time expires and the score is recorded as it stands at the end of the time limit.

Example 2: Seven minutes left in regulation play in a 5 run per inning game. Home team is at bat and trails by 6 runs. Play continues and home team bats until time expires. When time expires, even if there is only 1 out, the ball game will be stopped, and the score recorded as it stood when time expired.

Example 3: Home team at bat and behind 3 in the bottom of the 5th of a 5 run per inning game when time expires. Play continues until the end of the inning.

Pool Players:

A pool player may be used to prevent a team from forfeiting a game. This uniformed player must be registered with the LVUB. The pool player is to be placed in the outfield and listed as the final batter in a line-up. At no time will the pool player be placed in the infield or on the pitcher's mound. At no time are pool players to be used to bolster a team for unfair advantage. No more than 2 pool players shall be used in any game. The spirit of this rule is to allow for games to be played when a team is short-handed. If a team uses more than 2 pool players, the game may be played, but the final score shall appear as a forfeit. A team may only use pool players to field a team of nine players. At 6U and 8U where 10 players are permitted, pool players may not be added to get a team to the maximum of 10 players. The opposing coach must approve the pool player(s). ***Pool players are not allowed in tournament play.***

Bat Rule:

The official bat shall be round in cross section for its entire length, straight from end to end for its entire length and smooth surfaced in the hitting area.

1) For ages 8 and under- the maximum diameter shall not exceed two and five eighths ($2 \frac{5}{8}$) inches. All bats larger in diameter than two and one quarter ($2 \frac{1}{4}$) inches must be "equal to or heavier" than minus 10 (-10) for U5 thru U14. For example, -10, -9, -8, -7, -6 or -5 are acceptable length to weight ratio's whereas -11, -12 and -13 would not.

2) For ages 9 and older- The maximum diameter shall not exceed two and three quarters ($2 \frac{3}{4}$) inches. All bats larger in diameter than two and one quarter ($2 \frac{1}{4}$) must be labeled with either a BBCOR or 1.15BPF stamp.

The maximum length shall not exceed thirty-six (36) inches. The bat shall be constructed of wood, aluminum, or any other material or combination of materials. Any material to improve the grip may be used for a distance not to exceed eighteen (18) inches from the handle end. All bats must be commercially manufactured for baseball play, softball bats or bats altered after manufacture to reduce or add weight will not be allowed.

Penalty: First Offense - If the umpire discovers that the bat does not conform to the Centex bat rule stated above until a time during or after which the bat has been used in play, it shall not be grounds for declaring the batter out and/or ejection from the game. If the umpire discovers that a bat has been used to put a ball in play and before the next legal pitch, the defensive team will have the choice of the result of play or the batter being called out and all runners returning to the base occupied before the pitch. Second Offense – If a team is found in violation of this rule a second time, then the manager will be ejected in addition to the First Offense penalty.

If a rule is not spelled out in the LVUB local rules, then the USSSA rules should be referenced. These are the same rules followed by Centex Baseball.

4U Baseball

1. No new inning will begin after 45 minutes.
2. A Riff or Incredi-ball baseball will be used.
3. Catchers are required to wear a catcher's helmet or batters helmet. .
4. All players will be used in the field. Extra players will be used in the outfield.
5. No player may play more than 1 defensive inning at the same infield position during a game, (player may play 1 inning at 1st and 1 inning at SS, but cannot play 2 innings at 1st).
6. Managers should attempt to move players every inning to give them equal playing time at different positions
7. Two coaches are allowed in the field of play while on defense. A third coach may remain in foul territory in the infield area but may not enter the field of play.
8. The ball is dead, and runners may not advance when any defensive player attempts to throw the ball.
9. Teams will bat their entire lineup each inning. Neither outs nor score will not be recorded.
10. Each batter must put the ball in play - there are no strikeouts.
11. Coaches are responsible for removing the tee during a play at home plate.
12. The ball must cross the IN BOUND line 10' in front of home plate or it will be a foul ball.
13. Players may not lead off or leave the base prior to ball being hit.
14. Teams must have a minimum of 5 players at the schedule game time. If needed a team may borrow players from another 4U team.

6U Baseball (T-ball)

1. No new inning to start after 1 hour.
2. Teams must have a minimum of 8 players to play at the scheduled game time. Up to two pool players may be used (*see Pool Player rules*). Players arriving late will be added to the bottom of the line-up. No outs will be recorded due to lack of players in the 9th spot (t-ball only). If a team has only 8 players, they may be positioned in the field without a catcher. If a team cannot field 8 players, the game will be recorded as a forfeit. However, every effort should be made to play the game, including teams sharing players and/or additional pool players being added.
3. If a team starts with more than 10 batters and loses a player, no out will be recorded. Also, no outs will be recorded due to lack of players in the 9th spot (t-ball only).
4. Batted ball must pass the 10-foot arch in front of home plate; called foul if it does not pass the marked line.
5. Batter must have both feet in the box when hitting the ball.
6. Batters receive 3 swings per at bat. If 3rd swing results in a foul ball, batter will be called out.
7. A strike will be called if a batter measures up at the tee when a ball is on the tee.
8. Time should be called by the umpire when the ball is in the possession of an infielder and/or the lead runner hesitates; this is an umpire's judgment call.
9. Pitcher must throw the ball to first, second, or third base. The pitcher may not tag a batter/runner going to first, second or third base unless in the judgment of the coaches/umpire it would resemble a "real" baseball play. This rule is meant to teach real baseball plays and not to encourage one player to dominate action. Baseball is a team sport, not an individual sport.
10. Regulation leather covered baseballs will be used; no Riff or Compression Balls.
11. Four outfielders may be used on defense; players cannot be stacked (no Rover) and must be at least 16 feet behind the bases.
12. A pinch runner (last recorded out) may be used for a player that is injured while running the bases.
13. Any player who is unable to take their official at-bat will be out for the remainder of the game. No out will be recorded unless the team falls below 9 players, or the player was ejected.
14. Intentional walks are not allowed.
15. It is the umpire's discretion to allow coaches to stand outside the dugout.
16. 2 defensive coaches are allowed on the field of play (between the foul lines). They should be in the outfield (no coaches in the infield).
17. Catchers must wear a helmet (a batter's helmet is acceptable). Full catcher's equipment is preferred if available, but not necessary. Catchers should be positioned to minimize the risk of being hit by a thrown bat.
18. A coach may be at home plate to assist the batter in getting set up at the tee, but the coach may not physically position the batter in such a manner as to direct the hit in a particular direction. The coach cannot physically set the batter to "pull" the ball, etc. The coach may tell the batter where he wants the ball to go and if the batter can position himself to hit it there, that is acceptable. The coach may not draw lines or make marks in the batter's box to indicate to the batter where to place his feet in order to hit the ball in a particular direction. The batters' feet must be completely within the batters' box at the time the ball is contacted. If a batter is outside the batter's box at the time of contact, the hit will be recorded as a foul ball and the at-bat will continue.
19. A legal tee is currently defined as one that can be purchased at Sporting Goods stores. Hand-made or altered tees are not legal. The tee must be placed in a position that would naturally align the ball directly over home plate.
20. Players hit off a tee – no pitching to players during a game.
21. No player can sit 2 consecutive innings unless due to injury, disability, mutual agreement with player and coach, or a discipline issue. Managers should notify the other team and parent if this is in effect.
22. All players must play at least 1 inning in the infield in each game. If a player does not get an opportunity to play the infield due to lack of time, then that player must play 2 innings in the infield at the next game, unless there are safety concerns with that player taking an infield position. If there is a safety concern, the parent and opposing team manager must be notified. Catcher is considered infield.
23. Managers are to use a constant batting order through the season to ensure equitable batting opportunities for all players. This means that when a game concludes, the next player who would have batted will be the first batter in the lineup for the next game. The official scorebook (or team scorebook) can aid coaches in following this rule. Again, this is in effect to develop all players equally.

Note: Rules 20, 21 and 22 are NOT in effect during tournament play.

8U Baseball (Coach-pitch)

1. No new inning to start after 1 hour & 15 minutes.
2. Teams must have a minimum of 8 players to play at the scheduled game time. Up to two pool players may be used (see *Pool Player rules*). Players arriving late will be added to the bottom of the line-up (notify umpire). An out will be recorded for the 9th position in the batting order if it is not filled. If a team has only 8 players, they may be positioned in the field without a catcher. If a team cannot field 8 players, the game will be recorded as a forfeit. However, every effort should be made to play the game, including teams sharing players and/or additional pool players being added.
3. If a team starts with more than 10 batters and loses a player, no out will be recorded unless the team falls below 9 players, or the player was ejected.
4. Batters receive 5 pitches or three strikes per at bat. If a foul ball occurs on the 5th pitch, the batter will continue to hit until the ball is put in play, or the batter strikes out. No limits on foul balls.
5. Any batted ball hitting the coach-pitcher will be ruled a foul ball.
6. The coach-pitcher is a "pitching machine" and cannot speak to anyone nor coach in any way from the field. Coaching from the field will result in a warning from the umpire; a second occurrence will result in the removal of that coach-pitcher.
7. A coach-pitcher cannot be voluntarily changed in the middle of an inning.
8. Time should be called by the umpire when the ball is in the possession of an infielder and/or the lead runner hesitates; this is an umpire's judgment call.
9. A pinch runner (last recorded out) may be used for a player who is injured while running the bases.
10. Any player who is unable to take their official at-bat will be out for the remainder of the game. No out will be recorded unless the team falls below 9 players, or the player was ejected.
11. Four outfielders may be used on defense; players cannot be stacked (no Rover) and must be at least 16 feet behind the bases.
12. Intentional walks are not allowed.
13. It is the umpire's discretion to allow coaches to stand outside the dugout.
14. For the first 4 weeks of the season, 2 defensive coaches are allowed on the field of play (between the foul lines). They should be in the outfield (no coaches in the infield). After the first 4 weeks of the season, there are no defensive coaches allowed on the field of play. (*Spring season only*)
15. Catchers must be in full gear (mask, chest protector, shin guards, & cup). Catcher's mitt is optional; players may use a regulation glove.
16. No player can sit 2 consecutive innings unless due to injury, disability, mutual agreement with player and coach, or a discipline issue. Managers should notify the other team and parent if this is in effect.
17. All players must play at least 1 inning in the infield in each game. If a player does not get an opportunity to play the infield due to lack of time, then that player must play 2 innings in the infield at the next game, unless there are safety concerns with that player taking an infield position. If there is a safety concern, the parent and opposing team manager must be notified. Catcher is considered infield.

Note: Rules 16 and 17 are not in effect for tournament play.

10U Baseball

1. No new inning to start after 1 hour & 25 minutes.
2. Teams must have a minimum of 8 players to play at the scheduled game time. An out will be recorded for the 9th position in the batting order if it is not filled. Players arriving late can be added to the bottom of the line-up (notify umpire). Up to two pool players may be used (*see Pool Player rules*). If a team cannot field 8 players, the game will be recorded as a forfeit. However, every effort should be made to play the game, including teams sharing players and/or additional pool players being added.
3. If a team starts with more than 10 batters and loses a player, no out will be recorded unless the team falls below 9 players, or the player was ejected.
4. Four outfielders can be used on defense; players cannot be stacked (no Rover).
5. No slashing. If a batter squares to bunt and then swings at the pitch (slashing), with or without runners on base, the batter is warned, a strike is called, any runners go back to their bases, the at-bat continues (unless strike 3), and the team is issued a warning. On any future offense, the batter is out, and the runners go back to their bases.
6. A pitcher must be removed from the mound after hitting 2 batters in one inning or 3 batters in a single game.
7. Coaches may call 'timeout' to visit the pitcher's mound one time per ½ inning without making a pitching change. Upon the 2nd coach's visit to the mound in the same inning, the pitcher must be changed. The catcher, or any other infield position player, may visit the pitcher's mound without limit. The only exception to this rule is in case of injury and the umpire has called time.
8. Pinch runners are allowed anytime for the pitcher or catcher of record or for a player injured during an at-bat or while running. Last recorded out will be used.
9. Any player who is unable to take their official at-bat will be out for the remainder of the game. No out will be recorded unless the team falls below 9 players, or the player was ejected.
10. It is the umpire's discretion to allow coaches to stand outside the dugout. No defensive coaches on the field of play.
11. Runners must remain in contact with the base until the pitch crosses home plate (closed bases; no lead-offs).
12. No balks (closed bases). Coaches and umpires may advise/instruct pitchers if they balk.
13. The batter will not be allowed to advance to first on a dropped 3rd strike. If strike 3 is called, even if the catcher drops the ball, the batter is out.
14. Safety squeeze plays are ALLOWED; however, the play must still follow the closed bases directive.
15. Runners may advance at their own risk from the time the pitch has crossed the plate up until the time that they must return to and remain in contact with their base in preparation for the next pitch.
16. Runners must return to their bases when the pitcher has possession of the ball and/or the runners have hesitated.
17. If in the umpire's judgment, based on the perceived intent of the runner, the offensive team violated the rules related to squeezes and steals, the base runner is called out, the at-bat continues (unless the 3rd out was recorded), and the team is issued a warning. On any future offense, the runner is out.

12U Baseball

1. No new inning to start after 1 hour & 35 minutes.
2. Teams must have a minimum of 8 players to play at the scheduled game time. An out will be recorded for the 9th position in the batting order if it is not filled. Players arriving late can be added to the bottom of the line-up (notify umpire). Up to two pool players may be used (*see Pool Player rules*). If a team cannot field 8 players, the game will be recorded as a forfeit. However, every effort should be made to play the game, including teams sharing players and/or additional pool players being added.
3. If a team starts with more than 9 batters and loses a player, no out will be recorded unless the team falls below 9 players, or the player was ejected.
4. Squeeze plays, as defined in the rules section, are NOT ALLOWED.
5. Safety squeeze plays are ALLOWED.
6. Stealing home, as defined in the rules section, is NOT ALLOWED.
7. Advancing to home between pitches and during the other situations called out in the rules section is ALLOWED.
8. If in the umpire's judgment, based on the perceived intent of the runner, the offensive team violated the rules related to squeezes and stealing home, the base runner is called out, the at-bat continues (unless the 3rd out was recorded), and the team is issued a warning. On any future offense, the runner is out and the 3rd base coach is ejected.
9. No slashing. If a batter squares to bunt and then swings at the pitch (slashing), with or without runners on base, the batter is warned, a strike is called, any runners go back to their bases, the at-bat continues (unless strike 3), and the team is issued a warning. On any future offense, the batter is out, and the runners go back to their bases.
10. A pitcher must be removed from the mound after hitting 2 batters in one inning or 3 batters in a single game.
11. Coaches may call 'timeout' to visit the pitcher's mound one time per ½ inning without making a pitching change. Upon the 2nd coach's visit to the mound in the same inning, the pitcher must be changed. The catcher, or any other infield position player, may visit the pitcher's mound without limit. The only exception to this rule is in case of injury and the umpire has called time.
12. Balks will be called – no warnings.
13. Pinch runners are allowed anytime for the pitcher or catcher of record or for a player injured during an at bat or while running. Last recorded out will be used.
14. Any player who is unable to take their official at-bat will be out for the remainder of the game. No out will be recorded unless the team falls below 9 players, or the player was ejected.
15. If players are used as base coaches, they must wear batting helmets.
16. It is the umpire's discretion to allow coaches to stand outside the dugout.
17. The "windmill" is now a balk. If, with runners on first and third, the pitcher, while in contact with the rubber, steps toward third and then immediately and in practically the same motion "wheels" and throws to first base, it is obviously an attempt to deceive the runner at first base, and in such a move it is practically impossible to step directly toward first base before the throw to first base, and such a move shall be called a balk. However, it is possible, with runners on first and third, for the pitcher to step toward third and not throw, merely to bluff the runner back to third; then seeing the runner on first start for second, turn and step toward and throw to first base. This is legal. Also, if the pitcher steps off the rubber and then makes such a move, it is not a balk.

Full balk rules can be found at: http://mlb.mlb.com/mlb/official_info/official_rules/pitcher_8.jsp

14U Baseball

Important Note: In the 14U division, teams may travel to other community ballparks for games. Local rules will supersede LVUB rules unless negotiated and agreed to by the team coaches and umpires prior to the start of the game. When going by LVUB rules, the following rules apply:

1. No new inning to start after 1 hour & 45 minutes.
2. Teams must have a minimum of 8 players to play at the scheduled game time. An out will be recorded for the 9th position in the batting order if it is not filled. Players arriving late can be added to the bottom of the line-up (notify umpire). Up to two pool players may be used (see *Pool Player rules*). If a team cannot field 8 players, the game will be recorded as a forfeit. However, every effort should be made to play the game, including teams sharing players and/or additional pool players being added.
3. If a team starts with more than 9 batters and loses a player, no out will be recorded unless the team falls below 9 players, or the player was ejected.
4. Squeeze plays, as defined in the rules section, are NOT ALLOWED.
5. Safety squeeze plays are ALLOWED.
6. Stealing home, as defined in the rules section, is NOT ALLOWED.
7. Advancing to home between pitches and during the other situations called out in the rules section is ALLOWED.
8. If in the umpire's judgment, based on the perceived intent of the runner, the offensive team violated the rules related to squeezes and stealing home, the base runner is called out, the at-bat continues (unless the 3rd out was recorded), and the team is issued a warning. On any future offense, the runner is out and the 3rd base coach is ejected.
9. No slashing. If a batter squares to bunt and then swings at the pitch (slashing), with or without runners on base, the batter is warned, a strike is called, any runners go back to their bases, the at-bat continues (unless strike 3), and the team is issued a warning. On any future offense, the batter is out, and the runners go back to their bases.
10. A pitcher must be removed from the mound after hitting 2 batters in one inning or 3 batters in a single game.
11. Coaches may call 'timeout' to visit the pitcher's mound one time per ½ inning without making a pitching change. Upon the 2nd coach's visit to the mound in the same inning, the pitcher must be changed. The catcher, or any other infield position player, may visit the pitcher's mound without limit. The only exception to this rule is in case of injury and the umpire has called time.
12. Balks will be called – no warnings.
13. Pinch runners are allowed anytime for the pitcher or catcher of record or for a player injured during an at bat or while running. Last recorded out will be used.
14. Any player who is unable to take their official at bat will be out for the remainder of the game. No out will be recorded unless the team falls below 9 players, or the player was ejected.
15. If players are used as base coaches, they must wear batting helmets.
16. It is the umpire's discretion to allow coaches to stand outside the dugout.
17. The "windmill" is now a balk. If, with runners on first and third, the pitcher, while in contact with the rubber, steps toward third and then immediately and in practically the same motion "wheels" and throws to first base, it is obviously an attempt to deceive the runner at first base, and in such a move it is practically impossible to step directly toward first base before the throw to first base, and such a move shall be called a balk. However, it is possible, with runners on first and third, for the pitcher to step toward third and not throw, merely to bluff the runner back to third; then seeing the runner on first start for second, turn and step toward and throw to first base. This is legal. Also, if the pitcher steps off the rubber and then makes such a move, it is not a balk.

Full balk rules can be found at: http://mlb.mlb.com/mlb/official_info/official_rules/pitcher_8.jsp