



Fastpitch Softball Spin Rate Guide

The RevFire spin rate is a measurement in Revolutions Per Second (RPS) of the rate of rotation of a pitched ball. RevFire spin rate measurements are accurate to within 0.25 RPS of the actual spin rate. To create a deceptive breaking ball pitch the pitcher must impart substantial spin on the ball. Professional and Olympic pitchers consistently throw curveball, screwball, and riseball pitches with a spin of 25 RPS or more. Their dropballs typically spin less than their curveball. Some pitchers throw riseballs with as much as 30 RPS spin. A good breaking ball requires at least 19 RPS. You can learn more about spin and RevFire at www.RevFire.com.

Below is a table showing the performance that can be expected of high school and college pitchers. As seen in the "Typical Range" column, much difference exists in the spin rates for weak versus strong breaking ball pitches. There is more variability in the spin rate on fastballs, depending on whether the pitcher is trying to put movement on the pitch.

Pitch	High School			College		
	Ave	Typical Range	Top 10%	Ave	Typical Range	Top 10%
Drop	17	10 - 26	> 21	20	17 - 26	> 23
Curve	18	10 - 30	> 23	21	17 - 32	> 25
Screw	19	10 - 30	> 24	21	17 - 27	> 25
Rise	19	10 - 30	> 24	22	17 - 32	> 26

- High School data from 2008 National Fastpitch Coaches Assoc administered camps.
- College data from college coaches.

GUIDELINE FOR HIGH SCHOOL PITCHERS:

SPIN RATE (RPS)

17.0 - 18.9	Average
19.0 - 21.9	Good
22.0 and up	Excellent

GUIDELINE FOR COLLEGE PITCHERS:

SPIN RATE (RPS)

20.0 - 21.9	Average
22.0 - 24.9	Good
25.0 and up	Excellent

Learn more at www.RevFire.com

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