



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 1 or 2 RPS less than their curveball. Some of these elite 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	16.2	10 - 24	> 21.1	20.1	17 - 27	> 23.0
Curve	17.7	10 - 24	> 22.9	21.2	17 - 27	> 25.0
Screw	18.6	10 - 24	> 22.9	21.3	17 - 27	> 25.0
Rise	18.7	10 - 24	> 23.0	21.9	17 - 27	> 26.0

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

GENERAL GUIDELINE FOR CURRENT DIVISION I COLLEGE PITCHERS:

SPIN RATE (RPS)	
less than 20.0	Needs work
20.0 - 21.9	Average
22.0 - 24.9	Good
25.0 and more	Excellent

GENERAL GUIDELINE FOR JUNIOR & SENIOR YEAR HIGH SCHOOL PITCHERS*:

SPIN RATE (RPS)	
less than 17.0	Needs work
17.0 - 18.9	Average
19.0 - 21.9	Good
22.0 and more	Excellent

*This guideline is for high school pitchers without RevFire based training.