Rule 5.4.4 : THE BATTER IS OUT

b) iv. When the Batter has one or both feet completely outside the lines of the Batter's Box and touching the ground, or any part of the foot touching Home Plate, when they hit the ball fair or foul.

b) v. When the Batter leaves the Box to gain a running start, but has returned to the Box when they make contact with the ball.

If there is no contact made with the Pitched ball there is no penalty. If the Batter swings and misses, the ball remains alive.