

7U Baseball Rules

Pacific Youth Association • STLWEST • 2026 Season

Game Format & Length	<ul style="list-style-type: none">• 1 hour 30 minutes OR 7 innings• Batter finishes at-bat if time expires• No wins or losses recorded• Runs tracked for inning limits and ranking purposes only• Maximum 7 runs per half inning
Field & Setup	<ul style="list-style-type: none">• Bases: 55 ft • Machine pitch: 40 ft• 8-foot pitching machine circle• Orange safety base at first base
Pitching (Machine)	<ul style="list-style-type: none">• Machine pitch only (no player pitching)• A coach from the offensive team places the ball into the machine• The coach feeding the machine is considered part of the machine• Managers agree on speed (31–35 MPH typical)• Home team supplies two (2) new baseballs
Defense	<ul style="list-style-type: none">• Up to 10 players: 4 infielders, 4 outfielders, pitcher, catcher• Defensive pitcher must play behind the machine and remain alert• Pitcher may not stand in front of or obstruct the machine• Catcher must wear full protective gear
Batting	<ul style="list-style-type: none">• Seven (7) pitches maximum per batter• Foul ball on 7th pitch continues at-bat• No walks • No hit batters
Base Running	<ul style="list-style-type: none">• No leading off or stealing• Advance only on batted ball or forced award• Runners stop once the ball is returned to the infield
Ball in Play / Dead Ball	<ul style="list-style-type: none">• Ball contacting the machine or coach feeding the machine is dead• Batter awarded first base; runners advance only if forced
Coaches on the Field	<ul style="list-style-type: none">• Only the offensive coach feeding the machine may be on the field during live play• Defensive coaches must remain in the dugout or designated area
Playing Time	<ul style="list-style-type: none">• Entire roster bats• Late arrivals bat last• Minimum defensive play requirements apply
Not Allowed	<ul style="list-style-type: none">• No bunting, stealing, walks, or infield fly rule• No standings or win/loss records

Governing league rules provided by St. Louis West Athletic Association (STLWEST).