

7U Baseball Rules

Pacific Youth Association • STLWEST • 2026 Season

Game Format & Length

- 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

- Bases: 55 ft • Machine pitch: 40 ft
- 8-foot pitching machine circle
- Orange safety base at first base

Pitching (Machine)

- 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

- 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

- Seven (7) pitches maximum per batter
- Foul ball on 7th pitch continues at-bat
- No walks • No hit batters

Base Running

- 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

- Ball contacting the machine or coach feeding the machine is dead
- Batter awarded first base; runners advance only if forced

Coaches on the Field

- 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

- Entire roster bats
- Late arrivals bat last
- Minimum defensive play requirements apply

Not Allowed

- 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).