



Plover Whiting Youth Athletics 7U Baseball League Rules

1. Good sportsmanship is expected at all times. Participation and fun are to be stressed and encouraged.
2. No throwing of the bat. A thrown bat results in an immediate out. A reasonable radius will be used to determine this. One team warning will be issued to each team. The batting team's coach is responsible for enforcement of this rule.
3. Base path length will be 60 feet for the 7U year-old league.
4. All team players will play the field on defense, with a pitcher, 1st, 2nd, and 3rd baseman and shortstop stationed in their regular positions. The remaining defensive players will be positioned evenly in the outfield but no extra infielders may be used. The fielding positions must rotate (at least) every two innings - all the players from the five infield positions moving to the outfield and five players from the outfield assuming infield positions. The only possible exception to this rule would be if the defensive team was playing with less than 10 players. Fielders playing more than 2 innings at infield positions must rotate within the infield. No player may play more than 2 innings at any infield position during the course of a game. During the course of the regular season, every player must be provided a chance to play at every position on defense.
5. For the 7U league, one-half inning will consist of 3 outs *or* 5 runs scored, whichever occurs first. An out will be determined in the usual manner, with the exception of there being no strikeouts. Batters must put the ball in play.
6. A maximum of 2 bases per batted ball will be allowed during any at bat. This includes any overthrows or misplays during the play. Baserunners are also limited to advancing a maximum of 2 bases per play.
7. The 7U league will use a coach-pitcher the entire season. The tee will only come into play after 6 pitches have been made to a single batter. *Players must use a tee after 6 pitches to ensure adequate plate appearances for other players.*
8. The batting team's coach or designated adult assistant will pitch to their own team.
9. The coach (or adults) of the team in the field will umpire the bases.
10. Base runners will not be allowed to lead off and there will be no stealing bases. One base will be given on an overthrow on a batted ball.
11. Any runner is out when they do not slide or attempt to avoid contact with a fielder who is attempting to field a batted ball or who has the ball and is waiting to make a tag, or if he maliciously runs into a fielder.

12. The time of the game is one hour. No new inning will start after one hour.
13. 7U league will use #5 Flexi-Ball (or equivalent). No hardballs will be used in 7U league.
14. It is mandatory that each player be accompanied by a parent or adult guardian for the entire game or practice session.
15. Active participation by parents during practice and games is highly encouraged.
16. Players are required to wear their team shirt and hat to each game. Shirts are to be tucked in at all times. A travel hat (Plover or otherwise) is not an approved part of a player's league uniform.
17. The home team is responsible for putting out and picking up the equipment involved in the game. For doubleheaders, the home team of the first game will put out the equipment and the home team of the second game will put it away.
18. Coaches are responsible for the attitudes and sportsmanship displayed by their teams and should lead by example. No alcohol or tobacco products shall be used on the field or sidelines by the coaches during play.
19. No set of rules can completely cover each or every situation that may occur in a game or during the course of a season. Coaches are expected to meet any unexpected situation that may arise with common sense and mutual cooperation for the good of the players and the program in mind T-ball league is for the players, not the coaches. Please remember this at all times.
20. There will be no metal cleats allowed. Players may wear plastic-rubber cleated shoes.
21. Any time lightning is seen the game shall be terminated. No exceptions.
22. Protective gear such as: hockey style helmet with elongated facemask, chest protector, shin guards, and protective supporter with cup (provided by player) shall be worn by the catchers.
23. In the event any PWYA Coach is ejected from any game at any venue he/she must report the incident to their Over All Coordinator within 24 hours. Failure to do so will result in disciplinary action up to and including termination of coaching privileges.
24. Traveling team rosters may not be changed for any reason without the prior consent of the PWYA Executive Board. This includes the addition of any replacement players needed to field a team. Violation of this policy may result in disciplinary action up to and including termination of coaching privileges.
25. 7U travel teams will be selected from the pool of interested 7 year-old players in the 7U league. 7 year-old players may be selected for 8U only if there are not sufficient numbers of 8U players to field a team. Players must attend the tryout unless excused by the Boys Overall Coordinator.

Reviewed 12/2025 JH
APPROVED BY BOARD VOTE