

Baseball Bat Guide -

*** Sizing Charts ***

Use the charts below as a general guideline for determining **BAT LENGTH**.

BATTER'S HEIGHT	3'-3 1/4"	3'5"-3'8"	3'9"-4'	4'1"-4'4"	4'5"-4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"-6'	6'1"-over
under 60lbs	26"	26"	28"	29"	29"	-	-	-	-	-
61-70	27"	27"	28"	29"	30"	30"	-	-	-	-
71-80	-	28"	28"	29"	30"	30"	31"	-	-	-
81-90	-	28"	29"	29"	30"	30"	31"	32"	-	-
91-100	-	28"	29"	30"	30"	31"	31"	32"	-	-
101-110	-	29"	29"	30"	30"	31"	31"	32"	-	-
111-120	-	29"	29"	30"	30"	31"	31"	32"	-	-
121-130	-	29"	30"	30"	30"	31"	32"	33"	33"	-
131-140	-	29"	30"	30"	30"	31"	32"	33"	33"	-
141-150	-	-	30"	30"	31"	31"	32"	33"	33"	-
151-160	-	-	30"	31"	31"	32"	32"	33"	33"	33"
161-170	-	-	-	31"	31"	32"	32"	33"	33"	34"
171-180	-	-	-	-	-	32"	33"	33"	34"	34"
over 180	-	-	-	-	-	-	33"	33"	34"	34"

Age	Length
5-7	24"-28"
8-9	27"-29"
10	28"-30"
11-12	30"-31"
13-14	31"-32"
15-16	32"-33"

Use the charts below as a general guideline for determining **BAT WEIGHT**.

Little League (8-10 yrs)	
Player Height	Bat Weight
48-50"	16-17 oz.
51-54"	17-18 oz.
55-59"	18-19 oz.
60+"	19-20 oz.

Youth League (11-12 yrs)	
Player Weight	Bat Weight
70-80 lbs.	18-19 oz.
81-100 lbs.	19-20 oz.
101-120 lbs.	20-21 oz.
121-140 lbs.	21-22 oz.
141+ lbs.	22-23 oz.

High School & College	
Player Height	Bat Weight
66-68"	27-28 oz.
69-72"	28-29 oz.
73-76"	29-30 oz.
77+"	30-31 oz.

*** Baseball Bat Types ***

- **Tee-Ball Bats**

Tee-Ball bats are for ages approx 5 thru 7. They are generally used in tee-ball and coach pitch leagues. The bat barrel is 2 1/4 inch in diameter. Bat lengths range from 25 inch to 27 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 7* weight drop, lighter bats are around *minus 13*.

- **Little League Bats**

Little League bats are for ages approx 7 thru 12. They are used in leagues including Little League, Babe Ruth, Dixie Youth, PONY, and AABC. The bat barrel is 2 1/4 inch in diameter. Bat lengths range from 28 inch to 32 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 7* weight drop, lighter bats are around *minus 13*.

- **Senior League Bats**

Senior League bats are for ages approx 10 thru 13. They are used in certain travel and tournament leagues. The bat barrel is available in 2 5/8 inch (high school regulation), and 2 3/4 inch (*Big Barrel*). Bat lengths range from 28 inch to 32 inch. Bat weight is measured in *weight drop*, which varies between brands and models. Heavier bats are around *minus 5* weight drop, lighter bats are around *minus 11*.

- **High School / College Bats**

High School / College bats are for ages approx 13 and up. They are used in most High School and College leagues. The bat barrel is 2 5/8 inch in diameter. Bat lengths range from 30 inch to 34 inch. Bat weight is measured in *weight drop*, which must be *minus 3*. Most leagues require an approved *BESR* stamp on the bat (Bat Exit Speed Rating).

Baseball Glove Guide –

Sizing Chart		
Age	Position	Glove size
Under 8	Infield	9 inches
Under 8	Outfield	11 inches
9-13	Infield	9-10 inches
9-13	Outfield	11-12 inches
High School/Adult	Infield	10 1/2-11 1/2 inches
High School/Adult	Outfield	12-12 1/2 inches

Fit Tips

Softball (Adult):

- The larger sizes (13 to 14 inches) are manufactured for softball players.
- Outfielders typically wear gloves in the 12.5 to 13.5-in range because the large pocket makes for great catching.
 - Infielders looking for quick transfer often use a slightly smaller glove, between 12 and 13 inches.
 - Pitchers, like infielders, usually prefer the quick transfer of smaller, 12 to 13-in gloves
 - Middle infielders should look for a shallower pocket within the recommended size range.

Youth and Beginner:

Gloves that are too big allow "cheating," preventing beginners from developing and refining proper skills. Kids' gloves should not be bought to be grown into. The best way to learn the fundamentals of fielding and catching is by wearing a glove that fits well

Kids 12 and Under:

No larger than 12 inches. Kids 8 and older should try gloves in the 11s, while younger kids (especially if they are smaller) should consider gloves in 9 to 11 inch range.

Adolescent:

Choose the lower end of the adult size range for your position.