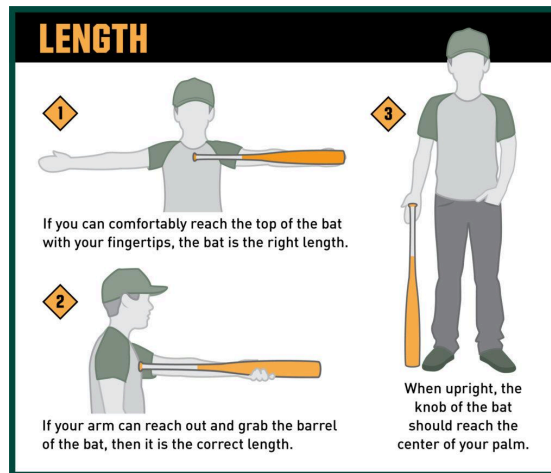




**FARMINGDALE BASEBALL LEAGUE, INC.**  
 66 Motor Avenue, Farmingdale, NY 11735  
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## Bat Buying Guide Suggestion- Length



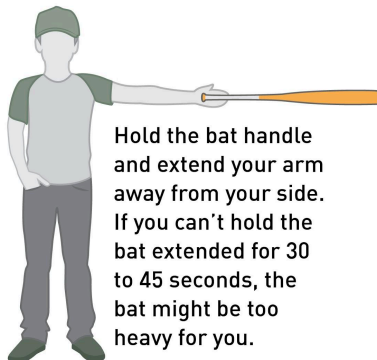
**Bat Length by Player Weight and Height**

Your weight (lbs)	Your height (inches)									
	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
	<b>Bat length</b>									
less than 60	26"	27"	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"	29"	30"	30"	31"	32"	33"	33"	
131-140		29"	30"	30"	31"	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"
180+							33"	33"	34"	34"

**Please Note:** Generally, bigger and stronger players prefer a heavier bat since they reap benefits from both the heft and swing power. Smaller and younger players should use a lighter bat to generate a quicker swing and provide better control.

# Bat Buying Guide Suggestion- Weight

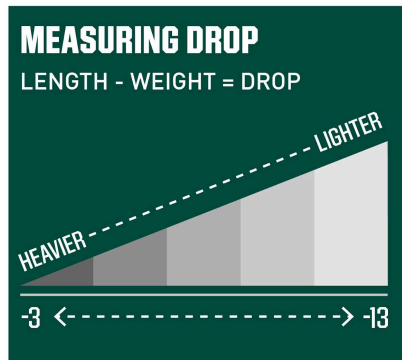
## WEIGHT



Hold the bat handle and extend your arm away from your side. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you.

### MEASURING DROP

LENGTH - WEIGHT = DROP



## BASEBALL BAT SIZE CHART

These charts are intended to be used as a starting point but are subject to player preference. Check with your local league for weight drop requirements prior to purchasing a bat.

Association	Age	Weight Drop
BBCOR	High School	-3
USA & USSSA*	13 - 14	-5
	12 - 13	-8
	10 - 12	-10
	10 & Under	-11+

\*According to USSSA rules, players 13U must swing -8 or heavier and 14U must swing -5

Most Popular Length By Age						
AGE	5 - 7	8 - 9	10	11 - 12	13 - 14	15 - 16
LENGTH	24" - 26"	26" - 28"	28" - 29"	30" - 31"	31" - 32"	32" - 33"



Barrel must be between 2 1/4" to 2 5/8"



Barrel must be 2 1/4"

FASTPITCH SOFTBALL										
	PLAYER HEIGHT (FT/IN)									
		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"+
PLAYER WEIGHT (LBS.)	UNDER 60	27"	28"	29"	29"	29"	29"	30"	31"	31"
	61-70	27"	28"	29"	30"	30"	30"	31"	31"	31"
	71-80	28"	28"	29"	30"	30"	31"	31"	31"	32"
	81-90	28"	29"	29"	30"	30"	31"	32"	32"	32"
	91-100	28"	29"	30"	30"	31"	31"	32"	32"	32"
	101-110	29"	29"	30"	30"	31"	31"	32"	32"	32"
	111-120	29"	29"	30"	30"	31"	31"	32"	32"	33"
	121-130	29"	29"	30"	30"	31"	32"	33"	33"	33"
	131-140	29"	30"	30"	31"	31"	32"	33"	33"	33"
	141-150	29"	30"	31"	31"	31"	32"	33"	33"	33"
	151-160	29"	30"	31"	31"	32"	32"	33"	33"	34"
	161-170	29"	30"	31"	31"	32"	32"	33"	33"	34"
	171-180	29"	30"	31"	31"	32"	33"	33"	33"	34"
181+	30"	31"	31"	32"	32"	33"	33"	34"	34"	

If you don't have access your player's height and weight, here are commonly used bat lengths by age:

RECOMMENDED BAT LENGTH BY AGE	
AGE	BAT LENGTH
5-7	24"-26"
8-9	26"-28"
10	28"-29"
11-12	30"-31"
13-14	31"-32"
15-16	32"-33"
17+	33"-34"





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## Glove Buying Guide Suggestion

	Position	Age	Glove Size (in)
Tee Ball	All Positions	5-6	10"- 10.5"
Youth Baseball	All Positions	7-8	11"
		9-10	11"- 12"
	Infield	10-12	10.75"-11.5"
	Outfield	10-12	11.5"- 12.5"
	Pitcher	9-10	11"- 12"
		11-12	11"- 12.5"



infield/outfield

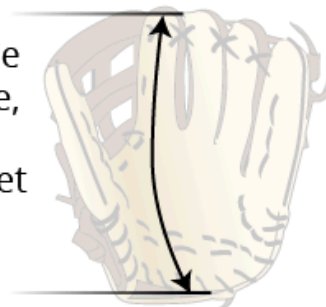
firstbase mitt



catcher's mitt

1) pick the glove for your position

2) with a flexible measuring tape, measure from the index pocket top to the heel bottom



3) compare your measurement with the recommended sizes

## FASTPITCH SOFTBALL GLOVE SIZE CHART

<b>POSITON</b>	<b>AGE</b>	<b>GLOVE SIZE</b>
INFIELD	8-11	11"-12"
	12+	11.5"-12"
OUTFIELD	8-11	11.5"-12"
	12+	12"-12"
PITCHER	8-11	11.5"-12"
	12+	12"-12.5"
UTILITY/ALL POSITONS	8-11	11.5"
	12+	12"