

Bat Safety




**Bats MUST meet USA
Baseball Standards.
Little League Approved
Bats will have a USA
Baseball Sticker on the
handle**



Bat Safety

LENGTH

1



If you can comfortably reach the top of the bat with your fingertips, the bat is the right length.

2



If your arm can reach out and grab the barrel of the bat, then it is the correct length.

3



When upright, the knob of the bat should reach the center of your palm.

Bat Safety

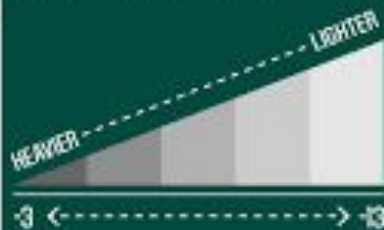
WEIGHT



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



Bat Safety

THE AGE METHOD	
AGE (years)	BAT LENGTH (inches)
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"

Glove Safety

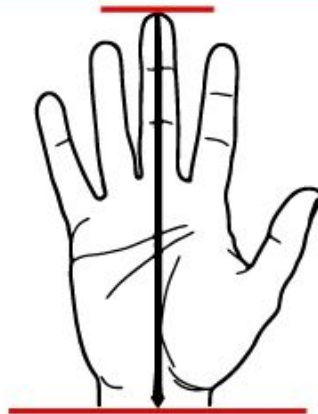
BASEBALL			
LEVEL	AGE	POSITION	GLOVE SIZE
T-Ball	3 to 6 years old	All Positions	8.5" - 10"
Youth	7 to 12 years old	1st Base	11.5" - 12"
Youth	7 to 12 years old	Infield	10.25" - 11.5"
Youth	7 to 12 years old	Outfield	11.5" - 12.25"
Adult	12+ years old	1st Base	12" - 13"
Adult	12+ years old	Infield	11.25" - 12"
Adult	12+ years old	Outfield	12" - 12.75"



STACK

Glove Safety

Batting Glove Sizing Chart



Measurement from
heel of palm to tip of
middle finger will
denote size needed

Glove	Inches
XXL	8.5 - 8.75"
XL	8 - 8.5"
LG	7.5 - 8"
MD	7 - 7.5"
YXL	6.75 - 7"
YM	6.5 - 6.75"

Adult small and youth XL are same size

clutch

Helmet Safety

