

Baseball Fielders Sizing Chart		
Age	Infield	Outfield
Under 8	9"	11"
9 to 13	9"-10"	11"-12"
H.S./Adult	10.5"-11.5"	12"-12.5"

High School/Adult Baseball Glove By Size, Then Position	
Size	Position
11"-11.25"	2nd Base, Shortstop
11.5"-11.75"	S.S., 3rd Base, Pitcher
12"-13"	Outfield

Fastpitch Fielding Glove Sizing Chart		
Age	Infield	Outfield
Under 8	9"-11"	10.5"-11.5"
9 to 13	10"-11"	11"-11.5"
H.S./Adult	11.5"-12.5"	12.5"-13"

Slowpitch Sizing Chart by Position	
Size	Position
12"-13"	Infield
12.5"-14"	Outfield

League	Recommended Glove-Size See chart below for how to measure	Ball	Bat Size Guidelines
Pre-Tee	10" Glove	Worth Orange TB100 4 oz. Ball	24" to 25" length Aluminum or Composite 2 1/4" barrel maximum
Tee Ball	11" - 12" Glove	Worth Orange TB100 4 oz. Ball	24" to 27" length, 2 1/4" barrel maximum Aluminum, Wood, or composite materials acceptable
8U Boys	12" or larger Closed web	USSSA League Approved 5 oz. Baseball 9 inches in circumference	26" to 32" length USSSA Approved 2 1/4" barrel maximum Aluminum, Wood, or composite
10U Boys	12" or larger Closed web	USSSA League Approved 5 oz. Baseball 9 inches in circumference	26" to 32" length USSSA Approved Aluminum, Wood, or composite
12U Boys	12 1/2" or larger Closed web	USSSA League Approved 5 oz. Baseball 9 inches in circumference	27" to 36" length USSSA Approved Aluminum, Wood, or composite
14U Boys	12 1/2" or larger Closed web	USSSA Standard 5 oz. Baseball 9 inches in circumference	USSSA Approved Bat length may not exceed 36"
Girls Minors	12" or larger Closed web	11" Standard Youth League Softball Optic Green	26" to 27" Baseball designation 28" to 32" Softball designation 2 1/4 barrel maximum
11U Girls	12 1/2" or larger Closed web	12" Standard Youth League Softball Optic Green	28" to 34" length USSSA Approved Softball designation required
14U Girls	12 1/2" or larger Closed web	12" Standard League Softball Optic Green	28" to 34" length USSSA Approved Softball designation required

Adult Baseball Catchers

Helmet Sizing	
Size	Hat Size
Small	6 1/8 - 7
Large	7 1/8 - 7 7/8

Youth Baseball Catchers

Helmet Sizing	
Size	Hat Size
Small	6 1/8 - 7 1/4

Knee Savers Sizing

Size	For heights:
Small	5'7" and under
Large	5'8" and up

Baseball Catchers Chest

Protector Sizing		
Size	For ages:	Length:
Adult	Age 16+	17"
Intermediate	Age 13-15	15"
Youth	Age 9-12	13"
Jr. Youth	Age 6-8	12"

Softball Catchers Chest

Protector Sizing		
Size	For ages:	Length:
Adult	Ages 15+	16"
Intermediate	Age 12-14	14"
Youth	Age 9-11	13"

Baseball Catchers Leg Guards

Sizing		
Size	For ages	Length:
Adult	Age 16+	16"
Intermediate	Age 13-15	14"
Youth	Age 9-12	12.75"
Jr. Youth	Age 6-8	11.5"

Softball Catchers Leg Guards

Sizing		
Size	For ages	Length:
Adult	Age 15+	16"
Intermediate	Age 12-14	14"
Youth	Age 9-11	12.75"

Baseball Batting & Catcher Helmets Sizing Chart**Rawlings Helmets**

Size	Hat Size	Circumference
X-Small	6 ³ / ₈ - 6 ¹ / ₂	20 - 20 ¹ / ₂ "
Small	6 ⁵ / ₈ - 6 ³ / ₄	20 ³ / ₄ - 21 ¹ / ₄ "
Medium	6 ⁷ / ₈ - 7	21 ¹ / ₂ - 22"
Large	7 ¹ / ₈ - 7 ¹ / ₄	22 ¹ / ₄ - 22 ³ / ₄ "
X-Large	7 ³ / ₈ - 7 ¹ / ₂	23 - 23 ¹ / ₂ "
XX-Large	7 ⁵ / ₈ - 7 ³ / ₄	23 ³ / ₄ - 24 ¹ / ₄ "

All-Star Adult Helmets

Hat Size	Circumference
-	-
6 ⁵ / ₈ - 6 ³ / ₄	20 ⁷ / ₈ - 21 ¹ / ₄ "
6 ⁷ / ₈ - 7 ¹ / ₈	21 ⁵ / ₈ - 22 ³ / ₈ "
7 ¹ / ₄ - 7 ³ / ₈	22 ³ / ₄ - 23 ¹ / ₈ "
7 ¹ / ₂ - 7 ⁵ / ₈	23 ¹ / ₂ - 23 ⁷ / ₈ "
-	-

All-Star Youth Helmets

Size	Hat Size	Circumference
X-Small	-	-
Small	5 ⁷ / ₈ - 6 ¹ / ₄	18 ⁵ / ₈ - 19 ³ / ₄ "
Medium	6 ³ / ₈ - 6 ⁷ / ₈	20 ¹ / ₈ - 21 ⁵ / ₈ "
Large	7 - 7 ³ / ₈	22 - 23 ¹ / ₈ "
X-Large	7 ¹ / ₂ - 7 ⁵ / ₈	23 ¹ / ₂ - 23 ⁷ / ₈ "
XX-Large	-	-

Wilson Helmets

Hat Size	Circumference
-	-
6 ⁷ / ₈ - 7	21 ¹ / ₂ - 22"
7 ¹ / ₈ - 7 ¹ / ₄	22 ¹ / ₄ - 22 ³ / ₄ "
7 ³ / ₈ - 7 ¹ / ₂	23 - 23 ¹ / ₂ "
7 ⁷ / ₈ - 7 ³ / ₄	23 ³ / ₄ - 24 ¹ / ₄ "
7 ⁷ / ₈ - 8	24 ⁵ / ₈ - 25"

Adams Helmets

Size	Hat Size	Circumference
X-Small	-	-
Small	6 ⁵ / ₈ - 6 ³ / ₄	20 ⁷ / ₈ - 21 ¹ / ₄ "
Medium	6 ⁷ / ₈ - 7	21 ¹ / ₂ - 22"
Large	7 ¹ / ₈ - 7 ¹ / ₄	22 ¹ / ₄ - 22 ³ / ₄ "
X-Large	7 - 7 ¹ / ₂	22 - 23 ¹ / ₂ "
XX-Large	7 ³ / ₈ - 7 ³ / ₄	23 - 24 ¹ / ₄ "

Suggested bat weight by age group

- Age 13-18** -3 (drop 3 or less)
- Age 11-12** -3 to -7 (drop 3 to drop 7)
- Age 9-10** -6 to -10 (drop 6 to drop 10)
- Age 7-8** -8 to -13 (drop 8 to drop 13)
- Age 6 under** -10 or more (drop 10 or more)

Little League (8-10 yrs)

Senior Youth League (11-12 yrs)

Player Height Bat Weight

Player Weight Bat Weight

- 48-50" 16-17 oz.
- 51-54" 17-18 oz.
- 55-59" 18-19 oz.
- 60+" 19-20 oz.

- 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.

Weight	Height									
	3'-3'4"	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 60 lbs	26"	27"	28"	29"	29"					
61 - 70 lbs	27"	27"	28"	29"	30"	30"				
71 - 80 lbs		28"	28"	29"	30"	30"	31"			
81 - 90 lbs		28"	29"	29"	30"	30"	31"	32"		
91 - 100 lbs		29"	29"	30"	30"	31"	31"	32"		
101 - 110 lbs		29"	29"	30"	30"	31"	31"	32"		
111 - 120 lbs		29"	29"	30"	30"	31"	31"	32"		
121 - 130 lbs		29"	30"	30"	30"	31"	32"	33"	33"	
131 - 140 lbs			30"	30"	30"	31"	32"	33"	33"	
141 - 150 lbs			30"	30"	31"	31"	32"	33"	33"	
151 - 160 lbs			30"	30"	31"	32"	32"	33"	33"	33"
161 - 170 lbs			30"	31"	31"	32"	32"	33"	33"	34"
171 - 180 lbs				31"	31"	32"	33"	33"	34"	34"
Over 180							33"	33"	34"	34"

Most Popular Length By Age

Age	5-7	8-9	10	11-12	13-14	15- UP
Length	24"-26"	26"-28"	28"-29"	29"-30"	31"-32"	32"-34"