

# BAT SIZING GUIDE

## BAT LENGTH

The following information is for suggestion only:

Fit length first, then weight. One ounce is about the same as 2 pennies taped to the end of the barrel. A lighter bat may allow you to use a longer bat. However, just like your driver is harder to hit than your 7 iron, a longer bat may be harder to hit than a shorter one depending on your age and your arm/wrist strength. When deciding between 2 or 3 bats find the correct length first, then let the weight be the deciding factor.

### Bat Length by Height/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
< 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"	30"	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"
161-180				31"	31"	32"	32"	33"	33"	34"
181-190						32"	33"	33"	34"	34"
190 +							33"	33"	34"	34"

### Bat 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"

After you've selected the proper size bat to use from the above table, there are some additional ways to determine bat length:

- 1) With your arm out to the side, put the knob of the bat in the center of your chest. If your fingers tips reach the end of the bat, you have the right size.
- 2) Put the bat to your side and as long as your palm reaches the handle, you have the right size. See picture to right.
- 3) Put the knob of the bat at the center of your chest with the bat facing outward. If you can reach your arm out and grab the barrel of the bat, you have the right size. See picture to right.



## BAT WEIGHT

When people mention the "drop" of the bat, they're referring to the difference between the length (in inches) and the weight (in ounces) of the bat. For instance, if the bat is a "drop 10" (often written as "-10"), the difference between the length and the weight of the bat is 10. Example: a 34 in. bat with a drop 10, weighs 24 oz.

Choosing a weight can be a matter of personal preference as the girls age, but a good starting point would be to have the girl hold the bat with one hand out to the side for 30 seconds. Also watch when they're up to bat. If they're dropping their bat and swinging up, they may need a lighter bat. If they're always swinging before the ball gets to the plate, they may need a heavier bat.