

Baseball Glove & Bat Selection Guide

Overview

Selecting the right baseball bat and glove can be a challenge given the variety of brands and models to choose from. When choosing equipment the right size of bat and glove must be taken into account along with the player's needs and physical characteristics.

Step 1

Consult the league rules regarding equipment regulations. The MYBSA has posted league guidelines on our website. Refer to the "Documents" tab for further detail.

Step 2

Choose a glove size that is related to what position you will be able to play on defense. Infielders, outfielders and pitchers require different sizes of gloves. Youth infielders generally use gloves from 9 to 11 inches. Youth outfielders use a glove that is about 11 inches.

Step 3

Find a bat that fits your body size. Start by finding a bat that is slightly shorter than your hip. Most youth players aged 8 to 9 will use a bat measuring 26 to 28 inches and weighing 16 to 20 oz. Lighter bats will provide more control with a quicker swing and heavy bats will provide power.

Step 4

Test the bat. Grab the knob--the bottom part of the bat on the handle--of the bat with your dominant hand and hold the bat perpendicular to your torso. Keep the bat steady for 20 seconds. If the bat begins to shake before 20 seconds, pick a lighter bat and repeat. Once you've found a bat that you can control for 20 seconds, practice swinging the bat.

Step 5

Try on the glove that matches your playing style and position. Move the glove around on your hand to test it for fit and control. The main objective of a properly fitted glove is total control while running and field

<u>Age</u>	<u>Glove Size</u>
5-6	General 10" to 10 1/2" (youth model)
7-8	General 10 1/2" to 11" (youth model)
9-12	General 11" to 11 1/2" (youth model)
HighSchool (Infield)	11" to 11 1/2 "
High School (Infield)	12" to 12 1/2 "

Bat Selection Guidelines

Age	Length	BATTER'S HEIGHT	3'-34"	35"-38"	39"-4'	41"-44"	45"-48"	49"-5'	51"-54"	55"-58"	59"-6'	61"-over
5-7	24"-28"	under 60lbs	26"	26"	28"	29"	29"	-	-	-	-	-
		61-70	27"	27"	28"	29"	30"	30"	-	-	-	-
		71-80	-	28"	28"	29"	30"	30"	31"	-	-	-
8-9	27"-29"	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"	-	-
10	28"-30"	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"	-
11-12	30"-31"	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"
13-14	31"-32"	171-180	-	-	-	-	-	32"	33"	33"	34"	34"
		181-190	-	-	-	-	-	32"	33"	33"	34"	34"
		191-200	-	-	-	-	-	32"	33"	33"	34"	34"
15-16	32"-33"	over 180	-	-	-	-	-	-	33"	33"	34"	34"