



BAT CHART*

Success at the plate often comes down to this: making consistent hard contact against live pitching. To do this, it's important to swing the right bat for you. That means a bat that's long enough to cover the strike zone, light enough to swing with ease, heavy enough to generate power. In order to find the ideal size for you, consider the following guidelines:

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	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 - 170				31"	31"	32"	32"	33"	33"	34"
171 - 180						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 - 16
LENGTH	24" - 26"	26" - 28"	28" - 29"	30" - 31"	31" - 32"	32" - 33"

LENGTH

Bat length is measured in inches from knob to end cap. A longer bat gives you greater reach, allowing you to hit balls on the outside part of the plate. However, longer bats also tend to have more mass towards the end of the bat that requires more power to swing them. We recommend swinging bats of different lengths to decide what option best suits your swing. The right combination of length and weight will help you reach your peak performance.

Player Development
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Baseball bats most commonly are found between 24-34 inches. Please check the size chart for examples of what length may be appropriate for you.

Many baseball players mistakenly believe a longer bat means more plate coverage, but this is not always true. Since a longer bat often means a heavier feeling bat, a bat that is too long for you can slow down your timing and prevent you from catching up to and hitting inside pitches. Even some Major League players swing bats as short as 32 inches. When choosing your bat length, you should keep plate coverage in mind. You should also consider your swing and stance relative to the plate.

WEIGHT**

Bat weight is measured in ounces (oz.). A bat's weight is often tied to its "weight drop" -- its length in inches versus its weight in ounces. For instance, a 32-inch, 22-ounce bat would be referred to as a -10 bat.

BAT LENGTH (IN.) – BAT WEIGHT (OZ.) = WEIGHT DROP

As a general rule of thumb, the higher the competition or league level (meaning, from youth league up to the pros) the lesser the weight drop. A lesser weight drop means the bat feels heavier. So a -5 bat will feel heavier than a -10 bat.

Selecting the right bat weight depends on three main factors: sport, league rules, and player preference.

- Players with less experience generally swing lighter bats in order to have better bat control. More experienced players generally swing a heavier bats to help maximize power. A way to tell if a bat is right for you is your swing speed. A bat that is too heavy is harder to swing, causing a loss in momentum, reduced distance or a miss altogether. If a bat is too light for a player, the player could miss out on the extra force they could generate from a heavier bat. A happy medium needs to be found. It is highly recommended you demo a bat against live pitching speeds in order to find the best weight for you.

Most common weight drops in various baseball leagues are -12, -10, -9, -8, -5, and -3. As you progress toward high school baseball, the weight drop lowers (the bats become heavier). When moving to a heavier bat, you may then decide to drop an inch in length to more easily handle the additional weight. This is a matter of personal preference and comfort at the plate as you advance in age, league and skill level.