



Bat Sizing Recommendations

The correct bat size is important for your daughter to have success at the plate. A bat that is too large or heavy will only cause your child to be frustrated. The following chart provides some guidelines.

Determine Your Bat Length

There are some standard rules of thumb in selecting the appropriate bat length. The charts below offer some guidelines based on age, weight and height:

Bat Length by Age							
Age	5-7	8-9	10	11-12	13-14	15-16	17+
Bat Length (in)	24-26	26-28	28-29	30-31	31-32	32-33	34

Use the age guideline as a starting point, but height and weight are usually better ways to determine your ideal bat length:

Determine Your Bat Length by Weight and Height										
	Your height (inches)									
Your weight (pounds)	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
	Bat length									
less than 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"	29"	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"
180+							33"	33"	34"	34"