

Baseball Bat Sizing Chart

<http://www.baseballexpress.com/custserv/content.jsp?cmsName=BatSizingChart>

Bat sizing charts:

Your Weight (Pounds)	Your Height (Inches)									
	36-40"	41-44"	45-48"	49-52"	53-56"	57-60"	61-64"	65-68"	69-72"	73"+
Under 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"	32"	32"	
131-140		29"	30"	30"	31"	31"	32"	32"	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"
181 & More							33"	33"	34"	34"

Most Popular Length By Age

Age:	5 to 7	8 to 9	10	11 to 12	13 to 14	15 to 16	17 & up
Length:	24-26"	26-28"	28-29"	30-31"	31-32"	32-33"	33-34"

Softball Bat Sizing:

To find the correct bat length for your softball-playing daughter, have her stand straight up with her arms to the side. Place a ruler to her side with the start of the ruler (the "0" mark) on the ground. Read the measurement at the end of her wrist, just where the hand meets the forearm. As a general rule, this measurement indicates the perfect bat length for her.

Another sizing method for Baseball and Softball

Another great means for determining bat size is what we'll call the wingspan method. Have your son or daughter stand up tall with their arms straight out (arms should be parallel to the ground as if they were trying to mimic an airplane). Measure from the very center of their chest out to the tip of their fingers. That measurement will give you the ideal bat length.

It's always best to try to size using a variety of methods to come up with their ideal. For youth which are still growing, we recommend that you go with the longest length obtained through the various sizing methods. We often use the break of the wrist method (described in the softball bat sizing above) along with this method and use the longer of the two.

TCKL Rules regarding bats:

BATS

1. The T-Ball and Instructional Leagues will follow National Little League and allow a 2 ¼ Max Barrel Dia. Bat must say, "Little League approved".
2. Boys **Major Leagues** will follow MESA rules and require a 2 5/8 Max. Barrel Dia. and up to a 3 oz. Weight ratio (i.e.: a 35 inch long bat cannot be less than 32 ounces). Length is limited to 36 inches. Bats 2 ¼ diameter or less will also be allowed and additionally do not have to adhere to the weight ratio. 3
3. Girls' softball will follow MHSAA rules and allow a 2 ¼ Max barrel Dia. and up to 34 inches in length. Bats must be stamped "ASA Approved" or meet ASA specifications.