



USA Equipment Recommendations & Guidelines

GLOVE

DON'T BUY A BASEBALL GLOVE! Softball players require gloves that are slightly longer in length and deeper in the pocket than baseball gloves to help field the bigger ball. Keep these things in mind when buying a softball glove:

- Youth gloves are smaller to help kids maintain control (avoid the urge to buy a bigger glove that she'll "grow into")
- Leather gloves are the preferred material
- Buy a glove that is comfortable on the hand applicable to the size of the girl

Division	Glove Size
6U	9 – 11 inches
8U	10 – 11 inches
10U	10 ½ – 12 inches
12U	11 ½ – 13 inches
14U	11 ½ – 13 inches

CLEATS

Baseball and/or softball shoes have one unique feature to look for that makes them different than soccer shoes: the toe cleat. Baseball shoes have a toe cleat at the very tip of the shoe that soccer shoes do not have. This helps players get better traction in quick starts where sudden movement occurs. SLGS requires all players to wear baseball/softball shoes with plastic cleats; however soccer shoes with plastic cleats may be worn. Metal cleats are not allowed by SLGS.

FACE MASK

Face masks are required for all 6U and 8U players at all fielding positions. For 10U and up, face masks are required for all infield positions and recommended, but not required for outfield positions.

SOFTBALL BAT

DON'T BUY A BASEBALL BAT! Any bat used must be an ASA certified softball bat (look for the marking on the barrel or check the [USA Softball Equipment](#) webpage for a list of approved and illegal bats). You will find as many different opinions about bat length/weight as you do varieties of bats. Here are some general guidelines for purchasing a softball bat:

- **Weight:** It's best not to purchase a bat which is too heavy for your player. Rather than growing into the bat the player will develop bad habits that will be difficult to correct later on, not to mention poor self esteem because **the overly heavy bat keeps the player from successfully hitting the ball**. As for weight one rule of thumb is for the player to hold the bat in one hand (which ever is the top hand on the bat) and extend it out fully holding this position for at least 8-10 seconds. If the player can't do this the bat is too heavy. If in doubt about two bats it is always better to error on the side of the lighter bat!

RECOMMENDED BAT WEIGHT BY PLAYER HEIGHT & LBS			
Division	Player Height (inches)	Player Weight (lbs)	Bat Weight (oz)
6U - 8U	48-50"	n/a	15-16 ½ oz
6U - 8U	51-54"	n/a	16-17 oz
6U - 8U	55-60"	n/a	16 ½ -17 ½ oz
8U -10U	n/a	60-80 lbs	16 ½ -17 ½ oz
10U	n/a	60-80 lbs	16 ½ -18 oz
10U - 12U	n/a	81-100 lbs	17 ½ - 19 oz
10U - 12U	n/a	101-120 lbs	18-20 oz
10U - 12U	n/a	121-140 lbs	20-22 oz
10U - 12U	n/a	141+ lbs	21-23 oz
14U	n/a	100 lbs	22 oz
14U	n/a	110 lbs	23 oz
14U	n/a	120 lbs	24 oz
14U	n/a	130 lbs	25 oz
14U	n/a	140 lbs	26 oz
14U	n/a	150 lbs	26 ½ oz

Indications that a bat may be too heavy for a player:

- 1 They are over-powered most of the time by good fastballs.
- 2 They swing and miss a lot.
- 3 When they do make contact, balls are hit weakly and to the opposite field more often than up the middle or to the player's pull side (LF for RH hitters; RF for LH hitters).

- **Length:** Generally speaking if the bat is the proper size the player should be able to stand in the batters box in the hitting position and with arms extended and be able to reach the outside edge of the plate. If the bat extends beyond this point it's too long, can't reach this point, it's too short.

HELMET

All helmets must have chin strap, face mask and be NOCSAE certified. Never use a helmet that is cracked, deformed or the interior padding has deteriorated.

Look for these certification stamps on bats and helmets

