

Guidelines to Determine Bat Length and Weight

Determining Bat Length by Age

Age	Bat Length	Barrel Size
5 - 7 years	24" - 26"	2 ¼"
8 - 9 years	26" - 28"	2 ¼"
10 years	28" - 29"	2 ¼"
11 - 12 years	30" - 31"	2 ¼" to 2 ⅝"
13 - 14 years	31" - 32"	2 ¼" to 2 ¾"
15 - 16 years	32" - 33"	2 ¾"
17+ years	34"	2 ¾"

BARREL

A fast-pitch bat typically has a barrel diameter of 2 ¾ inches. A standard softball bat's barrel diameter measures 2 ½ inches. The larger the bat's barrel, the bigger the sweet spot. A large sweet spot means that any ball that catches the spot will be hit with significant power or distance. However, large sweet spots create more bat weight. Players who desire a quicker swing should opt for a smaller barrel.

***USSSA Rule:** Diameter cannot be more than 2 ¼".

Determining Bat Length by Height and Weight

Height \ Weight	36" - 40"	41" - 45"	46" - 48"	49" - 52"	53" - 56"	57" - 60"	61" - 64"	65" - 68"	69" - 72"	73" +
	3'0" - 3'4"	3'5" - 3'9"	3'10" - 4'0"	4'1" - 4'4"	4'5" - 4'8"	4'9" - 5'0"	5'1" - 5'4"	5'5" - 5'8"	5'9" - 6'0"	6'1" +
60 lbs or less.	26"	27"	28"	29"	29"					
61 - 70 lbs.	27"	27"	28"	29"	30"	30"				
71 - 80 lbs.		28"	28"	29"	30"	30"	31"			
81 - 90 lbs.		28"	29"	29"	30"	30"	31"	32"		
91 - 100 lbs.		28"	29"	30"	30"	31"	31"	32"		
101 - 110 lbs.		29"	29"	30"	30"	31"	31"	32"		
111 - 120 lbs.		29"	29"	30"	30"	31"	31"	32"		
121 - 130 lbs.		29"	29"	30"	30"	31"	32"	33"	33"	
131 - 140 lbs.		29"	29"	30"	31"	31"	32"	33"	33"	
141 - 150 lbs.			29"	30"	31"	31"	32"	33"	33"	
151 - 160 lbs.			29"	30"	31"	31"	32"	33"	33"	33"
161 - 170 lbs.				31"	31"	32"	32"	33"	33"	34"
171 - 180 lbs.						32"	33"	33"	34"	34"
180 + lbs.							33"	33"	34"	34"

***USSSA Rule:** length cannot be more than 34 inches, including tape or grip additions to the bat.

Determining Weight of the Bat

Once the length is determined, the selection of the proper weight for the best softball bat is absolutely critical. Remember, the distance by which a player hits a softball is primarily due to bat speed, not the length or weight of the bat. If a bat is too heavy, the player will not be able to

generate the bat speed and drag it through the strike zone. If the bat is too light, the player will generally open up too soon and top the ball. However, if you have too error between too heavy or too light, tend to go lighter. Bat speed is that crucial.

There are a couple of ways to determine the best softball bat weight. Worth Sports developed the following charts to determine proper bat weight. For younger girls (up to age 10) it was determined that the player's height was the best determinate:

Girls (Ages 8-10) Bat Weight Chart

Player's Height		Bat Weight in Oz
48-50"	4'0" - 4'2"	16oz
50-52"	4'2" - 4'4"	16.5oz
52-54"	4'4" - 4'6"	17oz
54-56"	4'6" - 4'8"	17.5oz
56-58"	4'8" - 4'10"	18oz
58-60"	4'10" - 5'0"	18.5oz
60-62"	5'0" - 5'2"	19oz

For players over age 10, it was determined that the weight of the player was the best determinate:

Girls/Women (Over age 10) Bat Weight Chart

Player's Weight in lbs	Bat Weight in Oz
100 lbs	23 oz
110 lbs	24 oz
120 lbs	25 oz
130 lbs	26 oz
140 lbs	26.5 oz
150 lbs	27 oz
160 lbs	28 oz
170 lbs	28.5 oz
180 lbs	29 oz

USSSA Rule: Weight cannot be more than 31 ½ ounces, including tape or grip additions to the bat.

These tests serve as a guideline.

- Hold the softball bat for 30 seconds. To make sure the softball bat is the right length, the player should hold the bat straight out in front of her for 30 seconds (meaning arm straight and parallel to the ground). If you have trouble holding the bat for this length of time, the bat may be too heavy. If you are not struggling at all, the bat may be too light.
- Take a swing. The player should swing the bat to test it for comfort. The player may try to swing a bat an inch longer and another, an inch shorter, to see if either of those feel more comfortable.

Note: Make sure that the bat is USSSA approved.