



PASADENA GIRLS SOFTBALL ASSOCIATION

Personal Equipment Recommendations

Batting Helmets - Be sure that the helmet will accept a chinstrap and face guard. Some models are designed to accommodate ponytails. Blank helmets provide a clean "canvas" for colorful airbrush personalization and decoration. Since most helmets will last years, they need not match the uniform color. All helmets must be certified by NOCSAE.

Face Guards - If purchased separately, ensure that the mask will fit the helmet you selected. Unfortunately, you cannot use brand alone to determine compatibility. Ask for assistance and installation from sales personnel. Face guards are available in assorted colors. All face guards must be certified by NOCSAE.

Chinstraps - Chinstraps are generic, and made by many companies that sell helmets.

Softballs - Please note the Official Game Ball used by PGSA in each division:

- 6-Under Worth SR10RYSA 10-inch RIF Level 1
- 8-Under Worth SR10RYSA 10-inch RIF Level 1
- 10-Under Worth SR11RYSA 11-inch RIF Level 1
- 12-Under Worth C12RYLA 12-inch "Dream Seam"
- 14-Under Worth C12RYLA 12-inch "Dream Seam"

Many other brands of softballs are acceptable, but be sure to purchase the correct size softball for your daughter's age division. In the 8U and 10U divisions, it is important to choose a reduced injury factor ball such as the Worth balls listed above (RIF 1 not RIF 10). Similar products made by other manufacturers include Easton Incrediballs, Diamond FlexiBalls, and Champro Safe-T-Soft.

Fielder's Glove/Mitt - Required for all players. Many manufacturers offer "fastpitch softball" models specifically designed for the females. For the 12U and 16U divisions, choose a pattern size of at least 12.5" to accommodate the larger 12" ball. Even in the younger divisions, be sure that the softball for your daughter's age division can be held inside the glove. All too often, parents reject a glove as too large if their daughter is unable to open and close it easily. Most new gloves become more flexible with use. Several glove-softening oils and applications are available to speed up the break-in period.

Fielders' Face Masks - New for 2013: **ALL PITCHERS in divisions 8U through 18U are REQUIRED to wear face masks during the game.** Though not required for infielders, fielders' masks are highly recommended, especially in the older divisions.

Softball Bat - Not required. PGSA provides bats for use at games and practices. Be sure to purchase a bat stamped with the words "Official Softball." and is certified by ASA. T-Ball and baseball bats are not the same as softball bats, and are not allowed.

Prices range from \$15 all the way beyond \$200. Bat swing speed often improves when using a bat that is light in weight relative to its length. Look for bats that have a "drop", or length-weight differential of at least (-8), a 30-inch bat that weighs 22 ounces is an example of a (-8) "drop" or length-weight differential. Prices rise as the differential increases all the way to (-12)

Recommended Bat Lengths For Each Age Division:

- 6-Under <26 inches
- 8-Under 26-28 inches
- 10-Under 27-30 inches
- 12-Under 29-32 inches
- 14-Under 30-33 inches

Footwear/Cleats - Cleats are required at all levels. Without cleats, there is a substantial increase in the risk of injury because of poor footing on the field. Again, several brands and styles are offered. Some players also use soccer cleats. While they may be used, their cleat layout is different from the softball/baseball cleat in that it lacks a "toe cleat". The toe cleat serves to improve traction/acceleration out of the batter's box and improve "bite" when starting and stopping quickly on the base paths.

Catcher's Gear - PGSA furnishes a set of catcher's gear (helmet, mask, vest, & shin guards) to every team. A specialized, softball catcher's glove/mitt is not required, nor provided. Many specialized catcher accessories are available; please consult with your manager to determine which accessories your daughter may need.

Accessories - Items such as softball pants (for practice), sliders, sliding shorts, and kneepads are **HIGHLY RECOMMENDED** as girls in all divisions will be taught to slide properly early on, in hopes of having them master the skill by the time they reach 10U. Other accessories such as batting gloves, \YUX\Ubxg, sunglasses, etc. are not required, but may be recommended at the appropriate age division. Please consult with your team manger to determine which accessories your daughter may need.

Local Sporting Goods Stores -

- Big 5 Sporting Goods 3719 E. Colorado Boulevard, Pasadena (626) 795-3111
- Dick's Sporting Goods 3359 E. Foothill Boulevard, Pasadena (626) 351-1843
- Play-it-Again Sports 3640 E. Colorado Boulevard, Pasadena (626) 405-9988
- Sport Chalet Westfield Santa Anita Mall, Arcadia (626) 446-8955
920 Foothill Boulevard, La Canada (818) 790-9800