



Required Equipment

- 1) Baseball Mitt/Glove
- 2) **Baseball Bat: non wood bats shall be printed with a BPF (bat performance factor) of 1.15 or less.**
Dimensions: length not to exceed 33", diameter no larger than 2 1/4" (Rule 1.10)
- 3) Baseball shoes w/ rubber cleats. (Metal cleats not allowed)
- 4) Batting helmet- NOCSAE approved (look for marking on helmet)
Helmets must not be painted and may NOT have any decals/stickers except manufacturer.
Names are to be placed on INSIDE of helmet. (Rule 1.16)
- 5) Athletic supporter with cup (mandatory for boys, optional but highly recommended for girls)
- 6) Baseball pants and cap must be worn to practice.
- 7) All metal objects and JEWELRY (earrings, bracelets, chains, rings, pins, watches, etc.)
CANNOT be worn at practices and games. (Rule 1.11)
- 8) Water (or drinks like Gatorade) must be brought to EVERY practice and game.

Tips for choosing a bat:

- 1) It is best not to purchase a bat that is too heavy for your child. (He/she may develop bad habits that will be difficult to correct later).
- 2) Length- rule of thumb: should allow the batter to stand in the batters box in hitting position w/arms extended and bat should reach the outside edge of home plate. If it goes over, it's too long and if it doesn't reach the outer edge, it's too short.
- 3) Weight- rule of thumb: the player should be able to hold the bat in one hand and extend it out fully holding this position for at least 8-10 seconds. If the player is unable to hold it, it is too heavy. When deciding between 2 bats, it is best to err on the side of the lighter bat.

Guidelines to Selecting a Little League Bat:

Age	Bat Length	Bat Weight	Drop
5-6	Tee Ball Bat		
7-8	26-27 inches	13-17 ounces	-13 to -10
8-9	27-29 inches	14-19 ounces	-13 to -10
9-12	28-31 inches	16-21 ounces	-12 to -10
10-12	29-32 inches	17-22 ounces	-12 to -10

This chart is offered as an aid in helping you select the correct bat for your child. These are only guidelines and not meant to replace the "weight test" discussed above.