

DETERMINE THE BAT THAT FITS YOUR BODY

There are some standard rules of thumb in selecting the appropriate bat length. The most common error made when purchasing a bat is buying one too heavy for your child. Good hitting comes from Bat Speed. A heavy bat teaches poor mechanics and has a slower bat speed.

The charts below offer some guidelines based on age and weight and height.

Age

- Using your age as a guide, use the chart below to determine the bat length that fits your body.

Determine Your Bat Length by Age

Age Bat length	
5-7 years old	24"-26"
8-9 years old	26"-28"
10 years old	28"-29"
11-12 years old	30"-31"
13-14 years old	31"-32"
15-16 years old	32"-33"
17+ years old	34"

Height and weight

- Height and weight are usually better ways to determine what bat length may workbest for you
- Once again, use the height and weight chart to give you a general idea of the length of bat that fits your body

Determine Your Bat Length by Weight and Height

Your weight (pounds)	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
less than 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"	29"	30"	30"	31"	32"	33"	33"	
131-140		29"	30"	30"	31"	31"	32"	33"	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"
180+							33"	33"	34"	34"

Determining the right bat weight

- Most bats are also weighted in ounces
- Manufacturers have done a great job in balancing the bat's weight to its length
- Many bats have a weight-to-length ratio, often shown as -4, -6, etc.
- This basically means a 34-inch bat with a -6 ratio weighs 28 ounces
- Selecting weight really depends on two critical factors--your strength and your hitting style
- It also depends a lot on your personal preference in weight and length, so the following are simply guidelines to follow:
 - Bigger, stronger players generally prefer a heavier bat since they get the benefits of both the heft and swing power
 - Smaller players with less strength should consider a lighter bat to generate a quicker swing
 - Younger players, too, should consider that a lighter bat increases control--great for singles hitters, while also reducing the risk of injury

Understanding bat technology

Bat technology may seem a little confusing but it's not rocket-science. There are three essential elements to a bat: barrel size, bat taper and grip.

Barrel size

- This includes both the length of the barrel--top part of the bat--and its diameter
- The longer the barrel, generally, the larger the sweet spot for hitting the ball
- As for diameter, the standard is 2 1/2, inches but many players prefer a smaller barrel that lightens weight and provides more swing speed

Taper

- This is the diameter of the bat's handle
- Standard bats are tapered 31/32 of an inch but can be slightly larger or smaller depending on whether you want a lighter or heavier bat
- You may prefer the feel of a bigger bat taper, which can also reduce the sting when a ball isn't struck on the sweet spot
- Some players like a narrower taper for the lighter weight and to rotate their wrists faster when hitting.

Grip

- The grip is simply the covering that bat manufacturers use on the handle of aluminum bats
- Rubber grips absorb more of the shock
- Leather or synthetic leather gives a tackier feel for a surer grip
- Some bats come with a cushioned grip to decrease the shock even more [Bat specifications](#)
- Effective January 1, 2001, all High School baseball bats will be limited to a 2 5/8" maximum barrel diameter and a -3 oz weight to length ratio
- These are the same specifications that were recently adopted by the NCAA