BASEBALL BAT LENGTH GUIDELINES Based on Weight and Height										
Your Height (Inches)	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
Your Weight (Pounds)	Bat Length									
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"	33"	
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"

BASEBALL BAT LENGTH GUIDELINES Based on Age					
Age	Bat Length				
5 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+	32-34"				

BASEBALL GLOVE SIZE GUIDELINES							
Age	Position	Glove Size					
5-6	General	10 to 10½ Inch (Youth Model)					
7-8	General	10½ to 11 Inch (Youth Model)					
9-12	General	11 to 11½ Inch (Youth Model)					
High School/Adult	Infield	11 to 11½ Inch					
High School/Adult	Outfield	12 to 12½ Inch					
Adult (Softball)		9 to 14 Inch To accommodate the larger ball					