

Bat Sizing Guide

Age	Bat Length	or	Player Height	Bat Length
5-7	24" - 26"		5' - 5' 6"	32"
8-9	2"-28"		5'6" - 6'	33"
10-11	28"-30"		6' +	34"
11-12	30"-32"			
13-14	31"-32"			
15-16	32"-33"			
17+	34"			

Worth Sports conducted a study with the University of Arizona, in which they determined the best bat weights for hitters, based on their height. The table below summarizes their findings. Note: Add one ounce for fastpitch softball bats.

Bat Weight Guidelines:

A. High School & College Baseball		B. Youth League Baseball (11-12 yrs)		C. Youth League Baseball (8-10 yr. olds)	
Player Height (in.)	Best Bat Wt (oz.)	Player Weight (lbs.)	Best Bat Wt (oz.)	Player Height (in.)	Best Bat Wt (oz.)
>66	>27	>70	>18	>48	>16
>68	>27.5	>80	>19	>50	>16.5
>70	>28	>90	>19.5	>52	>17
>72	>29	>100	>20	>54	>17.5
>74	>30	>110	>20.5	>56	>18
>76	>30.5	>120	>21	>58	>18.5
>Formula: $\text{Height}/3 + 5$		>130	>21.5	>60	>19
		>140	>22	>Formula: $\text{Height}/4 + 4$	
		>150	>23		
		Formula: $\text{Weight}/18 + 14$			

D. FastPitch Softball (Women)		(Men and Women)	
Player Weight (lbs.)	Best Bat Weight (oz.)	Player Weight (lbs.)	Best Bat Weight (oz.)
100	23	100	22
110	24	120	23
120	25	140	24
130	26	160	25
140	26.5	180	26
150	27	200	27
160	28	220	28
170	28.5	230	29
180	29	240	30
Formula: $\text{Weight}/15 + 17$		260	31

280

32

Formula: Weight19 +17