

Bat Length & Weight Guidelines

There are some standard rules of thumb in selecting the appropriate bat length and weight. The charts below offer some guidelines on selecting the appropriate BAT LENGTH based on age and weight and height.

Determining 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"

Determine Your Bat Length by Weight and Height										
Your Weight (pounds)	Your Height (Inches)									
	36-40	41-44	45-48	49-52	53-56	57-60	61-64	65-68	69-72	73+
	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"		
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"

Use the chart below as a general guideline for determining BAT WEIGHT.

Little League (8-10 yrs)	
Player Height	Bat Weight
48"-50"	16-17 oz.
51"-54"	17-18 oz.
55"-59"	18-19 oz.
60+"	19-20 oz.

- Most bats are weighted in ounces.
- Manufacturers have done a great job in balancing the bat's weight to it's length.
- Many bat's have a weight to length ratio, often shown as -4, -6, etc.
- This means that a 34-inch bat with a -6 ratio weighs 28 ounces.
- Selecting weight depends on strength and hitting style.
- Bigger, stronger players usually 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 should also consider that a lighter bat increases control – great for singles hitters, while also reducing the risk of injury.