

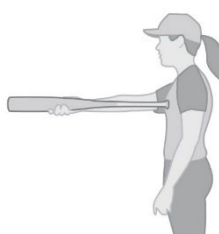
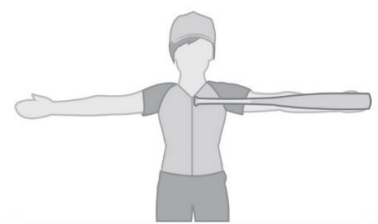
***Each team may require additional equipment based on Coaches preference***

## Equipment Required

- Ball glove
- Ball cleats (*no metal spikes except for U15A and above*)
- CSA or NOCSAE approved batting helmet with dual ear flaps, face mask, and chin strap
- Personal fielding mask (*required for pitching and infield*)
- Approved softball bat
- Athletic protector (*required for catcher position*)
- Water bottle
- Ball bag, batting gloves, ball jacket for rain (recommended but these are optional)

## Bat Size

Bat length: **(A)** Place the knob of the bat at the centre of a players' chest and extend the barrel out to the side along a players' arm to their fingertips. The player should be able to touch the end of the bat with their fingertips. **(B)** Place the knob of the bat in the centre of a players' chest and extend the barrel away from the body. The player should be able to reach out and grab the barrel of the bat. **(C)** Place the bat on the ground/floor, standing vertically against a standing players' leg. The bat should be around the mid-hip for length.



Bat weight: Speed in swinging is important and a bat that is too heavy will hinder a players' performance. Hold the bat with one hand and extend the arm out to the side, parallel to the ground/floor. Player should be able to hold the bat in this position for 30 seconds without dropping their arm.

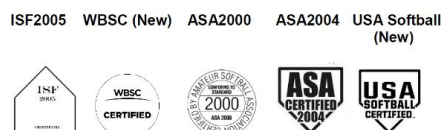
Bat Drop: The drop is the difference between the length of a bat and the weight of a bat. For example, a bat that is 28" long and 15 ounces in weight will be a drop -13. Girls U14 and younger should have -10 to -13 drop.

Determine Your Bat Length by Your Height and Weight.

Height	36" - 40"	41" - 45"	46" - 48"	49" - 52"	53" - 56"	57" - 60"	61" - 64"	65" - 68"	69" - 72"	73" +
Weight 60 lbs or less	26"	27"	28"	29"	29"					
61 - 70 lbs	27"	27"	28"	29"	30"	30"				
71 - 80 lbs		28"	28"	29"	30"	30"	31"			
81 - 90 lbs		28"	29"	29"	30"	30"	31"	32"		
91 - 100 lbs		28"	29"	30"	30"	31"	31"	32"		
101 - 110 lbs		29"	29"	30"	30"	31"	31"	32"		
111 - 120 lbs		29"	29"	30"	30"	31"	31"	32"		
121 - 130 lbs		29"	29"	30"	30"	31"	32"	33"	33"	
131 - 140 lbs		29"	29"	30"	31"	31"	32"	33"	33"	
141 - 150 lbs			29"	30"	31"	31"	32"	33"	33"	
151 - 160 lbs			29"	30"	31"	31"	32"	33"	33"	33"
161 - 170 lbs				31"	31"	31"	32"	33"	33"	34"
171 - 180 lbs						32"	33"	33"	34"	34"
180 + lbs							33"	33"	34"	34"

## FAST PITCH - MALE (UP TO U19) AND FEMALE (ALL LEVELS)

Acceptable Certification Stamps:



- Any bat that appears on the **WBSC Softball Approved Bat List** and has a current ISF certification stamp (2005 only) will be accepted for play at a Softball Canada event or.
- Any bat that appears on the **USA Softball Approved Bat List** and has an ASA 2000 or 2004 certification stamp will also be accepted for play at a Softball Canada event.
- The bat must meet the compression standards outlined by the certifying organization and may be tested to ensure they are in the proper range.
- The bat must still pass a visual inspection per the current Softball Canada rulebook.

## Glove Size

10-12" depending on players hand size. Using a glove to play catch is the best way to break it in.

## Batting Helmet Size

### Helmet Sizing Guide



#### HELMET FITTING INSTRUCTIONS

Use a soft tape measure to measure around the widest part of your head (right above the ears), keeping the tape level from front to back. Then use the table to determine applicable hat size.

Head Circumference	Hat Size
19-3/8 in.	6-1/8
19-1/2 in.	6-1/4
20-1/4 in.	6-3/8
20-3/4 in.	6-1/2
21 in.	6-5/8
21-1/4 in.	6-3/4
21-5/8 in.	6-7/8
22 in.	7
22-3/8 in.	7-1/8
22-3/4 in.	7-1/4
23-1/8 in.	7-3/8
23-1/2 in.	7-1/2
24 in.	7-5/8
24-3/8 in.	7-3/4
24-3/4 in.	7-7/8



## Fielder's Mask

Youth or Adult size available

