



RECOMMENDED BAT WEIGHTS BY AGE

BAT SELECTION

It is essential that each player selects a bat that fits their unique body configuration and skill level. The player must be able to cover the entire strike zone with the bat (length) but must be able to control the bat (weight) to produce an efficient swing. Generally speaking, the lighter the bat, the faster it can be swung and the shorter the bat, the easier it is to control. Many mechanical issues seen in children's swings are due to using a bat that is either too heavy or too long for that player.

Bat speed will dictate how far the ball is hit and how hard. Bat speed is the result of a player's power and technique. Therefore, it is important that a player can swing their bat through the strike zone at maximum speed to produce a hard hit.

The bat's weight (usually measured in ounces) is balanced to its length (usually measured in inches). Many bats have a weight-to-length ratio or drop weight, displayed as minus 4 (-4), minus 6 (-6), etc. This simply means a 33-inch bat with a -10 ratio or drop weight weighs 23 ounces. For girls in the U14 and younger age categories, bats are typically -11 to -13 and for U16 girls, bats are -10 to -11. Softball Canada's Senior Women's National Team players generally use a 33 inch / 23 ounce bat. Male players will generally swing a slightly longer and heavier bat than female players at the same age category because of their strength advantage.

Fast Pitch Softball Bat (2 ¼" Barrel) Sizing by Age Chart

The following chart is meant to be a general guideline to follow when sizing a player for a softball bat. Experiment within the range indicated to find the ideal length and weight for each player.

Age	Under 7	8-9	10-11	12-13	14 and Over
Length (inches)	24" - 26"	26" - 29"	28" - 31"	29" - 33"	31" - 34"
Drop Weight	(-13.5) - (-10)	(-13.5) - (-10)	(-13) - (-8)	(-12) - (-8)	(-10) - (-8)