

## Baseball Equipment for AAA at HPL

**Fielding Glove:** Each player should have his own fielding glove. The league will provide a catcher’s mitt for each team. Gloves are sized in half-inch increments from 9 to 13 inches. Generally, players in this league will be most comfortable with an 11 or 11½ inch glove. The glove should fit comfortably and be easy to open and close. Older gloves that are “broken-in” are most comfortable and easy to open and close. A new glove that is the least expensive can be very stiff and difficult to use while the more expensive ones are typically softer and easier to use and “break-in”. Prices for gloves typically range from about \$20 to \$200.

**Bat:** If you have a bat and you don’t mind it being shared, please bring it to all practices and games. Selecting the right bat is tricky business. Smaller younger players prefer smaller lighter bats while larger older players prefer larger heavier bats. In selecting the right bat, the idea is to pick one that will provide the maximum bat speed at the point of ball contact. In general this means that you want a long light bat. A bat is too heavy for you if you can’t hold it straight out, with a straight arm, parallel to the ground for 10 seconds. An 18-ounce bat might be only 25 inches long or it might be as long as 30 inches. The 30 inch bat would obviously be made of a much lighter, and much more expensive, alloy and so would cost considerably more. Youth bats (with a maximum 2.25” barrel) cost anywhere from \$20 to \$250. Unless you’re a real slugger, spending much more than \$50 wouldn’t provide a good return for the money. I actually found a good bat once on clearance sale for \$2.50! (That’s not a misprint.) But this time of year you won’t find many sales. Here’s a chart that will help you determine where to start. Remember, no “big barrel” bats.

WEIGHT	HEIGHT									
	3'-3'4"	3'5"-3'8"	3'9"-4'	4'-4'4"	4'5"-4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"-6'	6'1"-over
Under 60 Lbs	25"/26"	27"	28"	29"	29"					
61 - 70	27"	27"	28"	29"	30"	30"				
71 - 80		28"	28"	29"	30"	30"	31"			
91 - 100		28"	29"	29"	30"	30"	31"	32"		
101 - 110		28"	29"	30"	30"	31"	31"	32"		
111 - 120		29"	29"	30"	30"	31"	31"	32"		
121 - 130		29"	29"	30"	30"	31"	31"	32"		
131 - 140		29"	30"	30"	30"	31"	32"	33"	33"	
141 - 150		29"	30"	30"	31"	31"	32"	33"	33"	
151 - 160			30"	30"	31"	31"	32"	33"	33"	
161 - 170			30"	31"	31"	32"	32"	33"	33"	33"
171 - 180				31"	31"	32"	32"	33"	33"	34"
over 180						32"	33"	33"	34"	34"

MOST POPULAR LENGTH BY AGE						
AGE	5-7	8-9	10	11-12	13-14	15-16
LENGTH	24"-26"	26"-28"	28"-29"	30"-31"	31"-32"	32"-33"

**Batting Glove(s):** Many players prefer to wear them, even under their fielding glove. They can be found almost anywhere for about \$10 to \$30. Just make sure that they fit well and are comfortable.

**Batting Helmet:** We have some helmets for team use but most players like to bring their own. A player bringing his own helmet should be aware that it will likely be used by some of his teammates. Helmets can be found almost anywhere for about \$20. It must be NOCSAE approved and should fit well and be comfortable. This is usually not the one-size-fits-all kind. **There can be NO modification of the helmet and that includes painting and decals.**

**Cleats:** Cleats are not required but all players wear them because they provide traction necessary for aggressive play. They range in price from about \$15 to \$65. They should be *baseball* cleats and *must* fit well and be comfortable or else they will certainly be a hindrance rather than a help. **Metal cleats are NOT allowed in Little League.**