

## Determine What Bat Fits Your Body

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

### Age

Using your age as a guide, use the chart below to determine the bat length that fits your body.

**Determine 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"

### Height and weight

- Height and weight are usually better ways to determine what bat length may work best for you
- Once again, use the height and weight chart to give you a general idea of the length of bat that fits your body

**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+
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"

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### Determining the Right Bat Weight

- Most bats are weighted in ounces
- Manufacturers have done a great job in balancing the bat's weight to its length
- Many bats have a weight-to-length ratio, often shown as -4, -6, etc.
- This basically means a 34-inch bat with a -6 ratio weighs 28 ounces
- Selecting weight really depends on two critical factors--your strength and your hitting style
- It also depends a lot on your personal preference in weight and length, so the following are simply guidelines to follow:
  - Bigger, stronger players 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, too, should consider that a lighter bat increases control, great for singles hitters, while also reducing the risk of injury