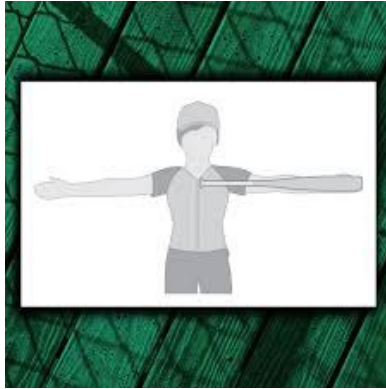


DETERMINING YOUR IDEAL BAT LENGTH

1. Place the bottom of the bat in the center of your chest, pointing it to the side, parallel to your outstretched arm. If you can comfortably reach the top of the bat with your fingertips, the bat is the right length.



2. Position the bottom of the bat in the center of your chest, facing outward. If your arm can reach out and grab the barrel of the bat, then it is the correct length



3. Stand the bat up against the side of your leg. If the end of the bat reaches the center of your palm when you reach down, it's the appropriate length.



To determine if a bat is too heavy, try this. Hold the bat handle and extend your arm away from your side. If you can't hold the bat extended for 30-45 seconds, the bat might be too heavy for you.

****GUIDELINES only****

AGE	4-6	7-11	12-14	15 & Above
DROP	-11,-12,-13	-10,-11,-12	-10,-11	-8,-9,-10

For fastpitch players, determining the right length of bat is critical to achieving proper swing mechanics and results at the plate. Too long, and you can risk compromising bat speed or accuracy. Too short, and you can limit your plate coverage, giving up a portion of your strike zone.