

MMGS Equipment Guide

Please make sure your player has the following gear ready to go on the first day of practice, if possible. If you are having trouble finding an item and/or need help with sizing, please talk to a coach and we will help you.

Please note that for the safety of all our players, MMGS requires that all players wear athletic/softball pants and cleats (or closed-toed athletic shoes) to all practices. Softball pants and cleats are required for games.

Players must also have their facemask or helmet on at all times while on the field. If a coach determines that your player's attire does not meet MMGS safety standards, your player will not be allowed to practice or play until they have the appropriate attire and safety gear.

Gloves

A helpful guide to buying, breaking in, and taking care of the right glove can be found here:

<https://www.dickssportinggoods.com/rc/softball-glove-buying-guide>

As noted in the guide, you should follow the following guidelines for sizing.

If your player is new to softball and/or doesn't have a specialized position, we recommend using the "UTILITY/ALL POSITIONS" sizing.

FASTPITCH SOFTBALL GLOVE SIZE CHART

POSITION	AGE	GLOVE SIZE
INFIELD	8-11	11"-12"
	12+	11.5"-12"
OUTFIELD	8-11	11.5"-12"
	12+	12"-12"
PITCHER	8-11	11.5"-12"
	12+	12"-12.5"
UTILITY/ALL POSITIONS	8-11	11.5"
	12+	12"

Facemasks

While most plastic facemasks technically meet all the necessary safety requirements, we strongly recommend purchasing a metal facemask. The metal facemasks have a better field of vision, while the thick plastic of the plastic facemasks can be obstructing.

NOTE: The fielding mask is not the same as the helmet faceguard; see next section.

Helmets

A helpful guide for buying helmets can be found here:

<https://www.dickssportinggoods.com/rc/softball-helmet-buying-guide>

As noted in the guide, you should follow the following guidelines for sizing:

SIZE	AGE GUIDELINE	HEAD CIRCUMFERENCE	HAT SIZE
S/M	YOUTH	18 3/4" - 21 5/8" or 49cm - 56cm	6" - 6 7/8"
M/L	ADULT	22" - 24 3/4" or 57cm - 64cm	7" - 7 7/8"

Your player's batting helmet must have a faceguard and a chin strap to ensure it stays secure when running. If the helmet does not fit snugly on your player's head, additional padding should be added to keep the helmet from moving around while your player is batting or running the bases.

Cleats

A helpful guide for buying cleats can be found here:

<https://www.dickssportinggoods.com/rc/baseball-softball-cleats-buying-guide>

MMGS does not allow STEEL or METAL cleats. Molded rubber sole cleats are required.

Your player's cleats should fit snugly. Keep in mind when trying on cleats for size that your player will be wearing softball socks, which tend to be thicker than regular socks.

Equipment Bags

Equipment bags are not required but are strongly encouraged. Your player's equipment bag should be able to hold a helmet, glove, bat, and facemask and ideally be able to hang on the fence.

Below is a link that will take you to an Amazon page for softball bags that have spots designated for your player's bat and cleats.

These bags can also be found at popular retailers like Dick's Sporting Goods, Big 5, Target, and Walmart.

https://www.amazon.com/s?k=softball+bags&crd=1PWNHCJBCGZC&srefix=softball+bags%2Caps%2C160&ref=nb_sb_noss_1

Softballs

Your player is not required to bring softballs to practice or games, but if you are interested in purchasing softballs to practice with your player at home, here are the ball sizes according to division:

DIVISION	BALL SIZE
Tball/8U	10 inch
10U	11 inch
12U/14U	12 inch

Bats

Bats are the most common incorrectly sized piece of equipment we see among our players because there are multiple factors to consider including weight, length, material, load, and drop weight.




A helpful guide for buying a bat can be found here:

<https://www.dickssportinggoods.com/rc/softball-bat-buying-guide>

If you have any trouble with this guide or any of the bat features mentioned, please let a coach know and we can help you. The store reps at Dick's Sporting Goods are also able to help make sure your player gets the appropriately sized bat.

Sizing will largely depend on your player's size and weight. As noted in the guide, the following guidelines can help determine the correct bat size for your player. There are three different methods you can use, depending on what information you have available:

Method 1:

		
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

Method 2:

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

Method 3:

FASTPITCH SOFTBALL										
	PLAYER HEIGHT (FT/IN)									
		3'5"- 3'8"	3'9"- 4'	4'1"- 4'4"	4'5"- 4'8"	4'9"- 5'	5'1"- 5'4"	5'5"- 5'8"	5'9"- 6'	6'1"+
PLAYER WEIGHT (LBS.)	UNDER 60	27"	28"	29"	29"	29"	29"	30"	31"	31"
	61-70	27"	28"	29"	30"	30"	30"	31"	31"	31"
	71-80	28"	28"	29"	30"	30"	31"	31"	31"	32"
	81-90	28"	29"	29"	30"	30"	31"	32"	32"	32"
	91-100	28"	29"	30"	30"	31"	31"	32"	32"	32"
	101-110	29"	29"	30"	30"	31"	31"	32"	32"	32"
	111-120	29"	29"	30"	30"	31"	31"	32"	32"	33"
	121-130	29"	29"	30"	30"	31"	32"	33"	33"	33"
	131-140	29"	30"	30"	31"	31"	32"	33"	33"	33"
	141-150	29"	30"	31"	31"	31"	32"	33"	33"	33"
	151-160	29"	30"	31"	31"	32"	32"	33"	33"	34"
	161-170	29"	30"	31"	31"	32"	32"	33"	33"	34"
	171-180	29"	30"	31"	31"	32"	33"	33"	33"	34"
181+	30"	31"	31"	32"	32"	33"	33"	34"	34"	

As a USA Softball sanctioned league, all bats used by MMGS players must be USA Softball Certified. To confirm that your bat is USA Softball certified, look for one of the following stamps:



If you are purchasing an older used bat, the stamp might also say ASA Softball. This was the name of our governing softball organization before it was changed to USA Softball. ASA Softball stamped bats are also acceptable for use with MMGS.

Important Equipment Note

We strongly recommend that you put your player's name on all of their gear and equipment. Many girls end up with identical equipment, and labeling will ensure that everyone goes home with the right gear.