

What is the right size baseball bat for your child?

So many parents are confused by this question and end up buying the wrong size bat.

I'm sure you've seen it. The most common example is a small youth player around 10 years old dragging around a 34-inch bat. ***"It's not too big for me!"*** he exclaims, moments after flailing late at another third strike.

It is even more frustrating for the parent. They'll go out and lay down \$100 or more (sometimes several hundreds of dollars) for their child's birthday, but they end up getting a bat that doesn't fit their body.

Kids often want a bat bigger than they need; and parents are quick to think that their kid is big and strong enough to take on a bigger bat. But the truth is that moving to a bigger size too early can be more detrimental than using a smaller bat.

The bottom line is that we want these kids to easily handle the bat. Bat speed is incredibly important. While additional length and weight can add distance, that benefit won't help if the player isn't making solid and consistent contact.

Have you heard the saying "it's not the arrow, it's the Indian"? While hitting mechanics are essential, having the right bat does make a difference.

Here are a few rules of thumb to consider when shopping for the right size baseball bat for your child — including length, weight and drop...

**[This information was collected from several websites, including [CheapBats.com](https://www.cheapbats.com). and <https://www.justbats.com/> ]**

There are many different brands of bats available at different price points and designs. Some of the most popular are Easton, DeMarini, Louisville Slugger, and Rawlings. Find the bat that fits your budget and follows the basic rules that follow.

## Bat Length

Have your child grab a bat and hold it with the barrel on the ground. The handle should reach right about to his hip (but not to his waist).



In the example above, the player is about 56 inches tall and close to 70 pounds. He is graduating from a 29 to 30-inch bat. See the chart on the next page.

Player Weight (lbs)	Player Height (Inches)									
	36-40"	41-44"	45-48"	49-52"	53-56"	57-60"	61-64"	65-68"	69-72"	73"+
< 60	26"	27"	28"	29"	29"	29"	29"	30"	31"	31"
61-70	27"	27"	28"	29"	30"	30"	30"	31"	31"	31"
71-80	27"	28"	28"	29"	30"	30"	31"	31"	31"	32"
81-90	27"	28"	29"	29"	30"	30"	31"	32"	32"	32"
91-100	27"	28"	29"	30"	30"	31"	31"	32"	32"	32"
101-110	28"	29"	29"	30"	30"	31"	31"	32"	32"	32"
111-120	28"	29"	29"	30"	30"	31"	31"	32"	32"	33"
121-130	28"	29"	30"	30"	30"	31"	32"	33"	33"	33"
131-140	28"	29"	30"	30"	31"	31"	32"	33"	33"	33"
141-150	29"	29"	30"	30"	31"	31"	32"	33"	33"	33"
151-160	29"	29"	30"	31"	31"	32"	32"	33"	33"	33"
161-170	29"	29"	30"	31"	31"	32"	32"	33"	33"	34"
171-180	29"	29"	30"	31"	31"	32"	33"	33"	34"	34"
181+	30"	30"	31"	31"	32"	32"	33"	33"	34"	34"

This is just a rule of thumb, of course. A player may be stronger than the typical kid that is his height and weight (let's not exaggerate just how strong they are though!). On the flip side, know when your child may need a lighter bat than may be typical.

## Bat Weight

Of course, the length of the bat is only one half of the equation. You might find the right size bat for your child, but it may be too heavy for him.

The ideal bat weight is a bit trickier, and we should approach it differently depending upon the age of your child.

Here is a chart for a general rule of thumb (based on age and either player height or weight) ...

8-10 Years Old		11-12 Years Old		High School and College	
Player Height	Bat Weight	Player Weight	Bat Weight	Player Height	Bat Weight
48"	16.0 oz	70 lbs	18.0 oz	66"	27.0 oz
50"	16.5 oz	80 lbs	19.0 oz	68"	27.5 oz
52"	17.0 oz	90 lbs	19.5 oz	70"	28.0 oz
54"	17.5 oz	100 lbs	20.0 oz	72"	29.0 oz
56"	18.0 oz	110 lbs	20.5 oz	74"	30.0 oz
58"	18.5 oz	120 lbs	21.0 oz	76"	30.5 oz
60"	19.0 oz	130 lbs	21.5 oz		
		140 lbs	22.0 oz		

## Drop

Just to make the ideal weight of the bat a bit more complicated, you should also consider the “drop” weight — or the difference between the length (in inches) and weight (in ounces).

For example, a bat that is 30 inches long and weighs 20 ounces would be considered a “drop 10” (otherwise expressed as -10).

Younger and smaller players will have a much higher drop — a greater difference between the length in inches and weight in ounces. These players are typically not as strong, so the focus is on a lighter bat for greater bat speed.

As a child ages, though, they get bigger and stronger. While bats typically won’t be longer than 34 inches, the weight will begin to catch up to the length.

Here’s a chart that provides a basic rule of thumb for 2 5/8” barrel bats (found in most travel ball tournaments) ...

2 5/8" Barrel Bat Length and Drop by Player Age					
AGE	5-7	8-9	10-11	12-13	14+
LENGTH	24-26"	26-29"	28-30"	29-32"	31-34"
DROP	10-12	10-12	8-10	5-9	3

Little League uses 2 1/4" barrel bats with different drop restrictions...

2 1/4" Barrel Bat Length and Drop by Player Age (Little League)				
AGE	5-7	8-9	10-11	12-13
LENGTH	24-26"	26-29"	29-30"	29-32"
DROP	12-13.5	10-13.5	10-13	9-10

Know the Rules!

Understand that your league or tournament may have restrictions on the allowed drop. RMJBL, TCS, and CABA are as follows:

**13u and Younger:** All bats -5 or greater must be stamped BPF 1.15 USSSA or USA Baseball. Must be a baseball bat – no restriction on weight or length if bat has “BPF 1.15” stamp. All -3 bats must be stamped BBCOR. Wood bats allowed.

**14u:** -3 weight/length ratio only. All bats must be stamped BBCOR. Wood bats allowed. Please check the tournament rules section of this event as some markets have rule variations for bats in the 14u division.

**15u and Older:** -3 weight/length ratio only. All bats must be stamped BBCOR. Wood bats allowed.

Bats to avoid that are illegal for tournament play.

Tournaments directors have banned the following bats, so avoid investing in these exact models:

Marucci	Cat5 MCB2 33/30 BBCOR	
Nike	BT0636 CX2	light grey
DeMarini	2017 CF Zen Balanced (-8) 29"/21 oz	WTDXCBR 2129-17
DeMarini	2017 CF Zen Balanced (-8) 30"/22 oz	WTDXCBR 2230-17
DeMarini	2017 CF Zen Balanced (-8) 31"/23 oz	WTDXCBR 2331-17
DeMarini	2017 CF Zen Balanced (-8) 32"/24 oz	WTDXCBR 2432-17
DeMarini	2017 CF Zen SL 2 3/4" (-10) 28" /18 oz	WTDXCBZ 1828-17
DeMarini	2017 CF Zen SL 2 3/4" (-10) 29" /19 oz	WTDXCBZ 1929-17
DeMarini	2017 CF Zen SL 2 3/4" (-10) 30"/20 oz	WTDXCBZ 2030-17
DeMarini	2017 CF Zen SL 2 3/4" (-10) 31"/21 oz	WTDXCBZ 2131-17
DeMarini	2017 CF Zen SL 2 3/4" (-10) 32"/22 oz	WTDXCBZ 2232-17
DeMarini	2017 CF Zen Zero Dark 2 3/4" (-10) 29"/19 oz	WTDXCBZ 1929-17F1
DeMarini	2017 CF Zen Zero Dark 2 3/4" (-10) 30"/20 oz	WTDXCBZ 2030-17F1
DeMarini	Custom 2017 CF Zen 2 3/4" (-10)	WTDCCBZ17V
DeMarini	Custom 2017 CF Zen Balanced (-8)	WTDCCBR17V
Dirty South	Kamo BB KA 8 (30/22, 31/21, 32/22, 31/23, 32/24 only)	
Easton	Ghost X (30/20 only) – (USA BASEBALL MARKED)	

Lastly, have your player treat their equipment with pride. Bats are an important piece of the game and should be respected.