



## Required and Recommended Equipment

### Glove

Synthetic (man-made material) gloves work best for younger players as they are easier to open and close. As the player moves up in age, one may consider buying a more expensive leather glove (ex. Wilson A950) that may last for several seasons. (Recommend player fit the glove to her hand to ensure comfort.)

## Fastpitch Fielding Glove Sizing Chart

Age	Infield	Outfield
Under 8	10"-11"	10"-11"
9 to 13	11"-12"	11.5"-12.5
Highschool	11.5"-12.5"	12.5"-13"

### Helmet

All batters must wear a functional softball helmet with a facemask. (Must be NOCSAE certified. Stamp is usually on the back of helmet). Chin strap is highly recommended, especially if helmet is slightly loose.

### Facemask

All pitchers must wear a protective facemask when pitching. It is highly recommended that all infielders do as well.

### Cleats

Softball cleats with rubber or hard plastic spikes are recommended. (Soccer cleats may be used, but they lack the added protection and support offered by the mid top softball cleats.) Girls playing 14U are allowed to play with metal spikes.

### Balls

Practice balls tend to be softer & slightly lighter (for safety). Despite being harder and a bit more expensive, it is recommended to practice with the same ball you will use in the game. Balls last longer & give players the benefit of a more consistent feel, resulting in better throws.

[6U/8U- Rawlings Rif 1•Soft-Dot \(10 inch\)](#)

[10U- Rawlings Rif 10 \(11 inch\)](#)

[12U/14U Rawlings Dream Seam \(12 inch\)](#)

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-Please reach out to your player agent, coach, and or board members if you have any questions about player equipment.-



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### **Bat**

Please make sure you purchase a softball bat and not a baseball bat. Teeball bats are also not allowed.

Age	Size/Material	Test (Rule of thumb)
Under 6U	Bat measures up to players hip (24-28inches) (aluminum)	Player holds bat in one hand & holds out to one side (shoulder height) & see if they can hold it up without allowing the bat to fall.
8U	26-29 inches (aluminum)	Use test from above
10U	28-31 inches (*composite)	<u>Length and weight of bat matter:</u> (Have child swing bat) -13oz (girls who require a lighter bat) -12 oz average weight/ -11oz slightly heavier -10 oz, (girls who are stronger and can easily bring bat around)
12U	30-33 inches	

\*May consider purchasing a composite barrel bat as the ball starts to get a little harder and these bats help create a trampoline effect as the ball makes contact with the bat.

\*Stronger girls don't necessarily need the added support of the composite at this age, but extra power never hurt anybody besides the opposition.

**Look for these stamps on bat. These bats are allowed.**

[\(Click for list of non-approved bats\)](#)



### **Batting Gloves and Elbow Guards**

Recommended, but not required. (Playing in comfort and with added protection may translate to more confidence and better performance.)

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