

IFPLL BASEBALL EQUIPMENT GUIDE

All players are required to supply some equipment each season. Here is a breakdown:

UNIFORMS

- **SHIRTS, HATS:** Provided by the league, with the players able to keep both.
- **PANTS:** Players must provide their own pants. Color varies per age groups:
 - **T-Ball and Instructional:** Black or grey pants (athletic or baseball-specific style)
 - **7U and above:** Grey baseball pants
- **BELTS, SOCKS, STIRRUPS:** Not provided and optional.

GEAR

Players must provide their own baseball gloves, helmets, bats and water bottles. Please be sure to label all personal gear. Baseballs are provided to each team for games and practices.

- **GLOVES:** Players may use any size/brand glove.
 - See glove size chart or visit [HERE](#).
- **BATS:** Players must supply their own bats. Bats **MUST** contain USA Baseball approval stamp - see photo at right for example.
 - See bat size chart on back or visit [HERE](#).
- **SHOES:** Baseball spikes are recommended, but not required. (METAL SPIKES ARE NOT PERMITTED)
- **CHEST PROTECTION/HEARTGUARD:** All players must wear a shirt with chest protection under their uniform or a heartguard over their uniform when playing in the field.
- **HELMETS:** Players must supply their own helmets (any brand).
 - For ages 5-10, all batting helmets are **REQUIRED** to have a facemask or faceguard. No player will be allowed to bat wearing a batting helmet without a facemask or faceguard.
 - Starting at age 11, a facemask/faceguard is **STRONGLY RECOMMENDED**, but **NOT** required.
 - See illustration below:



USA BASEBALL bat stamp

APPROVED

NOT APPROVED FOR AGES 5-10



FACEMASK



FACEGUARD



NO MASK, GUARD



BAT SIZING CHART

Weight (lbs)	Height (feet & inches)									
	3' to 3'4"	3'5" to 3'8"	3'9" to 4'	4'1" to 4'4"	4'5" to 4'8"	4'9" to 5'	5'1" to 5'4"	5'5" to 5'8"	5'9" to 6'	Over 6'1"
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"

Most Popular Length by Age						
Age	5-7	8-9	10	11-12	13-14	15-16
Length	24"-26"	26"-28"	28"-29"	30"-31"	31"-32"	32"-33"

LENGTH



If you can comfortably reach the top of the bat with your fingertips, the bat is the right length.

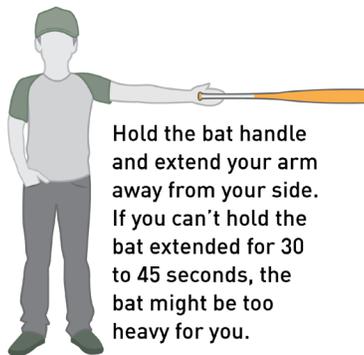


If your arm can reach out and grab the barrel of the bat, then it is the correct length.



When upright, the knob of the bat should reach the center of your palm.

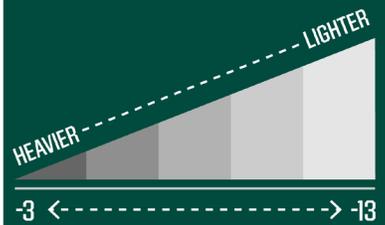
WEIGHT



Hold the bat handle and extend your arm away from your side. If you can't hold the bat extended for 30 to 45 seconds, the bat might be too heavy for you.

MEASURING DROP

$$\text{LENGTH} - \text{WEIGHT} = \text{DROP}$$



GLOVE SIZING CHART

BASEBALL GLOVE SIZING CHART BY POSITION

AGE	CATCHER	FIRST BASE	SECOND BASE / SHORT STOP	THIRD BASE	PITCHER	OUTFIELD
UNDER 7	29.5 - 30"	11.5"	8-10.5"	8-10.5"	8-10.5"	9-10.5"
8 - 10	30-31"	11.5-12"	10.5-11.25"	10.5-11.5"	10.5-11.5"	10-12"
11 - 13	30-32.5"	11.5-12"	11-11.5"	11-11.75"	11.5-12"	11.75-12.75"
OVER 14	32-34.5"	12-13"	11.25-11.5"	11.5-12"	11.5-12"	12-13"



infield/outfield



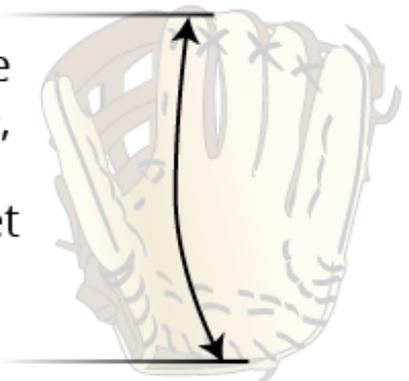
firstbase mitt



catcher's mitt

1) pick the glove for your position

2) with a flexible measuring tape, measure from the index pocket top to the heel bottom



3) compare your measurement with the recommended sizes

