



# Bat Sizing Chart

This chart is to assist coaches/players/parents in choosing a personal bat (to use or buy). The core technical aspects of today's bats will not be discussed here. We'll leave that research up to the individual. On this page is a sizing chart to guide you as to what size bat a particular individual might use or buy. If you do choose to buy one make sure it is **ISF, ASA, NSA** and/or [Softball Canada Approved](#). You cannot use a bat that isn't.

The only numbers that the chart does not deal with is the weight or “drop” number of a bat. Weight is critical as the game we play is the Fastpitch variant. The drop numbering system is rarely (if ever) used in Slo-pitch or lob-ball. You get the drop number when you subtract the weight from the length. For example, if you buy a 22 ounce bat that is 34 inches long, then it's drop is “-12”.

One example of using this to your advantage is if you are using a 34 inch bat that is a “-10” and you are swinging late all the time (or you come up against a faster pitcher), go find a bat with a higher drop number (one that weighs less). There are too many scenarios to cover here, but the above should begin to help you understand what you need to look for in a bat.

Height\ Weight Lbs	3'-3'4"	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'
<60	26"	26"	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"	30"	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"	33"	33"	33"	34"
171-180						32"	33"	33"	34"	34"
>180							33"	33"	34"	34"