

### FIELDER'S GLOVES

Gloves are measured by starting at the top of the index finger of the glove and measuring down the finger, along the inside of the pocket and then out to the heel of the glove. Use a flexible tape and allow it to "lay" in the pocket as you measure. Typically baseball gloves have a range from 9 inches (youth size) to 12.75 inches for adult outfield play. The majority of gloves will have a size imprinted on the glove to guide the consumer. Applicable rule: 1.14

Age	Approx. Level	Position	Glove Size
5-6	T-Ball / Machine A	Fielder	9" - 9.5" <u>Youth</u>
7-8	Machine AA / AAA	Fielder	10" - 10.5" <u>Youth</u>
9-10	Minor / Varsity	Fielder	11" <u>Youth</u>
11-12	Majors	Fielder	11.5" <u>Youth</u>

For first base mitts (which have no fingers) simply measure from the highest point on the mitt in the same fashion as a fielder's glove. Applicable rule: 1.13 Catcher's mitt sizes while expressed in inches are measured by circumference. A baseball catcher's mitt will measure in circumference from 30 inches (youth size) up to 34.5 inches with .5 inch incremental sizes in this range. Applicable rule: 1.12



Lamar Little League provides catcher's mitts for each of their Division's teams as required. We recommend that you do not purchase specialty gloves for your player before researching and testing, since at this stage of their development they will outgrow their equipment quickly.

For pitchers: Avoid purchasing gloves that have pronounced large, white logos or other insignia. Little League rules state that any such adornment on the glove could be considered distracting to the batter and therefore might be removed from any game, especially tournament-level play. Applicable rule: 1.15(a)

### BATS



Below are rules and guidelines concerning the use of bats in-game play. We recommend that you do not purchase a bat for your Little Leaguer until you understand the current approved list of equipment, your child's appropriate / comfortable size and weight of the bat. It can be a significant cost, and they will end up outgrowing it pretty quickly, sometimes in only one or two seasons. Lamar Little League umpires will inspect and certify that any bats used in a league game meet Little League standards. Any bat that is defective or illegal, as defined below, will be removed from game play.

#### **Purchasing The Right Bat**

If you do choose to purchase your own bat, here are some guidelines:

- Baseball bats are measured using their length to weight ratio, a negative number called “drop” that represents how many ounces a bat weighs compared to its length in inches. For example, a 32 inch bat that weighs 28 ounces is a - 4. There are no weight drop restrictions on bats used in the Majors division or lower.
- Suggested bat weight and length charts for Little League players:

Player Age	Approx. Bat Length	Player Height	Approx. Bat Weight
5-7	24” - 26”	48” - 50”	16 oz.
8-9	26” - 28”	52” - 54”	17 oz.
10-11	28” - 30”	56” - 58”	18 oz.
11-12	30” - 32”	60” - 62”	19 oz.

#### **Baseball**

Applicable rule: 1.10 – The bat must be a baseball bat which meets Little League specifications and standards as noted in this rule. It shall be a smooth, rounded stick and made of wood or of material and color tested and proved acceptable to Little League standards.

Notes Pertaining to Little League (Majors) Baseball:

- It shall not be more than thirty-three (33) inches in length nor more than two and one-quarter (2 ¼) inches in diameter.
- Non-wood bats shall be printed with a BPF (Bat Performance Factor) of 1.15 or less.
- The bat may carry the mark “Little League Tee Ball”.
- Non-wood bats may develop dents from time to time. Bats that cannot pass through the approved Little League bat ring will be removed from play.

Current list of approved composite bats (Majors and Below – 2 ¼” Bats):

<http://www.littleleague.org/learn/equipment/approvedcompbatssmall.htm>

Current list of approved composite bats (Juniors 2 5/8” Bats):

<http://www.littleleague.org/learn/equipment/approvedcompbats.htm>

### CLEATS




Lamar Little League recommends that cleats be worn by players at any level of play, although they are not required. They provide a surer footing for the player on both the infield base paths and the outfield grass.

Allowed	NOT Allowed	NOT Allowed
		
Rubber with cleats at the toe	Soccer-style, rubber but no cleat at the toe	Cleat at the toe but made of metal

### BATTING HELMETS

Lamar Little League provides approved batting helmets for all players at all levels. You are not required to purchase a helmet for your player. If you choose to do so, here are some guidelines to help you make a decision:

- Applicable rule: 1.16 – Use of the helmet by the batter, all base runners and youth base coaches is mandatory.
- Each helmet shall have an exterior warning label.
- Protective helmets must meet NOCSAE specifications and bear the NOCSAE stamp.
- Altering the helmet in any form, including painting or adding decals (by anyone other than the manufacturer or authorized dealer) may void the warranty.
- Helmets may not be re-painted and may not contain tape or re-applied decals unless approved in writing by the helmet manufacturer or authorized dealer.
- Using a marker or similar pen to mark the helmet is considered to be a form of alteration.
- Face guards are permitted, provided they were fitted to the helmet by the manufacturer and contain all of the original fasteners.

Allowed	Allowed	NOT Allowed
		
Standard batting helmet	Standard batting helmet with wireframe face guard	After-market painted / altered batting helmet

**BALLS**

Lamar Little League provides practice and game balls for all divisions.

- Baseball - Applicable rule: 1.09, baseball
  - Majors, minor A and minor B – It shall weigh not less than five (5) nor more than five and one-fourth (5 ¼) ounces, and measure not less than nine (9) nor more than nine and one-fourth (9 ¼) inches in circumference.
  - T-Ball – The ball may carry the words “Little League Tee Ball.”

**MISCELLANEOUS**

- All male players are required to wear an athletic supporter. Applicable rule: 1.17
- Male catchers are required to wear a metal, fibre or plastic-type cup, and a long-model chest protector. Lamar Little League will provide an appropriate chest protector. Applicable rule: 1.17