



Baseball

Equipment Fitting Guide - Fit to Play the Right Way

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UNIFORM RULES:

Every member of the team must wear a conventional uniform; shirt, pants, stockings and cap. All male players must wear an athletic supporter with a cup as well.

BATTING HELMETS:

ALL BATTING HELMETS MUST BE NOCSAE APPROVED

NOCSAE (National Operating Committee on Standards for Athletic Equipment) is an independent and nonprofit standards development body with the mission to enhance athletic safety through scientific research and the creation of performance standards for athletic equipment.

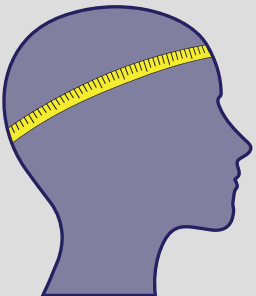
For more information visit: <https://nocsae.org/>

Every team must provide at least six NOCSAE approved batting helmets. All batters, runners and player-base coaches must wear helmets at all times. Players can bring their own batting helmets, but they must be NOCSAE approved with a warning label in sight.

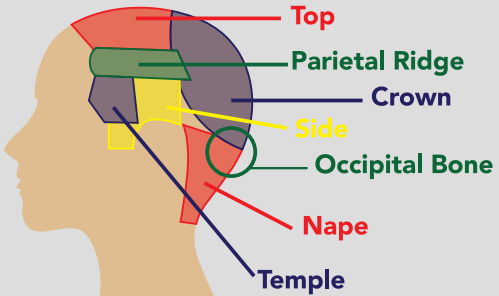
Double flapped helmets (helmets that cover both ears) are required in most leagues below the professional level, including youth/little league, high school, and college.

FITTING HELMETS:

Step 1: Measure head circumference



- Use a fabric or paper tape measure to find head circumference in inches
- Make sure the tape measure touches the following points on the head:
 1. 1 inch above the brow line
 2. ½ inch above the ears
 3. Occipital bone on the back of the head



Step 2: Select the proper helmet size by referring to the manufacturers' size charts

Step 3: Check: The helmet rests 1 inch above athlete's eyebrows and the helmet's bill is parallel to the ground. The helmet bill should never point up (exposing the athlete's forehead) or down (exposing the athlete's Occipital bone). The helmet is snug and does not move around when the athlete shakes his/her head.

HELMET ATTACHMENTS:

Attachments are products sold separately from helmets that consumers are responsible for attaching to the helmet.

Altering a helmet in anyway (drilling holes, removing padding, etc.) may cause a manufacturer to void the NOCSAE certification of that helmet, making it illegal to use in play. If you alter your helmet or intend to, please contact the helmet manufacturer to determine if altering the helmet will void the NOCSAE certification.

To use a helmet attachment in play, the helmet manufacturer must provide a notice indicating that affixing the attachment to the helmet has not voided the helmet's NOCSAE certification. That notice must be shown to the umpire prior to the game. Little League International has issued a letter to all youth batting helmet manufacturers for clarification on whether or not adding to their helmets voids their NOCSAE certification.

For more information:

<https://www.littleleague.org/playing-rules/modifying-helmets-with-additional-attachments/>

FACE MASKS

Many youth leagues require face masks. Check with your child's coach or league officials if a face mask is required.

A face mask is an attachment that covers the entire face and typically does not require the helmet to be altered by drilling holes into the helmet to attach the face mask. Many manufacturers sell helmets with a face mask already attached that are NOCSAE certified.



CHIN STRAPS

Some leagues require chin straps.

Chin Straps are sold separately from helmets. When buying a chin strap look for one that is made by the same manufacturer as the athlete's helmet.

Attach the chin strap to the two snaps located on the front of the helmet on the lower corner of each side.

- The athlete should hold the chin cup firmly in place on his/her chin while the chin strap is attached AND adjusted. The athlete should not let go of the chin cup until instructed to do so by the person attaching and adjusting the chin strap.
- Once chin strap is adjusted for proper fit the athlete should feel firm pressure and still be able to open his/her mouth like a yawn.

PITCHER

Any part of the pitcher's undershirt or T-shirt exposed to view must be of a solid color, cannot be white or gray, and if pitcher wears Neoprene sleeves they must be covered by an undershirt. Pitchers may not wear sweat or wrist/play-calling bands.

CATCHERS

Catchers must wear NOCSAE certified catcher's, double-flapped helmet (with face mask and dangling throat protector; skull caps not permitted), chest protector (long-model or short-model), and shin guards. Male catchers must wear a protective supporter and cup at all times.



FITTING GUIDELINES:

HELMET

Step 1: Measure head circumference

- Use a fabric or paper tape measure to find head circumference in inches
- Make sure the tape measure touches the following points on the head:
 1. 1 inch above the brow line
 2. ½ inch above the ears
 3. Occipital bone on the back of the head

Step 2: Select the proper helmet size by referring to the manufacturers' size charts

Step 3: Check:

- Helmet rests 1 inch above athlete's eyebrows
- Helmet is snug and does not move around when the athlete shakes his/her head

CHEST PROTECTOR

Step 1: Measure for needed length

With the athlete standing up straight, hold the "zero" end of a fabric or paper measuring tape to the top of the athlete's sternum (between the collar bones) and let the measuring tape come down straight in front of the athlete's belly button. Read where the measuring tape crosses the belly button for the length of chest protector needed.



Step 2: Using the measurement you took, refer to manufacturers' guidelines for your needed size

Step 3: Adjust straps

(From <https://www.baseballmonkey.com/baseball-catchers-equipment-buying-guide>)

It is important to make sure that the straps on the back of the chest protector are properly adjusted to hold it in the right place. The strap attached to the top of the chest protector is the size adjuster. It is important to make sure that this is sized properly so that the pad is tight enough to cover the collar bone but not loose enough that it rises into the chin when the player squats down. The side adjustment strap on the chest protector is to tighten the waist to hold the pad down so catchers do not need to adjust it every time they stand up and down.

For further modifications of the chest protector, the shoulder pads on most products are attached with Velcro and can be easily adjusted up or down for the right protection. The pads on the neck of most chest protectors also have this adjustment.

SHIN GUARDS/LEG GUARDS:

Step 1: Have the athlete stand flat footed, and use a fabric or paper measuring tape to measure from the middle of the athlete's kneecap straight down to the bottom of the athlete's shin (the bend of the ankle).

Step 2: Using the measurement you took, refer to manufacturers' guidelines for your needed size

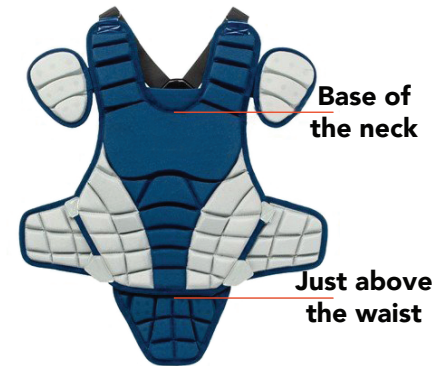
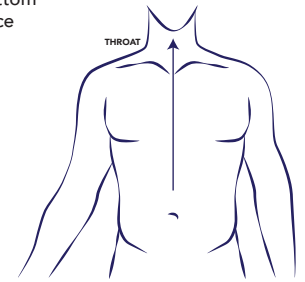
Step 3: Adjust for fit

From <https://www.baseballmonkey.com/baseball-catchers-equipment-buying-guide>

HOW TO MEASURE

A chest protector is measured from the bottom of throat to waist. This should equal distance from the bottom of your throat to navel.

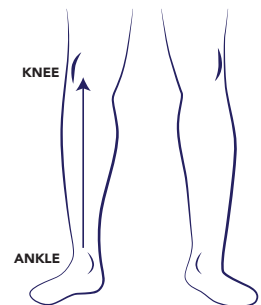
Size	Length
ADULT	17"
INTERMEDIATE	15"
YOUTH	13"
JR YOUTH	12"



HOW TO MEASURE

A leg guard is measured from the middle of the knee cap to the bottom of the shin. This should equal the distance from the middle of your kneecap to your ankle bone.

Size	Length
ADULT	17"
INTERMEDIATE	15"
YOUTH	13"
JR YOUTH	12"



Leg guards use adjustable straps to stay in place. It is important to adjust these before using them in a game for the first time. Wear baseball pants while adjusting them so that you can get a proper measurement and feel for the leg guards.

The knee cap is adjustable with Velcro and can be adjusted up and down to ensure a proper fit. The toe and foot protector on the leg guards can usually be adjusted longer and shorter. The toe protector helps prevent a ball hitting off a cleat and injuring a toe or top of the foot.

FOOTWEAR

Shoes are designed to flex at the ball of the foot. Correct fitting properly positions the ball joint in the shoe and provides room for the toes so that they are not confined. Improperly fit shoes can cause a variety of foot problems. Always use a Brannock Device to measure feet. A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball).



For more information on using a Brannock Device visit:
<https://brannock.com/pages/instructions-fitting-tips>

CLEATS

Shoes with metal spikes must NOT be worn by any player (Major division or below) nor by any adult volunteer.



CLEAT STYLES

Low Cleats - Frees the ankle from restrictions, providing maximum mobility to make aggressive cuts and reach high speeds, with low to no ankle support.

Mid Cleats - Moderate ankle stability without seriously restricting movement or speed.

High Top Cleats - Secure ankle support and stability; protects against rolled or twisted ankles while slightly restricting movement and speed.

GLOVES

The position an athlete plays determines what size and type of glove he/she should wear. You will find the size of a glove etched on the thumb or pinky of a glove.

If the size is not etched on a glove, use a fabric or paper measuring tape and measure from the top of the glove's index finger straight down to the center of the heel of the glove, then refer to the size chart to see if the glove is the correct size for your athlete.

Athletes 10 and younger (and in some cases up to 12 years of age) should use a YOUTH glove. Youth gloves are designed with smaller, narrower fingers and are easier to close.

For information on

- The parts of a baseball glove
- Guidelines for selecting a glove
- Differences in the gloves by position

Please visit:

<https://www.baseballmonkey.com/baseball-softball-glove-buying-guide#measure>

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BASEBALL GLOVE SIZING			
LEVEL	AGE	POSITION	GLOVE SIZE
T-Ball	3 to 6 years old	All Positions	8.5" - 10"
Youth	7 to 12 years old	1st Base	11.5" - 12"
Youth	7 to 12 years old	Infield	10.25" - 11.5"
Youth	7 to 12 years old	Outfield	11.5" - 12.25"
Adult	12+ years old	1st Base	12" - 13"
Adult	12+ years old	Infield	11.25 - 12"
Adult	12+ years old	Outfield	12" - 12.75"



Measurement from the
Heel of the palm to the
Tip of Middle Finger
Will Denote Your Size

Glove	Inches
XXL	8 1/4"
XL	8"
LG	7 3/4"
MD	7 1/2"
SM	7 1/4"
YLG	6 3/4"
YMD	6 1/2"
YSM	6 1/4"

BATS

The bat must be a baseball bat which meets the USA Baseball Bat standard (USABat) as adopted by Little League. It shall be a smooth, rounded stick, and made of wood or of material and color tested and proved acceptable to the USA Baseball Bat standard (USABat). Bats must bear the USA Baseball logo signifying they meet the USABat – USA Baseball's Youth Bat Performance Standard.

For more information: <https://www.littleleague.org/playing-rules/bat-rules/>



For more information please visit:



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