

Sizing Charts

Bats

These tables are a general guide for determining which bat size an athlete needs.

Determine Your Bat Length by Your Age

Age	Bat Length
5 - 7 years	24" - 26"
8 - 9 years	26" - 28"
10 years	28" - 29"
11 - 12 years	30" - 31"
13 - 14 years	31" - 32"
15 - 16 years	32" - 33"
17+ years	34"

Determine Your Bat Length by Your Height and Weight.

Height	36" - 40"	41" - 45"	46" - 48"	49" - 52"	53" - 56"	57" - 60"	61" - 64"	65" - 68"	69" - 72"	73" +
Weight 60 lbs or less	26"	27"	28"	29"	29"					
61 - 70 lbs	27"	27"	28"	29"	30"	30"				
71 - 80 lbs		28"	28"	29"	30"	30"	31"			
81 - 90 lbs		28"	29"	29"	30"	30"	31"	32"		
91 - 100 lbs		28"	29"	30"	30"	31"	31"	32"		
101 - 110 lbs		29"	29"	30"	30"	31"	31"	32"		
111 - 120 lbs		29"	29"	30"	30"	31"	31"	32"		
121 - 130 lbs		29"	29"	30"	30"	31"	32"	33"	33"	
131 - 140 lbs		29"	29"	30"	31"	31"	32"	33"	33"	
141 - 150 lbs			29"	30"	31"	31"	32"	33"	33"	
151 - 160 lbs			29"	30"	31"	31"	32"	33"	33"	33"
161 - 170 lbs				31"	31"	31"	32"	33"	33"	34"
171 - 180 lbs						32"	33"	33"	34"	34"
180 + lbs							33"	33"	34"	34"

Gloves

Determine Your Glove Size by Your Age

This table is a general guide for determining which glove size an athlete needs.

Baseball

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"

Softball

Level	Type	Position	Glove Size
Youth	Fastpitch	Infield	10.5" - 11"
Youth	Fastpitch	Outfield	11" - 11.5"
Adult	Fastpitch	Infield	11.5" - 12"
Adult	Fastpitch	Outfield/1st Base	12" - 13"
Adult	Slowpitch	Infield	12" - 13"
Adult	Slowpitch	Outfield	12.5" - 14"

Helmets

For helmet size, measure the circumference of the head just above the ears and refer to the chart for accurate sizing.

Our size charts are available for helmets, chest protectors, leg guards and shoulder pads and include measuring instructions. If you are unsure about size, please take your measurements. If you have any questions regarding fit, sizes or taking your measurements, please call us toll-free at 1-866-678-4327.

For: RCFHFG, RCFH, RCFHLFG, RCFB

Model	Helmet Size
RCFH	6 1/2" - 7 1/2"
RCTFB	6 1/4" - 6 7/8"

MACH, MACHEXT, MCC01, R16M, R16, R1601, R16H2Fg

For helmet size, measure the circumference of the head just above the ears and refer to the chart for accurate sizing.

Size	Circumference
Junior	6 3/8" - 7 1/8"
Senior	6 7/8" - 7 5/8"

CFB

For helmet size, measure the circumference of the head just above the ears and refer to the chart for accurate sizing.

Helmet Size	6 1/4" - 6 7/8"
Head Circumference	19 5/8" - 24 1/2"

CFABHN, CFABHNM, CAR07A, MCH07A, MCH01A

For helmet size, measure the circumference of the head just above the ears and refer to the chart for accurate sizing.

Measurement	SM	MD	LG	XL
Helmet Size	6 7/8" - 7	7 1/8" - 1 1/4"	7 3/8" - 7 1/2"	7 5/8" - 7 3/4"
Head Circumference	21"-22"	22 3/8"-22 3/4"	23 1/8" - 23 1/2"	23 7/8" - 24 3/4"

Chest Protectors

For chest protector size, measure from top of breast plate to waist to get length required for correct fit.

AGE	LENGTH
CPRO	17"
CVEL	17"
Adult	17"
Intermediate	16"
CVELI	15 1/2"
Youth	15"

Leg Guards

For leg guard size, measure from center of kneecap to bottom of shin and refer to chart.

AGE	LENGTH
LGPRO2	17 1/2"
LGPRO	16 1/2"
LGVEL	16 1/2"
Adult	16"
LGVELI	15 1/2"
Intermediate	14"
Youth	13"

Baseball/Softball Pants

For waist size, measure around the waist above the top of the hip bone. The measuring tape should be positioned approximately where the person wears a belt.

MENS	Waist	Inseam All Other	Inseam BP350	Inseam BPU350	Inseam BEP31	Inseam PPU140	Inseam BPU150
S	28-30"	31"	28"	37"	24"		37"
M	32-34"	33"	30"	37"	24"	37"	37"
L	36-38"	33"	30"	37"	24"	37"	37"
XL	40-42"	34"	31"	37"	24"	37"	37"
XXL	44-46"	34"	31"	37"	24"	37"	37"

YOUTH	Waist	Inseam All Other	Inseam YBP350	Inseam YBPU350	Inseam YBEP31	Inseam YBU150
XS	21-22"	23"			14.5"	
S	23-24"	24"	23"	33"	16.5"	33"
M	25-26"	25"	24"	33"	18.5"	33"
L	27-28"	26"	25"	33"	20.5"	33"
XL	29-30"	27"	26"	33"	21.5"	33"
XXL	31-32"	28"	27"	33"	33"	

Knicker Pants

For waist size, measure around the waist above the top of the hip bone. The measuring tape should be positioned approximately where the person wears a belt.

For: BP150K, LNCHKP, LNCHKPP

Adult	SM	MD	LG	XL	XXL
Waist	28-30"	32-34"	36-38"	40-42"	44-46"
Inseam	16"	18"	18"	18"	18"

For: YP150K, YLNKP, YLNKPP

Youth	SM	MD	LG	XL	XXL
Waist	23-24"	25-26"	27-28"	29-30"	31-32"
Inseam	10"	12"	14"	16"	16"

Women & Girl Pants

For waist size, measure around the waist above the top of the hip bone. The measuring tape should be positioned approximately where the person wears a belt.

For: WRB150, WLNCH, All Others

Women Sizes	Waist	Inseam
XS	23-24"	21"
S	25-26"	21.5"
M	27-29"	22"
L	30-32"	22.5"
XL	33-35"	23"
XXL	36-38"	23.5"

For: WJR150G, WLNCHG

Girls	Waist	Inseam
S	18-20"	14.5"
M	21-23"	16"
L	24-26"	18"

Baseball Shirts

For chest size, measure under the arms level across the back muscles and chest. Have the person take a deep breath when reading the measurement.

MENS	SM	MD	LG	XL	XXL	3XL
CHEST	34-36"	38-40"	42-44"	46-48"	50-52"	54-56"

WOMENS	XS	SM	MD	LG	XL	XXL
CHEST	30-32"	33-34"	35-37"	38-40"	42-44"	46-48"

Women Apparel

For chest size, measure under the arms level across the back muscles and chest. Have the person take a deep breath when reading the measurement.

For waist size, measure around the waist above the top of the hip bone. The measuring tape should be positioned approximately where the person wears a belt.

Raglan Sleeve Shirts	S	M	L	XL	XXL
Chest	36"	38"	41"	44.5"	48.5"
Waist	34.75"	36.75"	39.75"	43.25"	47.25"
Hip	40"	42"	45"	48.5"	52.5"

V-Neck Tees	S	M	L	XL	XXL
Chest	36"	38"	41"	44.5"	48.5"
Waist	33.5"	33.5"	38.5"	42"	46"
Hip	40.5"	42.5"	45.5"	49"	53"

Jersey/Turtlenecks

For chest size, measure under the arms level across back muscles and chest. Have the person take a deep breath when reading the measurement.

Men Chest (inches)	34	36	38	40	42	44	46	48	50	52	54	56
Size	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL
Women Chest (inches)	30	32	33	34	35	37	38	40	42	44	46	48
Size	XS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL
Youth Chest (inches)	22	24	26	28	30	32	34	36	38	40	42	44
Size	XS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL