

# Required Equipment for NGSSA Softball

## Clothing (Required)

- Long black athletic pants (Leggings are fine.)
- Athletic Shoes (Spikes not required. Metal spikes are NOT allowed.)

## Softball Equipment (Required)

- **Softball Glove**

Picking out a glove for the first time? Here's a tip for making sure your softball player's glove is just right:

Find a glove that fits comfortably on her hand with wide fingers and webbing, and have her put it on. Then, drop a softball at her toe. Have her bend directly at the hips to pick it up with the gloved hand.

If she can't pick it up, the glove is too big. If she can't get the glove around the ball, it's too small.

- **Softball Bat**

Follow these 3 tips for picking out a bat.

First: Aluminum bats are ideal for beginning hitters. There's some really nice composite bats out there, but they are significantly more expensive than aluminum ones. If you're convinced you have the next Olympian, well, by all means.

Second: Target a length roughly half the height of your player, plus or minus 10 percent. If your player is tall and lanky, go shorter. If your player is stocky and stronger, longer may be the way to go.

Third, and most important: The weight of the bat has to be comfortable. Too heavy, and she'll rest it on her shoulder at the plate and we don't want that.

Have your player stand straight and tall. Put the bat in her non-dominant hand, and have her hold it directly in front of her with a straight arm / unbent elbow. (She should look a little like a L.) Count to 15, slowly. If her arm wobbles holding up the bat, it's probably too heavy for her.

- **Batting Helmet**

Simply target a well fitting batting helmet here.

**Note: Need help with equipment costs? The NGSSA has equipment to lend for everyone, including gloves, bats and helmets. Coaches will bring bats and helmets. Let us know if you need a glove by emailing [registrar@ngssa.org](mailto:registrar@ngssa.org).**