**Frequently Answered Questions**

1. **Does the league allow players to play up in the next higher division for which they are eligible?**
The league handles these requests on a case-by-case basis.  Contact the President if you would like to request to have your daughter play up in the next higher division.  The player must be eligible to play in the higher division next year and must have already played 2 years in the division for which she is currently eligible (i.e., she must be 6 years old and already played 2 years in the 6U division to play up in the 8U division).  One exception to this is that a 10 year old that is on the gold travel team may request to play in the next higher division with only 1 year of experience in the 10U division.
2. **Does the league allow players to play up in the next lower division for which they are eligible?**
The league handles these requests on a case-by-case basis.  Contact the President if you would like to request to have your daughter play down in the next lower division.  The player's ability and size will be factored into the decision as to whether she will be allowed to play down.  The safety of the player to play in the division for which she is eligible and the safety of the players in the next lower division will be the main factors in deciding whether to allow her to play down.
3. **Does the league honor placement requests when selecting teams?**
The league always honors the request for sisters to be on the same team.  Honoring other placement requests varies depending on the division:
	* In the 6U division we are almost always able to honor 1 placement request for each player and we use placement requests as the main consideration when splitting up the teams.
	* In the 8U division we will try to honor placement requests, however, this year we will be splitting up the stronger players and the players with no experience in order to try to balance the teams.  We will do our best to honor at least 1 placement request but there are no guarantees.
	* The 10U and older divisions are split up using a draft process and therefore there are no guarantees on placement requests.  During the draft process managers typically consider playing ability over placement requests when deciding which player to select for their team.
4. **How do I select the right bat or glove size for my daughter?**

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| **How To Buy A Softball Bat**No matter the softball league you play in, buying a bat is a personal decision. New technology has delivered bats that not only enhance performance but also are tailored to an individual player's strengths. It is essential that you select a bat that fits your unique body configuration and skill level--height, weight, and hitting strength.**Understanding Bat Materials**The world of bats now offers a large variety of choices in materials. These can be broken into two primary categories--aluminum and Graphite/Titanium lined. Virtually no softball bats are made of wood any longer. Each provides its own unique characteristics.**Aluminum*** + This has been a player favorite for several years now
	+ Aluminum bats provide a lighter weight for increased control and bat speed
	+ Aluminum and the other metals also offer durability
	+ Despite generally higher costs, players can save money since the bats are extremely difficult to crack or break
	+ Aluminum bats come in a variety of alloys, each with a different weight. Generally, lighter aluminum alloys are thinner and more durable. These lighter weights also increase the "sweet spot," the hitting zone on the bat's barrel that gives the maximum place to put metal to ball.
	+ Aluminum bats, and those enhanced with other alloys, also come in single-layer or double-layer construction
		- Double-layer bats offer more durability and power, since the ball rebounds off the bat with more authority

**Graphite/Titanium lined*** + Technology has enabled bat makers to use lighter, stronger materials. Graphite and titanium are just two of these.
	+ Both are usually added to thinner-wall aluminum bats, enabling bats to be lighter and increasing a player's swing speed
	+ These materials also increase durability and the batter's sweet spot
	+ Graphite and titanium also help reduce vibration and the sting of ball shock, the tingling feeling sent to the hands usually when you miss hitting the ball in the bat's sweet spot

**Determine What Bat Fits Your Body**There are some standard rules of thumb in selecting the appropriate bat length. The charts below offer some guidelines based on age and weight and height:**Age**Using your age as a guide, use the chart below to determine the bat length that fits your body.

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

**Height and weight*** + Height and weight are usually better ways to determine what bat length may work best for you
	+ Once again, use the height and weight chart to give you a general idea of the length of bat that fits your body

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| **Determine Your Bat Length by Weight and Height** |
|   | **Your height (inches)** |
| **Your weight (pounds)** | 36-40 | 41-44 | 45-48 | 49-52 | 53-56 | 57-60 | 61-64 | 65-68 | 69-72 | 73+ |
| **Bat length** |
| less than 60 | 26" | 27" | 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" | 29" | 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" | 32" | 33" | 33" | 34" |
| 171-180 |   |   |   |   |   | 32" | 33" | 33" | 34" | 34" |
| 180+ |   |   |   |   |   |   | 33" | 33" | 34" | 34" |

**Determining the Right Bat Weight*** + Most bats are weighted in ounces
	+ Manufacturers have done a great job in balancing the bat's weight to its length
	+ Many bats have a weight-to-length ratio, often shown as -4, -6, etc.
	+ This basically means a 34-inch bat with a -6 ratio weighs 28 ounces
	+ Selecting weight really depends on two critical factors--your strength and your hitting style
	+ It also depends a lot on your personal preference in weight and length, so the following are simply guidelines to follow:
		- Bigger, stronger players prefer a heavier bat since they get the benefits of both the heft and swing power
		- Smaller players with less strength should consider a lighter bat to generate a quicker swing
		- Younger players, too, should consider that a lighter bat increases control, great for singles hitters, while also reducing the risk of injury

**Understanding Bat Technology**and barrel size,bat taperBat technology may seem a little confusing but it's not rocket-science. There are three essential elements to a bat: grip.**Barrel size*** + This includes both the length of the barrel--top part of the bat--and its diameter
	+ The longer the barrel, generally, the larger the sweet spot for hitting the ball
	+ The standard softball bat diameter is 2 1/2 inches
	+ Fast pitch softball barrel standard is 2 3/4 inches
	+ Many players prefer a smaller barrel that lightens weight and provides more swing speed

**Bat taper*** + This is the diameter of the bat's handle
	+ Standard bats are tapered 31/32 of an inch but can be slightly larger or smaller depending on whether you want a lighter or heavier bat
	+ Some players like a narrower taper for the lighter weight and to rotate their wrists faster when hitting

**Grip*** + The grip is simply the covering that bat manufacturers use on the handle of aluminum bats
	+ Leather or synthetic leather gives a tackier feel for a surer grip
	+ Rubber grips absorb more of the shock
	+ Some bats come with a cushioned grip to decrease the shock even more

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| **How To Buy A Softball Glove**

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| **Sizing Chart** |
| **Age** | **Position** | **Glove size** |
| Under 8 | Infield | 9 inches |
| Under 8 | Outfield | 11 inches |
| 9-13 | Infield | 9-10 inches |
| 9-13 | Outfield | 11-12 inches |
| High School/Adult | Infield | 10 1/2-11 1/2 inches |
| High School/Adult | Outfield | 12-12 1/2 inches |

**Fit Tips****Youth and Beginner:**Gloves that are too big allow "cheating," preventing beginners from developing and refining proper skills. Kids' gloves should not be bought to be grown into. The best way to learn the fundamentals of fielding and catching is by wearing a glove that fits well.**Kids 12 and Under:**No larger than 12 inches. Kids 8 and older should try gloves in the 11s, while younger kids (especially if they are smaller) should consider gloves in 9 to 11 inch range.**Adolescent:**Choose the lower end of the adult size range for your position. |