

Youth Baseball Equipment Information for New Players

It is important that all players have proper equipment and look good to play baseball. Uniforms are important as they help instill a sense of team and pride for each player. For this reason, we would like players to come to practice dressed appropriately in baseball gear with the team logo though we understand that this is not always possible. In addition to the team uniform, the club sells new club T-shirts and we have a selection of used items which we urge you to consider.

The club will provide a Mets jersey top and a cap for each player but parents will need to source the other items. Regarding colours, grey trousers are preferred but white can work as well. Trousers come in basically two lengths (traditional shorter ones and longer over the ankle). This is a personal choice and one sees players wearing different kinds across the leagues including MLB. I think shorter is more traditional and preferable but then you need long socks to go with..

All boys should have some kind of personal protection for their private parts using shorts or athletic supporter. The younger they get used to this the better as many players tend to not like these. One can also find sliding shorts with a place for a cup and the upper legs and behind are a bit protected when sliding on the ground.

Regarding cleats, it is important to note that baseball cleats allow rotation of the foot when hitting and throwing, something football cleats do not. Many players in the UK use football cleats but wherever possible one should try to source baseball cleats. We realise it is not always feasible here in the UK so if you are travelling abroad it is good to consider buying them then.

Item	
Cap & Jersey	Club provides
Baseball trousers (pref grey) & navy blue belt	Family (required though not the first several times)
Baseball glove (see sizing charts below)	Family (required but club has some to lend on a temporary basis)
Rubber Cleats (baseball preferred)	Family (highly recommended)
Navy blue baseball socks (high)	Family (required if shorter trousers are worn).
Athletic supporter protection & cup/box for boys	Family (required or use sliding shorts)
Sliding Shorts (with personal protection)	Family (optional but recommended)
Baseball T-shirts (¾ length sleeves eg)	Family (<i>optional but advised</i>)
Sun glasses	Family (<i>optional but advised</i>)
Baseball bat & helmet (see sizing charts below). Bats must be USA Baseball approved for 12U (BBCOR for 15U)	Club provides but many players have their own. Not advised to buy immediately.

Sizing guides

Baseball Glove Guides				
Level	Age	Glove Size (+/- 0.5") inches		
T-ball	4-6	8.5-9.5		
Coach Pitch	7-8	9.5-10		
Minors	9-10	10.5		
Majors	11-12	11.5		
Juniors/Seniors/15U	13+	12.5		
Remember that for a right-hand thrower, the glove will fit on to their left hand. Gloves will often say "right-hand throw" even if the glove is for the left hand.				

Bats

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"

UK baseball stores

For further sizing information (trousers, helmets, protectors, bats, gloves) : [Rawlings Sizing Charts | The #1 Brand In Baseball | Rawlings](#)

Baseball Outlet UK <https://www.baseballoutlet.co.uk>

The Baseball Shop <https://www.thebaseballshop.co.uk>

The Baseball & Softball Shop UK <https://www.baseballandsoftball.co.uk>

Comet Sports <https://www.cometsports.co.uk/baseball-softball-shop-uk.html>

Decathlon https://www.decathlon.co.uk/browse/c0-sports/c1-baseball/_/N-xc90hv