

NBASA Bat Rules 2026

All metal/alloy and composite baseball bats, in JBO Inc., will be either “BBCOR”, “BPF 1.15”, “USSSA BPF 1.15,” or “USABaseball” certified. Wood bat used must be commercially manufactured and have the certified stamp/manufactured logo on it. Umpires are required to perform a pre-game inspection of all equipment, including bats, to ensure proper certification. Use of an illegal/altered bat shall be considered unsportsmanlike conduct and the player and Head Coach shall be ejected from the game. Both the ejected player & coach may be subject to further disciplinary action by the District and JBO, Inc. To identify JBO sanctioned youth bats, look for one of the following stamps on the taper of the bat.



For Rookies: Bats with larger than 2 1/4" barrels must be USABaseball certified and stamped. Bats 2 1/4" may be USSSA 1.15 BPF or USA Baseball Stamped

BAT SIZING CHART

BAT LENGTH

Extend one arm out to the side while holding the knob in the middle of your chest with the end cap pointing away from your body. If the end cap sits at your palm or wrist, the bat is probably too short; if the end cap sits past your index finger, the bat is likely too long. If the end cap is even with your knuckles, it is the correct length.

BAT WEIGHT

Try to hold the bat in your extended hand for 45 seconds. If you can't comfortably hold the bat for this long, it is probably too heavy.

		BATTER'S HEIGHT									
		3'-3/4"	3'5"-3'8"	3'9"- 4'	4'1"- 4'4"	4'5"- 4'8"	4'9"-5'	5'1"-5'4"	5'5"-5'8"	5'9"- 6'	6'1"+
BATTER'S WEIGHT	Under 60	26"	27"	28"	28"	29"					
	61-70	27"	27"	28"	28"	30"	30"				
	71-80		28"	28"	28"	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"	30"	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"	
Over 180							33"	33"	34"	34"	

AGE	5-7	8-9	10	11-12	13-14	15-16
LENGTH	24" - 27"	27" - 29"	28" - 30"	30" - 31"	31" - 32"	32" - 34"

*Note: Always check with league officials to confirm your bat is legal for play.

What is the appropriate bat size recommendation? There is not a golden rule, although this grid can provide some guidance. It should be understood that kids are not all the same, strength is not a factor on this chart. It is best practice to have a child try different size bats and see what size and type best suits their swing. Generally, there are team bats or other players on the team with bats to share. You may also visit different sporting goods stores and try bats out before purchasing. As children get older and stronger the “drop”, difference between the length and weight measurement of the bat, gets smaller (Length - Weight = Drop). Bats may be as much as a drop 13.5 (-13.5), all the way down to a drop 3 (-3). In High School, a drop 3 (-3) is required. Bat length, weight, and swing weight all matter in bat selection.