



LITTLE LEAGUE BASEBALL 2010 Equipment Guidelines

Before purchasing equipment for your son or daughter to use in playing Little League Baseball, please review the following guidelines taken from the rule cited in the Little League rulebook.

Bats (Rule 1.10)



Little League (Majors and below) – The bat shall not be more than 33” in length nor more than 2 ¼” in diameter. All non-wood bats shall be printed with a BPF (bat performance factor) of 1.15 or less (new in 2009).

Junior League – The bat shall not be more than 34” in length nor more than 2 ⅝” in diameter. All non-wood bats shall be labeled with a permanent BESR (ball exit speed ratio) certification mark.

Glove or Mitt (Rule 1.13, 1.14 and 1.15)



The first baseman may wear a glove or mitt not more than 12” long from top to bottom and not more than 8” wide across the palm.

The pitcher’s glove shall be of one solid uniform color other than white or gray, or if multi-colored, white and light gray shall not be included in the colors. No pitcher shall wear sweat bands on their wrist or arm.

Helmets (Rule 1.16)



All helmets must bear the NOCSAE stamp. Helmets may not be repainted and may not contain tape or re-applied or new decals. Label your child’s helmet by using a Sharpie type pen.

Catcher’s Equipment (Rule 1.12 and 1.17)



The catcher must wear a catcher’s mitt. Male catchers must wear a cup and a long model chest protector. Female catchers must wear a long or short model chest protector. Junior League catchers can wear either a long or short model chest protector. All catchers must wear: chest protector with a neck collar, throat guard, shin guards, and catcher’s helmet with mask. The catcher’s helmet must bear the NOCSAE stamp (skull caps are not permitted). All catchers must wear a “dangling” type throat guard during infield / outfield practice, pitcher warm-up, and games. Dangling means the throat guard will still hang down and protect the throat when the catcher is looking straight up.

Miscellaneous (Rule 1.11)



Shoes with molded cleats are permitted at all levels. Junior League may wear metal cleats.

Players must not wear watches, bracelets, rings, pins, and jewelry (metallic or non-metallic). Jewelry that alerts medical personnel to a specific condition is permitted.

Christopher Rutz
District 70 Umpire-in-Chief