

Equipment Information

Equipment provided by Lincoln Girls Softball Association

- Team Catcher's Gear (To be shared by those playing the catcher position)
- Team Helmets (At Coach's Request - can be shared)
- Team Bats for all to use
- First Aid Kit
- 6u-14u Uniform Jerseys

(Black uniform pants to be purchased by parents.)

Things to consider when purchasing equipment for your player:

- Gloves
 - When buying your athlete a new glove, consider the size of the softball they will use in the age group she will be playing in and buy a glove big enough for the ball to fit into.
 - 6u and 8u use a 10" softball. A 10" glove, at least, should be used
 - 10u uses an 11" softball. A 12" glove should be used, bigger is possible if completely broken in.
 - 12u and 14u use a 12" softball. A 12" glove is bare minimum with most girls using a 13" or 14" glove at this age.
- Bats
 - When buying a new bat for your player; consider the amount your player plays versus cost of the bat. If your player only plays during the LGSA Rec season spending \$200+ on a composite bat might not be the right call. Some All Star/Fall Ball and tournament players start getting into the composite bats around the 10U and 12U ages. Careful research of the ASA banned bats list should be done before buying a new composite bat. No one wants to purchase a \$300 on a bat that cannot be used on the field.
 - Check <https://www.teamusa.org/usa-softball/play-usa-softball/certified-usa-softball-equipment> for the list of approved/banned bats.
 - Bats must be ASA approved, fast-pitch softball bats; not baseball. Check the barrel of the bat for a stamp that resembles one of the images below.
 - A good way to size the bat you are about to buy is to have your player hold the handle of the bat towards the knob end straight out parallel to the ground. If she can hold the bat up for 10 seconds or so she is most likely strong enough to swing that bat in a game. Use good judgment, it should look like the player can swing the bat not the other way around. Chances are, if the bat looks too big when the player swings it, it is!
- Helmets
 - Most players want their own helmets rather than sharing with the team equipment, you are not required to purchase your own, but most players do rather than sharing the league issued ones. Helmets must have a face mask or they will not be able to be used in the game. A chin strap is NOT required but if the helmet has one, it must be worn snugly. Almost all new helmets meet the standards of safety, but it is the players responsibility to find the best match for their preference.
- Softballs
 - Check the size and type of the softball used in your player's division with your coach. One of the most common mistakes we see is younger players having to try and learn with full size 12" softballs when they should be using the smaller ones. Their hands are just too small. Give her the chance to feel better about her game and use the smaller softballs at early ages.
 - For the 6U and 8U players that are new to the game – it might be prudent to do most of your early training with wiffle balls for hitting or very soft, "Incrediball" type soft training aid balls. Better to get the player familiar with the fundamentals without the risk of getting hurt by the ball. It's pre-season for the parents and coaches too so your pitching/throwing might take a while to develop.

