

NLL Equipment Recommendations

The NLL offers a Swap Shed at Heroes Softball Field full of free, new and used equipment for all ages. You do not need to bring anything to exchange, all are welcome and encouraged to take advantage of this resource set up by the Nanuet Girl Scouts! If you need help finding/ accessing the Swap Shed, please reach out to the Board of Directors (or find the Director on Duty) to arrange. Items available in the Swap Shed include helmets, cleats, bats, pants, gloves, bags, and more!

Please always label ALL of your child's equipment with their name - including their helmet, glove, hat, shirt.

Tee Ball (Boys and Girls):

- Uniform: The league supplies a team shirt and hat. Baseball pants and socks are optional - for Tee ball it is fine for them to wear any comfortable pants or shorts.
- Baseball Glove (required): In T-Ball, every player is on the field every inning so gloves can't be shared. We want something light, flexible, and small. For this age group, that means don't go larger than a 10" glove.
- Batting Helmet (required) with Cage (recommended): In order to limit helmet sharing (and avoid the spread of head lice) we ask that each child have their own helmet.
- Cleats (recommended)
- Bat (League Supplied for Team): A Team Bat will be available for your child to use. Some players may choose to have their own so they can use them at home. You want a "tee ball" bat - not a regular bat - 26" or less in length (less unless you have a big 5 year-old), and as light as you can find. You can usually find 24* and 25" bats with "drops" of - 11 to -14 ("drop" refers to the difference between the bat's weight in ounces and the bat's length in inches - a - 12.5 "drop" means that a 25" bat will weigh 12.5 ounces).
- For Boys, Athletic Cup (recommended): For boys it's not required at this age group, but a very good idea nonetheless.
- Heart Guard (optional): It is a good idea for all kids to wear a padded protective undershirt, but it is not required
- Bat Bag/Equipment Backpack (optional): Any sturdy bag to carry and organize your child's gear will work.
- Please label ALL of your child's equipment including their bag, hat, glove, bat, etc. to help your child and coaches find their things

For home use, you may want the following:

- T-Balls or Soft-core Baseballs: Depending on the manufacturer, they may be called "t-balls" or "incrediballs". We will NOT be using standard hardballs.

Rookies/Coach Pitch (Softball and Baseball):

- Uniform: The league supplies a team shirt and hat. Baseball/softball pants and socks are not required, but most kids at this age do wear baseball/softball pants.

- Baseball Glove (required)
- Batting Helmet (required) with Cage (recommended): In order to limit helmet sharing (and avoid the spread of head lice) we ask that each child have their own helmet.
- Cleats (highly recommended)
- Bat (required) - should not be a bat labeled t-ball as these are now too small for this age group
- Heart Guard (recommended): It is a good idea for all kids to wear a padded protective undershirt. A Heart Guard protector is provided by the league and required for the Pitcher position to wear if they do not have a protective undershirt. No player will be able to pitch without a heart guard
- For boys, Athletic Cup (highly recommended): For boys it's not required at this age group, but a very good idea nonetheless.
- For softball, Fielders Mask (recommend): This protects the player's face from thrown or hit balls. Fielding mask is required to pitch
- Catchers Equipment (League Supplied for Team)
- Bat Bag/Equipment Backpack (optional): Any sturdy bag to carry and organize your child's gear will work
- Please label ALL of your child's equipment including their bag, hat, glove, bat, etc. to help your child and coaches find their things

Rookie/Coach Pitch ball sizes (for reference if you want to purchase to practice at home)

Baseball uses standard 9" baseballs

Softball uses 11" softballs

Minors (Softball and Baseball):

- **Uniform, for Spring:** The league supplies a team shirt, hat/visor (softball), and pants.
 - For Fall Ball: The league supplies a team shirt and hat/visor(softball) only. (Baseball/softball pants are recommended.)
- Baseball Glove (required)
 - Softball recommended size for 9/10 years old is 11"-12"
- **Bat (required) with USA Baseball sticker/emblem on it**
- **Softball bat must have USSSA 1.2 certification or USA Softball (ASA) certified**
- Batting Helmet (required) with Cage (recommended)
- Cleats (required)
- Batting Gloves (optional)
- Heart Guard (highly recommended): It is a good idea for all kids to wear a padded protective undershirt. A Heart Guard protector is provided by the league and required for the Pitcher position to wear if they do not have a protective undershirt.
- For boys, Athletic Cup: highly recommended, and required for kids playing catcher
- For softball, Fielders Mask: This protects the player's face from thrown or hit balls. Required for pitching, highly recommended in other positions, especially first and third
- Sliding Shorts (optional): May be helpful when sliding into bases
- Catchers Equipment (League Supplied for Team)

- Bat Bag/Equipment Backpack (optional): Any sturdy bag to carry and organize your child's gear will work
- Please label ALL of your child's equipment including their bag, hat, glove, bat, etc. to help your child keep track of their own things.

Minors ball sizes (for reference if you want to purchase to practice at home)

Baseball uses standard 9" baseballs

Softball uses 11" softballs

Majors (Softball and Baseball):

- Uniform: The league supplies a team shirt, pants and hat/visor (Softball).
- Baseball Glove (required)
- Softball Glove - recommended size for 11-12 year olds is 11.5 - 12.5
- Bat with USA Baseball sticker/emblem on it
- Softball bat must have USSSA 1.2 certification or USA Softball (ASA) certified
- Batting Helmet (required) with Cage (recommended)
- Cleats (required)
- Batting Gloves (optional)
- Heart Guard (highly recommended): It is a good idea for all kids to wear a padded protective undershirt. A Heart Guard protector is provided by the league and required for the Pitcher position to wear if they do not have a protective undershirt.
- For boys, Athletic Cup: highly recommended, and required for kids playing catcher
- For softball, Fielders Mask (highly recommended for in-field players): This protects the player's face from thrown or hit balls. Required for pitching, highly recommended in other positions, especially first and third
- Sliding Shorts (optional): May be helpful when sliding into bases
- Catchers Equipment (League Supplied for Team)
- Bat Bag/Equipment Backpack (optional): Any sturdy bag to carry and organize your child's gear will work
- Please label ALL of your child's equipment including their bag, hat, glove, bat, etc. to help your child keep track of their own things.

Majors ball sizes (for reference if you want to purchase to practice at home)

Baseball uses standard 9" baseballs

Softball uses 12" softballs