

Cupertino Girls Softball League Uniform and Equipment FAQs

The League provides bats, balls, catcher's gear, team helmets to all teams. The League also provides jerseys, visors and socks for each player.

Required Equipment:

All divisions

Glove

Black Shorts (Full length softball or baseball pants are also acceptable)

10U-16U divisions

Black sliding shorts

Black extended length knee guard(s) (also called sliders)

Recommended Equipment:

Softball cleats

Batting helmet with chin strap and face guard

Optional:

Bat

Ball

Batting gloves

Q: What size glove should I buy my player?

A: Suggested sizes are 6U: 10-10.5 inches, 8U-10U: 11-11.5 inches, 12U-16U: 12-12.5 inches

Q: What do I need to know before buying a glove?

A: Buy an all leather glove. Glove is worn on the left hand for players that throw with their right hand (glove on the right hand for lefties). Look for a hinged design, without extra padding in the palm, to make it easier for your player to close the glove. Don't buy a glove that feels too stiff. When buying youth gloves, remember softballs are bigger than baseballs; test how well the ball fits in the glove.

Q: How should a new glove be broken in?

A: Here's one way... Apply a small amount of glove oil or lanolin shaving cream in the pocket and spread it outward around the glove. Put a ball in the pocket, close the glove evenly on the ball, and tie it closed with a strip of cloth. Then, slide it under the mattress for a day or two. Use the glove to play catch; gloves break in naturally as they are used.

Q: What kind of black shorts should I buy?

A: Players should buy black uniform shorts available in the baseball/softball department of all sporting good stores (Big 5, Sports Authority, Copelands), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20. Black soccer shorts can be used as well.

Instead of shorts, full length softball or baseball pants are also acceptable.

Q: What are sliding shorts?

A: Sliding shorts are tight-fitting compression shorts similar to bike shorts. These are worn under the uniform shorts. Sliding shorts have a non-slip grip on the hem of each leg to keep them in place while the player is sliding. They also have padding on the sliding area. These can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, Copelands), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20-\$25.

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Q: What are knee guards (also called sliders)?

A: Sliders are long kneepads that protect a player's knee and calf when the player slides. When purchasing, use the extended length that covers the knee and the lower leg. These can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, etc) at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$15.

Q: Does my player really need cleats?

A: Cleats will greatly improve your daughter's traction on the dirt infield and on the grass outfields. All players in 10U-16U should wear cleats for safety. Softball cleats are recommended. Metal baseball cleats are not permitted. Youth and women's softball cleats can be found baseball/softball department of all sporting good stores (Big 5, Sports Authority, etc), at team sports specialty stores in the area (Fontanetti's, All Out Baseball) and online (wasupply.com). They cost around \$20-35.

Q: Why should my player have her own batting helmet?

A: Although team helmets are provided by the League, personal batting helmets are highly recommended to ensure personal fit and avoid the possibility of sharing head lice. Batting helmets are inexpensive, \$15-\$25, and are easy to find.

Q: What are chin straps?

A: The chin strap keeps the helmet from bouncing off the player's head while running or sliding. It is an adjustable length of elastic strap that snaps onto the helmet underneath the player's chin. Chin straps are required equipment.

Q: What is a face guard or cage?

A: The guard protects the batter's face while batting and running. The cage looks like the grill of a catcher's mask. It attaches to the helmet with screws. There are specific guards for the brand/style of batting helmet (in other words, not all cages can fit all helmets). Face guards are required equipment for batters.

Q: What size bat should I buy?

A: For fast pitch softball, choose a light bat with at least a 9oz drop marked "Official Softball" 2 ¼ inch diameter or less). Drop refers to the difference between the bat length in inches and its weight in ounces. Popular sizes are 6U: 25"/16 oz, 8U: 26"/17 oz, 10U: 28"/19 oz, 12U: 30"/20 oz and 14/16U: 32"/22 oz. As a rule of thumb, the knob of the bat should come to the player's wrist when the bat is placed upright on the floor and the player's arms hang loosely at her sides to outstretched arm for 10 seconds. Drops higher than 10 are less common, but available in more expensive bats.

Note: Batter's box website has a bat sizing chart for youths by player height and weight (www.aluminumbats.com/bat_chart.htm).

Composite bats are allowed for 10U division and up. Composite bats can be identified by the word COMPOSITE written on the bat.

Please note: In 2008, the Interleague Council voted that all bats must be ASA 2004 certified. ASA started addressing the composite bat issue in its certification. Umpires will check bats before each game. Bats that are not ASA 2004 certified will not be allowed to be used

Q: What size ball will my player use?

A: 6U/8U: 11" softie; 10U: 11" official softball; 12U and above: 12" official softballs.

Q: What are batting gloves?

A: Batting gloves are designed to provide better grip on the bat and lessen the impact to a batter's hands.