



SONOMA STACK BASEBALL FREQUENTLY ASKED QUESTIONS

What is the right bat for me?

There are four main types of bats:

- USA-approved: these are the new (2018) standard bats for use in Little League
- USSSA-approved: the United States Specialty Sports Association certifies bats by measuring their "BPF" (Bat Performance Factor). These bats are approved for use through players' 13U season.
- BBCOR: Bat-Ball Coefficient of Restitution is the current standard that governs how a baseball bat can hit a baseball in High School and College play. The BBCOR standard goal was to make non-wood bats mimic how a wood bat would perform. These are the standard bats for players 14U and older.
- Wood: Wood bats come in all shapes and sizes and are excellent tools for players to learn to find the 'sweet spot'.

On what size field do we compete?

Teams up to 10U compete on a diamond that is 46 feet from the front of the pitcher's rubber to home plate and 65 foot basepaths (46/65); for reference, Little League is 46/60

11U and 12U compete at 50/70

13U competes at 55/80

14U all the way up to MLB competes at 60/90

What is my 'baseball age'?

The USSSA (travel baseball) season begins on August 1. Your 'baseball age' is your age on **May 1** of that same calendar year.

You can also go here: <https://www.ussa.com/baseball/ageCalculator>

Note: your 'Little League age' may differ from your 'travel baseball age', specifically if you are born between May 1 and August 31.

For any further questions or information, please email BillyStackBaseball@gmail.com