



CRICKET EQUIPMENT SIZE GUIDES



BAT SIZE GUIDE

A bat that is the right weight and size for a player will ensure they can swing the bat freely and strike the ball cleanly in order to score runs. A lighter bat will make it easier to run between the wickets too! A big bat might look impressive, but it will make it harder to play well.

How to choose a bat that is the right size?

1. Choose a bat that is the right height for the player. The guide below should give you a good idea.
 - a. The player should be able to stand the bat next to them with the handle resting just below the hip joint.
2. Choose a bat that is the right weight
 - a. The lighter the better as it makes it easier to swing freely
 - b. The player should be able to swing the bat freely with only the top hand on the bat

The table below is a guide from Kookaburra of the weight range of their junior bats

A BAT SHOULDN'T BE TOO TALL OR BE TOO HEAVY

HEIGHT OF JUNIOR PLAYER

	RECOMMENDED BAT SIZE	BAT WEIGHT
Harrow	0	Up to 120cm (3'11")
	1	120-129cm (3'11"-4'3")
	2	129-137cm (4'3"-4'6")
	3	137-144cm (4'6"-4'8")
	4	144-150cm (4'8"-4'11")
	5	150-157cm (4'11"-5'2")
	6	157-163cm (5'2"-5'4")
		163-168cm (5'4"-5'6")
		168-175cm (5'6"-5'9")
	Adult	175cm and over (5'9"+)

RIGHT BAT SIZE = MORE ACTION! MORE RUNS! MORE ENJOYMENT!

BATTING/WICKET KEEPING GLOVES SIZE GUIDE

The measurement to take here is from the start of the wrist to the tip of your middle finger (the longest one) in a straight line. Gloves can also vary slightly from one manufacturer to another, but this guide should help.

GLOVE SIZE	LENGTH
SMALL JUNIOR	16.5cm
JUNIOR	17.5cm
YOUTHS/SMALL ADULT	19cm
ADULT	21cm
LARGE ADULT	22.5cm

BATTING PADS SIZE GUIDE

The measurement to take here is from the centre of the knee cap, to the top of the foot (where the tongue of your shoe would fit). Sizes can vary slightly from one manufacturer to another, but this guide should give you a good idea.

PAD SIZE	LENGTH
SMALL JUNIOR	30 - 32cm
JUNIOR	32 - 35cm
YOUTHS/SMALL ADULT	36 - 38cm
ADULT	39 - 43cm
LARGE ADULT	44 - 48cm

HELMET SIZE GUIDE

A good fitting helmet is worn with the peak protruding horizontally from the line of the eyebrows. It should feel firm but comfortable with no excessive movement in any direction. To measure, run a tape measure around the middle of the forehead, just above the eyebrows, around the side - just above the ears to the 'bump' on the back of the head. Over time the internal padding will mould to the shape of the head. The guide below should give you a good idea.

HELMET SIZE GUIDE

TO FIT	HEAD CIRCUMFERENCE
SMALL JUNIOR	51 - 52cm
JUNIOR	53 - 54cm
YOUTHS	54 - 56cm
SMALL ADULT	56 - 58cm
ADULT	58 - 60cm
LARGE ADULT	60 - 62cm

HOW TO MEASURE YOUR HEAD

- 1 Use a soft measuring tape to measure the circumference of your head about 1cm above your eyebrows. Make sure the tape is at the same height all around your head when measuring.
- 2 If you do not have a soft measuring tape, use a string in the same way as indicated above to measure your head. Then lay the string straight and measure it with a ruler.
- 3 If you cannot measure the head of the person who the helmet is for, measure the inside of a current helmet or a hat they wear frequently.

