

BAT INFORMATION

Sun City Softball bat standards: We use ASA/USA Certified bats on our Softball Field.

In 2020 **ASA changed its name to USA**, making 2 different Bat Stamps. The new USA Softball Stamp denotes current models and will continue to go on bats moving forward. There was NO change in bat standard, only the stamps look changed.

The official bat, made up of the knob, handle, grip, taper, barrel, and end cap shall be free of burs, dents, cracks, sharp edges, rattles and show no signs of excessive wear. The official bat may be marked OFFICIAL SOFTBALL by the manufacturer and shall be no more than 34 inches long nor exceed 38 ounces in weight. The official bat shall not be more than 2.250 inches in diameter at its largest part, including any tolerance for expansion. The official bat must bear the appropriate certification marks ONLY as shown below and must not be listed on the USA Softball Non-Approved Bat List with Certification Marks:

[2023_USA_Softball_NonApproved_Bat_List.pdf](#)



[Composite vs. Aluminum Alloy](#) - Blog worth reading when considering a bat: [Blog](#)

Features	Composite Bats	Alloy Bats
Material	Carbon-fiber based materials	Aluminum + other metals
Price	Expensive	Budget-friendly
Pop	Excellent	Decent
Sweet Spots	More	Less
Swing Weight	Better	Okay
Vibration	Less Vibrational Sting	More Vibrational Sting
Break-in	Required	Not required

Composite Bat Break-In Guide

Got a brand new composite bat?

As you may know, composite baseball and softball bats require a “break-in” period to reach their optimum in-game performance level.

Unlike alloy bats that are ready to use straight out of the wrapper, composite bats need a little warming up.

The reason for this “break-in” period is to loosen the resin inside of the barrel so the material can be more responsive upon contact.

Below is a 6-step guide to help ensure your composite bat is broken-in properly and ready for game use.

Composite bats are high-performance products and have a lifespan that is directly related to the number of impacts they receive. We recommend that once your bat has completed the below break-in procedure it is saved for game use only to increase the longevity of its performance.

This procedure should be performed gradually to ensure the bat is broken-in properly. Hitting composite bats at speeds faster than they are designed to withstand can cause premature cracking and damage the bat before reaching its full performance potential.

1. Hit 50 balls off a tee using about 50% power. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.
2. Hit 50 balls off a tee using about 75% power. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.
3. Hit 50 balls from soft-toss using about 75% power. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.
4. Hit 50 balls from soft toss using 100% power. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.
5. Hit 50 balls off a pitching machine or live pitching using 100% power. The pitching speed should be about 50% of the fastball speed you normally face. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.
6. Hit 50 balls off a pitching machine or live pitching using 100% power. The pitching speed should be about 75% to 100% of the fastball speed you normally face. Make sure to rotate the bat $\frac{1}{4}$ ” between each hit.

After these 300 hits, your composite bat will be broken-in and ready for game use. As stated before, composite bat lifespans are directly related to how many impacts they receive, so we recommend you save your bat for game use only once broken-in.