

Equipment & Uniform Items

The information below is only provided as guidance, please consult with your Player Agent if you have division specific questions.

Equipment/Uniform provided by Folsom Softball Club:

- Catcher's gear (acquired by coach)
- Practice softballs (acquired by coach)
- Practice equipment – bow net, tee (6u only), pitching machine/balls (located at each field)
- Player jersey and socks (jersey only for Fall Ball Play)

Equipment provided by player/parent:

- Softball pants (required) – all players are required to wear navy (traditional FSC pant color) or black (new option for the spring 2024 season) softball pants. Final pant color must be aligned throughout each team (no mix & match) and will be determined by each individual head coach prior to the start of the season.
- Glove (required) - When buying your player a new glove, consider the size of the softball they will use in the age group she will be playing in and buy a glove big enough for the ball to fit into.
 - 6U and 8U use a 10" softball. 10" glove, at least should be used.
 - 10U uses an 11" softball – 12-inch glove should be used - bigger if completely broken in.
 - 12U and 14U use a 12" softball. 12" or bigger. Most girls use a 13" or 14" glove at this age.
- Bat (required, but may borrow)
 - Player may borrow a bat from another player; be sure and obtain consent from the parent.
 - When buying a new bat for your player; consider the amount your player plays \$200+ on a composite bat might not be the right spending call if your player only plays during the spring Rec season.
 - Bats must be USA Softball Certified and/or ASA Certified 2004 fast pitch softball bats not baseball. Check the barrel of the bat for the USA Softball/ASA Certified approved stamp.
 - A good way to size the bat you are about to buy is to have your player hold the handle of the bat towards the knob end straight out parallel to the ground. If she can hold the bat up for 10 seconds or so she is most likely strong enough to swing that bat in a game. Use good judgment; it should look like the player can swing the bat not the other way around. Chances are; if the bat looks too big when the player swings it, it is!
- Batting Helmet (required)
 - Helmets must have a chin strap and a facemask/guard (must be NOCSAE approved), or they will not be allowed in the game. Almost all new helmets meet these safety standards.
- Cleats (required)
 - Any rubber cleats are fine – soccer or softball cleats.
 - 14U+ only may wear metal cleats (optional)

Other OPTIONAL equipment:

- Defensive face mask - strongly recommended for all/required for pitchers beginning in spring 2024 (each coach will be provided with an extra face mask for pitchers with equipment pick up at the beginning of the season)
- Pitching chest guard
- Personal Catching gear

Other OPTIONAL uniforms items:

- Sliding shorts
- Sliding knee pad
- Crazy socks (coordinated by team)
- Hair bows