

Softball Bat Compression Conversion Tables

Testing softball bats for compliance with USA (ASA) and USSSA standards just got easier. These conversion tables allow you to use a single compression tester for both sanctioning bodies by translating compression values between the two.

USA and USSSA have different testing standards, but with these tables, you can accurately determine whether your bat meets the requirements for either sanction without needing separate testers. This saves time, reduces costs, and ensures your bats are always game-ready, no matter the league.

**USSSA to USA
Compression Conversion Table**

USSSA (psi)	USA (psi)
112.5	987
125	1041
137.5	1096
150	1150
162.5	1205
175	1259
187.5	1314
200	1368
212.5	1423
225	1477
237.5	1531
240	1542
250	1586
262.5	1640
275	1695
287.5	1749
300	1804
312.5	1858
325	1913
337.5	1967
350	2021
362.5	2076
375	2130
387.5	2185

**USA to USSSA
Compression Conversion Table**

USA (psi)	USSSA (psi)
950	104
975	109.74
1000	115.48
1025	121.22
1050	126.96
1075	132.7
1100	138.44
1125	144.18
1150	149.92
1175	155.66
1200	161.4
1225	167.14
1250	172.88
1275	178.62
1300	184.36
1325	190.1
1350	195.84
1375	201.58
1400	207.32
1425	213.06
1450	218.8
1475	224.54
1500	230.28
1525	236.02
1550	241.76
1575	247.5
1600	253.24
1625	258.98
1650	264.72
1675	270.46
1700	276.2
1725	281.94
1750	287.68
1775	293.42
1800	299.16
1825	304.9
1850	310.64
1875	316.38
1900	322.12
1925	327.86
1950	333.6
1975	339.34
2000	345.08