

Advanced Baseball Stats: One-Page Reference

Simple guide to the most useful hitting, pitching, and defensive stats. Good / Average / Poor bands are rough MLB-era rules of thumb, not fixed laws.

Hitting					Pitching					Defense				
Stat	What it tells you	Good	Avg	Poor	Stat	What it tells you	Good	Avg	Poor	Stat	What it tells you	Good	Avg	Poor
wRC+	Best one-number summary of total hitting value; 100 = average.	115+	100	<85	ERA+	Park-adjusted ERA; 100 = average.	115+	100	<85	OAA	Statcast range metric: outs saved vs average.	+5	0	-5
wOBA	Overall offensive rate that weights events properly.	.360+	.320	<.300	FIP	Defense-stripped estimate using K, BB, HBP, HR.	<3.50	~4.00	>4.50	DRS	Runs saved vs average defender.	+10	0	-10
K%	How often the hitter strikes out.	<18%	~22%	>28%	xERA	Statcast ERA estimate from K, BB, contact quality.	<3.50	~4.00	>4.50	FRV	Statcast all-in-one defensive runs metric.	+10	0	-10
BB%	How often the hitter walks.	10%+	~8%	<6%	K-BB%	Best quick skill stat: dominance + command.	18%+	~14%	<8%	UZR	Run-based fielding estimate.	+10	0	-10
ISO	Pure extra-base-hit power.	.200+	.170	<.120	WHIP	Baserunners allowed per inning.	<1.15	~1.30	>1.40	Def	FanGraphs fielding + position value.	+12 great	0	-12 poor
EV	Average exit velocity on contact.	92+	88-90	<86	xwOBAA	Expected offensive value allowed.	<.290	~.320	>.340	Arm Str.	Throw velocity; compare within position.	Top tier	Average	Bottom tier
HardHit%	Share of contact at 95+ mph.	45%+	~39%	<32%	HardHit% A	Share of 95+ mph contact allowed.	<34%	~39%	>42%	Framing	Extra strikes a catcher steals.	+8	0	-8
Barrel%	Best quick power/damage stat.	10%+	~6-7%	<4%	Barrel% A	Share of barrels allowed.	<6%	~7-8%	>10%	Pop Time	Catcher transfer + throw time to base.	<1.95	~2.00	>2.05
xwOBA	Expected overall offensive value.	.360+	.320	<.300	GB%	Ground-ball rate; often helps suppress HR.	47%+	~43%	<38%	Blocking	Stops balls in dirt from getting by.	+3	0	-3
BABIP	Mostly luck/context check; player type matters.	Context	~.300	Context	Stuff+	Model of raw pitch quality; 100 = average.	115+	100	<90	Catcher Throw	Running-game value vs expectation.	+3	0	-3

Quick Reading Rules

- Stats ending in '+' use 100 as average; higher is better.
- Run-based fielding metrics center around 0; positive is good.
- Expected stats (xBA, xwOBA, xERA) help strip out some luck and context noise.
- Launch angle, BABIP, arm strength, and spin rate are more context-dependent than most people think.

Starter Pack

Hitters: **wRC+**, **wOBA**, **K%**, **BB%**, **Barrel%**, **HardHit%**, **xwOBA**
 Pitchers: **ERA+**, **FIP**, **xERA**, **K-BB%**, **HardHit% allowed**, **Barrel% allowed**
 Defense: **OAA**, **FRV**, then cross-check **DRS/UZR**; for catchers add framing, blocking, and throwing.