

YOUTH APPAREL SIZE CHART

U.S. SIZE	22	24	26	28
INTERNATIONAL SIZE	S	M	L	XL
YEARS	6-7	8-10	11-12	13-14

A. CHEST (CM)	60.5 - 65.5	65.5 - 70.5	70.5 - 75.5	75.5 - 80.5
B. WAIST (CM)	54 - 58	58 - 62	62 - 66	66 - 70
C. HIP (CM)	68 - 72	72 - 76	76 - 80	80 - 84
D. THIGH (CM)	40 - 42	42 - 44	44 - 46	46 - 48
E. INSEAM (CM)	51.1 - 56.5	56.5 - 61.5	61.5 - 66.5	66.5 - 71.5
F. ARM LENGTH (CM)	39 - 43	43 - 47	47 - 51	51 - 55
G. HEIGHT (CM)	109 - 120	120 - 130	130 - 145	145 - 159

A. CHEST (INCHES)	23 ⁷ / ₈ - 25 ³ / ₄	25 ³ / ₄ - 27 ³ / ₄	27 ³ / ₄ - 29 ³ / ₄	29 ³ / ₄ - 31 ³ / ₄
B. WAIST (INCHES)	21 ¹ / ₄ - 25 ³ / ₈	22 ⁷ / ₈ - 24 ³ / ₈	24 ³ / ₈ - 26	26 - 27 ¹ / ₂
C. HIP (INCHES)	26 ³ / ₄ - 28 ³ / ₈	28 ³ / ₈ - 29 ⁷ / ₈	29 ⁷ / ₈ - 31 ¹ / ₂	31 ¹ / ₂ - 33 ¹ / ₈
D. THIGH (INCHES)	15 ³ / ₄ - 16 ¹ / ₂	16 ¹ / ₂ - 17 ³ / ₈	17 ³ / ₈ - 18 ¹ / ₈	18 ¹ / ₈ - 18 ⁷ / ₈
E. INSEAM (INCHES)	20 ¹ / ₈ - 22 ¹ / ₄	22 ¹ / ₄ - 24 ¹ / ₄	24 ¹ / ₄ - 26 ¹ / ₈	26 ¹ / ₈ - 28 ¹ / ₈
F. ARM LENGTH (INCHES)	15 ³ / ₈ - 16 ⁷ / ₈	16 ⁷ / ₈ - 18 ¹ / ₂	18 ¹ / ₂ - 20 ¹ / ₈	20 ¹ / ₈ - 21 ⁵ / ₈
G. HEIGHT (INCHES)	3'7" - 3'11"	3'11" - 4'3"	4'3" - 4'9"	4'9" - 5'3"

HOW TO MEASURE

A. Chest

Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. Waist

Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. Hip

Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. Thigh

Measure around the thigh just below the crotch, keeping the tape horizontal.

E. Inseam

Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. Arm Length

Measure from shoulder (Humerus) to wrist.

G. Height

Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

