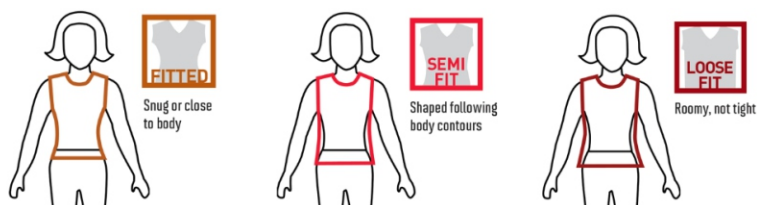


SIZES AND FITS

HOW TO ENSURE THE RIGHT FIT AND SIZE FOR YOUR CUSTOMER

- Step 1:** Start with the charts below for general size information. Not all of our products are represented by the size charts below.
- Step 2:** For the best fit, click on the size spec button on the product page online for specific style garment measurements. Some Ladies styles have a specific fit. Look for one of the icons near the product description as shown to the right to see the type of fit. Then check the garment measurements on line for specific styles.
- Step 3:** Not sure how the garment will fit or what size is best? Order samples so your customer can ensure all members of the group are in the right size. [View our sample policy here.](#)



FOR GENERAL SIZE GUIDANCE CHECK SPECIFIC GARMENT MEASUREMENTS BY STYLE ONLINE.

GENERAL SIZE CHARTS

ADULT									
SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL
CHEST (Inches)	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64
WAIST (Inches)	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58
HIP (Inches)	29-31	33-35	37-39	41-43	45-47	49-51	53-55	57-59	61-63
CHEST (Centimeters)	76-81	86-91	97-102	107-112	117-122	127-132	137-142	147-152	158-163
WAIST (Centimeters)	61-66	71-76	81-86	91-97	102-107	112-117	122-127	132-137	142-147
HIP (Centimeters)	74-79	84-89	94-99	104-109	114-119	124-130	135-140	145-150	155-160

LADIES							
SIZE	XS	S	M	L	XL	2XL	3XL
		0-2	4-6	8-10	12-14	16-18	20-22
CHEST (Inches)	32-33	34-35	36-38	39-41	42-44	45-47	48-50
WAIST (Inches)	24½-25½	26½-27½	28½-29½	30½-32	33-35	36-38	39-42
HIP (Inches)	34-36	37-38	38-40	42-44	45-47	48-50	50-52
CHEST (Centimeters)	81-84	86-89	91-97	99-104	107-112	114-119	122-127
WAIST (Centimeters)	62-65	67-70	72-75	77-81	84-89	91-97	99-107
HIP (Centimeters)	86-91	94-97	97-102	107-112	114-119	122-127	127-132

YOUTH						
SIZE	XXS	XS	S	M	L	XL
		3T-4T	4-5	6-8	10-12	14-16
CHEST (Inches)	21-22	22-23	24-26	28-30	32-34	36-38
WAIST (Inches)	19-20	20-22	22-24	24-26	26-28	28-30
HIP (Inches)	22-23	23-24	25-27	28-30	31-33	34-36
Chest (Centimeters)	53-56	56-58	61-66	71-76	81-86	91-97
WAIST (Centimeters)	48-51	51-56	56-61	61-66	66-71	71-76
HIP (Centimeters)	56-58	58-61	64-69	71-76	79-84	86-91

GIRLS				
SIZE	XS	S	M	L
		4-5	6-8	10-12
CHEST (Inches)	22-24	25-27	28-30	31-33
WAIST (Inches)	22-24	24-25	25-27	28-30
HIP (Inches)	23-24	25-28½	30-32	34-35
CHEST (Centimeters)	56-61	64-69	71-76	79-84
WAIST (Centimeters)	56-61	61-64	64-69	71-76
HIP (Centimeters)	58-61	64-72	76-81	86-89

LADIES JUNIOR FIT						
SIZE	XS	S	M	L	XL	2XL
		0-1	3-5	7-9	11-13	15-17
CHEST (Inches)	31-32	33-34	35-36	37-39	41-43	44-46
WAIST (Inches)	24-25	26-27	28-29	30-32	33-35	36-38
HIP (Inches)	33-34	35-36	37-38	39-41	42-44	45-47
CHEST (Centimeters)	79-81	84-86	89-91	94-99	104-109	112-117
WAIST (Centimeters)	61-64	66-69	71-74	76-81	84-89	91-97
HIP (Centimeters)	84-86	89-91	94-97	99-104	107-112	114-119

CHEER UNIFORM SIZE CHART

LADIES					
SIZE	S	M	L	XL	2XL
		0-1	4-5	6-8	10-12
CHEST (Inches)	30-32	33-35	36-38	39-41	42-44
WAIST (Inches)	22-24	25-27	28-30	31-33	34-36
HIP (Inches)	30-32	33-35	36-38	39-41	42-44
CHEST (Centimeters)	76-81	84-89	91-97	99-104	107-112
WAIST (Centimeters)	56-61	64-69	71-76	79-84	86-91
HIP (Centimeters)	76-81	84-89	91-97	99-104	107-112

GIRLS					
SIZE	XXS	XS	S	M	L
		3T	4-5	6-8	10-12
CHEST (Inches)	20½-22½	23½-25	26-27½	28½-30	31-33
WAIST (Inches)	15½-17½	18½-19½	20½-21½	22½-23½	24½-26½
HIP (Inches)	20-22	23-24	25-26	27-28	29-30
CHEST (Centimeters)	52-57	60-64	66-70	72-76	79-84
WAIST (Centimeters)	39-44	47-50	52-55	57-60	62-67
HIP (Centimeters)	51-56	58-61	64-66	69-71	74-76

SOCKS

SHOE SIZE	SOCK SIZE
Men 13-15	Adult XL 13-15
Men 8-13	Adult 10-13
Men 4½-7½ Ladies 5½-10½	Intermediate 9-11
Ladies 4-5 Youth 1-4	Youth 7-9
Children 3-9	XS Youth 5-7

BRA SIZE CHART

BAND SIZE

		30	32	34	36	38	40	42
CUP SIZE	A	XS	S	M	L	XL	2XL	
	B							
	C							
	D							