



SIZING FOR CHEER UNIFORMS

Sizing Information



Girls					
	XXS	XS	S	M	L
Chest	20 - 22	22½ - 24	24½ - 25½	26 - 28	29 - 32
Hips	21 - 23	23 - 25	25 - 26½	27 - 30	31 - 34
Waist	19½ - 21½	22 - 23	23½ - 24	24 - 25	25 - 27

Women						
	XS	S	M	L	XL	2X
Chest	32 - 33½	34 - 35½	36 - 38	38½ - 41	41½ - 45	45½ - 48½
Hips	35¼ - 37	37¼ - 39	39¼ - 41½	42 - 44½	45 - 48	48½ - 51
Waist	25 - 26½	27 - 28½	29 - 31	31½ - 34½	35 - 39	39½ - 41½

MEASURING TIPS

When measuring it's best to have a friend help since it's difficult to get accurate measurements by yourself. If measuring an entire team, if possible, have one person measure everyone for consistency.

It is important to wear lightweight clothing when you are getting measured. Bulky clothing, like fleece and denim, can distort the measurements and lead you to the wrong size.

Use a flexible measuring tape when taking body measurements.



- Chest** To measure the chest, slide the tape underneath the arm, and wrap the tape around the body, going over the fullest part of the chest. Pull the tape taut - not tight!
- Waist** To measure the waist, wrap the tape around the waist at the belly button. You should always measure at this point even if the garment is intended to be worn lower on the hips or at the natural waist. All garments are fit with natural waist placement in mind, then adjusted according to desired styling and fit.
- Hip** To measure the hip, it is best if the person turns to the side with feet shoulder width apart so you can be sure you're measuring around the fullest part of the hip. Once again, you'll just wrap the tape around the hips, going over the fullest or widest part and pulling the tape taut, not tight.
- Inseam** For an accurate inseam measurement, place the tape on the crotch seam and measure to the hem. The inseam represents the measurement of the actual garment, not the body.