

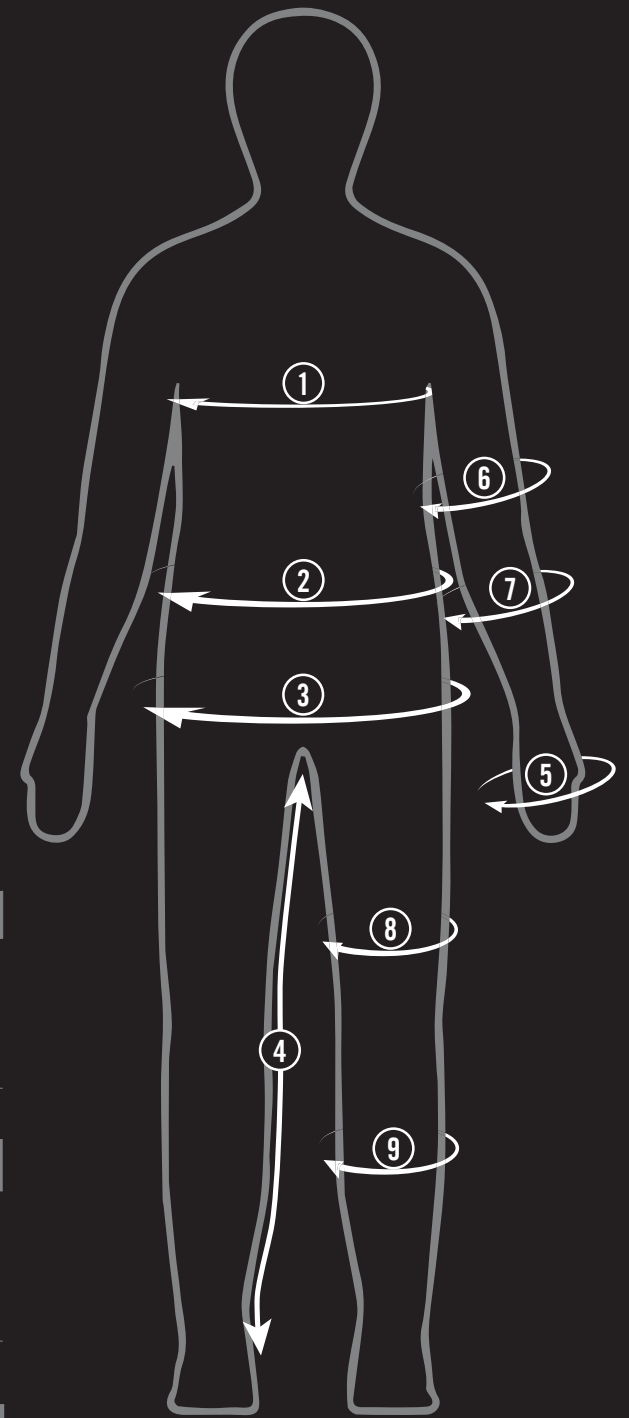


# APPAREL & GUARDS

## FIT AND CARE

As body types vary from person to person, the best way to choose the right size garment is by trying it on. As such, the following charts should only be used as a guide.

- 1 Chest:** Measure fullest circumference, keeping tape up under arms and across shoulder blades.
- 2 Waist:** Measure at narrowest circumference. Don't suck it in – nobody's watching.
- 3 Hip:** Measure around the widest part of the pelvis, around the buttocks.
- 4 Inseam:** Measure inner leg from crotch to below the ankle bone.
- 5 Glove:** Wrap a tape measure around the widest part of your palm and make a light fist.
- 6 Bicep:** Measure around your bicep at the widest part.
- 7 Forearm:** Measure around your forearm at the widest part.
- 8 Thigh:** Measure around your thigh 10cm (7cm for youth) up from the top of your knee cap with a straight leg.
- 9 Calf:** Measure around your calf at the widest part.



## APPAREL

### MEN'S SIZING

	S	M	L	XL	XXL
<b>Chest</b>	35.5-38" (90-96 cm)	38-40.5" (96-103 cm)	40.5-43.5" (103-110 cm)	43.5-46.5" (110-118 cm)	46.5-49.5" (118-126 cm)
<b>Waist</b>	27.5-30" (70-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)	35.5-38.5" (90-98 cm)	38.5-41.5" (98-105 cm)
<b>Hip</b>	34-37" (86-94 cm)	37-39.5" (94-100 cm)	39.5-42.5" (100-108 cm)	42.5-45.5" (108-116 cm)	45.4-48.5" (116-123 cm)

### WOMEN'S SIZING

	XS	S	M	L	XL
<b>Chest</b>	31-33" (79-84 cm)	33-35" (84-89 cm)	35-37" (89-94 cm)	37-39" (94-99 cm)	39-41" (99-104 cm)
<b>Waist</b>	24.5-26" (62-66 cm)	26-28" (66-71 cm)	28-30" (71-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)
<b>Hip</b>	34-36" (86-91 cm)	36-38" (91-97 cm)	38-40" (97-102 cm)	40-42.5" (102-108 cm)	42.5-45.5" (108-116 cm)

### YOUTH SIZING

	S/Y8	M/Y10	L/Y12
<b>Chest</b>	25-28" (63.5-71 cm)	28-31.5" (71-80 cm)	31.5-33.5" (80-85 cm)
<b>Waist</b>	19.5-22.5" (49.5-57 cm)	22.5-26" (57-66 cm)	26-28" (66-71 cm)
<b>Hip</b>	25.5-28.5" (68-76 cm)	30-33.5" (76-85 cm)	33.5-35.5" (85-90 cm)

## GLOVES

### GLOVE SIZING

	XS	S	M	L	XL
<b>Men's</b>	6-7" (15-17.5 cm)	7-8" (17.5-19 cm)	8-9" (19-21.5 cm)	9-10" (21.5-24 cm)	10-10.5" (24-26.5 cm)
<b>Women's</b>	5-6" (12.5-15 cm)	6-7" (15-17.5 cm)	7-8" (17.5-20 cm)	8-9" (20-21.5 cm)	9-9.5" (21.5-24 cm)
<b>Youth</b>		6-6.5" (15-16.5 cm)	6.5-7" (16.5-17.8 cm)	7-7.5" (17.8-19 cm)	

## GUARDS

### CORE SIZING

	S	M	L	XL	XXL
<b>Chest</b>	35.5-38" (90-96 cm)	38-40.5" (96-103 cm)	40.5-43.5" (103-110 cm)	43.5-46.5" (103-118 cm)	46.5-49.5" (118-126 cm)
<b>Waist</b>	27.5-30" (70-76 cm)	30-32.5" (76-83 cm)	32.5-35.5" (83-90 cm)	35.5-38.5" (90-98 cm)	38.5-41.5" (98-105 cm)
<b>Hip</b>	34-37" (86-94 cm)	37-39.5" (94-100 cm)	39.5-42.5" (100-108 cm)	42.5-45.5" (108-116 cm)	45.4-48.5" (116-123 cm)

### KNEE

	XS	S	M	L	XL	XXL
<b>Thigh</b>	14.5-15.5" (37-39cm)	15.5-16.5" (39-42cm)	16.5-17.5" (42-44cm)	17.5-18.5" (44-47cm)	18.5-19.5" (47-50cm)	19.5-20.5" (50-52cm)
<b>Calf</b>	11.5-12.5" (29-32cm)	12.5-13.5" (32-34cm)	13.5-14.5" (34-37cm)	14.5-15.5" (37-39cm)	15.5-16.5" (39-42cm)	16.5-17.5" (42-44cm)

### ELBOW

	XS	S	M	L	XL	XXL
<b>Bicep</b>	8.5-9.5" (22-24cm)	9.5-10.5" (24-27cm)	10.5-11.5" (27-29cm)	11.5-12.5" (29-31cm)	12.5-13.5" (31-34cm)	13.5-14.5" (34-37cm)
<b>Forearm</b>	6.5-7.5" (17-19 cm)	7.5-8.5" (19-22cm)	8.5-9.5" (22-24cm)	9.5-10.5" (24-27cm)	10.5-11.5" (27-29cm)	11.5-12.5" (29-32cm)

### YOUTH KNEE

	S/M	L/XL
<b>Thigh</b>	10-12" (25-30 cm)	12-14" (30-36 cm)
<b>Calf</b>	9-10.5" (23-27 cm)	10.5-12" (27-30 cm)

### YOUTH ELBOW

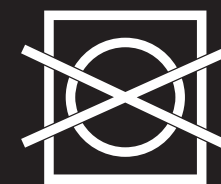
	S/M	L/XL
<b>Bicep</b>	7-8" (18-20 cm)	8-9" (20-23 cm)
<b>Forearm</b>	5-6" (13-15 cm)	6-7" (15-17 cm)



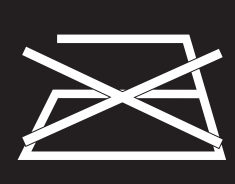
MACHINE WASH  
COLD WATER  
GENTLE CYCLE



DO NOT BLEACH



DO NOT TUMBLE DRY



DO NOT IRON



DO NOT DRY CLEAN



LINE DRY /  
HANG TO DRY

- \* Remove D30 pieces from armour before washing.
- \* Wipe to clean D30 pieces.