

Ring Sizing Guide

Inside diameter		Inside circumference		Sizes			
MM	Inches	MM	Inches	US & Canada	UK & AUS	EU	Japan
14.1	0.553	44.30	1.74	3	F	44	4
14.5	0.569	44.55	1.79	3 ½	G ½	45 ¼	5 ½
14.9	0.585	46.81	1.84	4	H ½	46 ½	7
15.3	0.601	48.07	1.89	4 ½	I ½	47 ¾	8
15.7	0.618	49.32	1.94	5	J ½	49	9
16.1	0.634	50.58	1.99	5 ½	L	50 ¼	10
16.5	0.650	51.84	2.04	6	M	51 ½	11
16.9	0.666	53.09	2.09	6 ½	N	52 ¾	13
17.3	0.683	54.35	2.15	7	O	54	14
17.7	0.699	55.61	2.20	7 ½	P	55 ½	15
18.1	0.716	56.86	2.25	8	Q	57	16
18.5	0.729	58.12	2.29	8 ½	Q ¾	58	17
19.0	0.748	59.69	2.35	9	R ¾	59 ½	18
19.4	0.764	60.95	2.40	9 ½	S ¾	61	19
19.8	0.781	62.20	2.45	10	T ½	62	20
20.2	0.797	63.46	2.50	10 ½	U ½	63	22
20.6	0.814	64.72	2.56	11	V ½	64 ½	23
21.0	0.830	65.97	2.61	11 ½	W ¾	66	24
21.4	0.846	67.23	2.66	12	Y	67	25