

SIZES AND FITS

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	24–26
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	18–20
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

YOUTH

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

GIRLS

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

LADIES JUNIOR FIT

HIP (Centimeters)	84–86	89–91	94–97	99–104	107–112	114–119
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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

LADIES

HIP (Centimeters)	76–81	84–89	91–97	99–104	107–112
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GIRLS

SIZE	XXS	XS	S	M	L
	3T	4–5	6–8	10–12	14–16
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

CUP SIZE

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