

Waist	Hip	Legging Inseam	Roll Top Inseam	Sport Short Inseam	Biker Short Inseam	Comfortable Fit
16 - 17 1/2"	19 1/2"	19 1/2"	2 1/2"	2 1/2"	4 1/2"	Child XXS (3T)
17 1/2 - 19"	21 1/2"	20 1/2"	2 1/2"	2 1/2"	4 1/2"	Child XS (5)
19 - 20 1/2"	23"	22"	2 1/2"	2 1/2"	4 1/2"	Child S (6)
20 1/2 - 22"	24"	23 1/2"	2 3/4"	2 3/4"	4 3/4"	Child M (8)
22 - 23"	26"	25 1/2"	2 3/4"	2 3/4"	4 3/4"	Child L (10)
23 - 24 1/2"	27"	27 1/2"	3"	3"	5"	Child XL (12)
Waist	Hip	Legging Inseam	Roll Top Inseam	Sport Short Inseam	Biker Short Inseam	Comfortable Fit
24 1/2 - 26"	28"	28 1/2"	3 1/4"	3"	5"	Adult XS (0-2)
26 - 27 1/2"	29"	29"	3 1/2"	3 1/2"	5"	Adult S (3-4)
27 1/2 - 29"	30"	29 1/2"	3 3/4"	3 3/4"	5 1/4"	Adult M (5-6)
29 - 30"	31"	30"	4"	4"	5 1/2"	Adult L (8-10)

How to Measure

1. **Waist Measurement:** taken at natural waistline, on or around belly-button
2. **Hip Measurement:** taken around the fullest part of the buttocks
3. **Length:** From the natural waist down

Rules of Thumb

1. Destira leotards run fairly true to size. Most often, a gymnast will wear the same size they wear in leotards/street clothes. For growing room, buy one size up.
2. Metallic fabrics have less stretch and will have a tighter feel when worn. Keep fabric type in mind when choosing size.

