



GUIDE FOR SIZING

The most important element of ensuring a proper fit is through correct body measurements. Because each athlete has a unique body structure and fit preference, proper fit can vary greatly. By measuring athletes at specific locations on their bodies, we can eliminate most mistakes. To help, we have provided detailed instructions to measure each body location. Follow this guide to properly size each athlete in order to provide a similar and consistent fit for all team members.

How to Measure

In order to successfully measure body locations please have our OZONE size chart, the OZONE measuring form, and a measuring tape on hand.

Accurate measurements are crucial to the proper fit of your athletes' gymnastics apparel. Athletes need to make sure they are wearing compression or fitted garments while measurements are being taken for accuracy.

Chest Measurement:

1. Measure the athlete while their arms are down at their sides.
2. Measure under the armpits, around the shoulder blades over the fullest part of the chest.
3. Have the athlete inhale deeply while measuring at the fullest part of the chest.
4. Make sure the measuring tape is level while taking the measurement.

Waist Measurement:

1. To measure the waist, wrap the tape around the narrowest part of the waist which is the natural waistline.
2. The natural waist is about an inch above the navel.
3. Make sure the measuring tape is always level to the floor while taking the measurement.

Hip Measurement:

1. The hip should be measured around its fullest part of the buttocks with the athlete's feet together.
2. Ensure that the tape measure is level to the floor.

Torso Measurement:

1. Standing with feet shoulder width apart start measuring at the top of shoulder and down the front of the torso, through the legs, and back to the top of same shoulder.

Inseam Measurements:

1. This measurement is taken from your groin to your ankle (one inch above the floor). Make sure the athlete is barefoot.

Sleeve Measurement:

1. This measurement is to be taken from the armpit down the inside of the arm to the wrist.

Selecting Size

Our OZONE leotard size chart has been developed so that accurate athlete measurements translate into the correct size being ordered. To select the correct size, reference the size chart for the style being ordered then determine which size best corresponds to the athlete's measurements. In circumstances where there is a partial inch, always round up to the next full inch. We recommend if an athlete's measurements fall across two sizes, order the larger size.