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How to Measure

How to Measure



Sleeve: You will need help recording this measurement. Standing with your hands on your hips, place the measuring tape at the top of your shoulder. Extend the tape down to the elbow and finish at the wrist.

Inseam: You might need help with this measurement. Standing tall, with your feet shoulder-width apart, hold the tape from the top of your inner thigh to the bottom of your inner ankle.



Chest: Standing relaxed, wrap the measuring tape around the widest part of your chest (about one inch under your arms). Hold the measuring tape flat, but not too snug.

Waist: Measure your natural waist by finding the area between the bottom of your rib cage and the top of your hips. Take a deep breath in and out to relax. Loosely wrap the tape around your waist.

Unisex Tees

TEES	S	M	L	XL	XXL	3XL	4XL	5XL
Chest	36"	40"	44"	48"	52"	56"	60"	64"

Unisex Senior Jerseys

SENIOR JERSEYS	XS	S	M	L	XL	XXL	3XL
Chest	32-34"	34-36"	36-38"	40-42"	44-46"	50-52"	56-58"
Garment Circumference*	44"	46"	48"	51"	53"	55"	57"
Sleeve**	27.5"	29.5"	30.5"	31.5"	32.5"	34.5"	35.5"
Body Length	27"	28"	29"	30"	31"	32"	33"

* Garment circumference indicates overall size.

** Sleeve measured from neck band to cuff.

Unisex Rugby Jerseys

RUGBY JERSEYS	XS	S	M	L	XL	XXL	3XL
Chest	34"	38"	42"	46"	50"	54"	58"
Sleeve	23"	24"	25"	26"	27"	28"	29"

Unisex Hoodies

HOODIES	S	M	L	XL	XXL	3XL
Chest	40"	44"	48"	52"	56"	60"
Sleeve	23"	23.5"	24"	24.5"	25"	25.5"

Unisex Performance Hoodies

PERFORMANCE HOODIES	XS	S	M	L	XL	XXL	3XL
Chest	40.5"	43"	46"	48"	50.5"	53.5"	56"
Sleeve	26.5"	27"	27.5"	28"	28.5"	29"	29.5"

Unisex Pants

PANTS	S	M	L	XL	XXL	3XL
Waist	28-29"	30-31"	32-33"	34-35"	36-37"	38-39"
Inseam	30.5"	32"	33.5"	34.5"	35.5"	36.5"

Unisex Performance Pants

PERFORMANCE PANTS	XS	S	M	L	XL	XXL	3XL
Waist	26-27"	28-29"	30-31"	32-33"	34-35"	36-37"	38-39"
Inseam	29"	30"	31"	32.5"	33.5"	34.5"	35.5"

Unisex Shorts

SHORTS	S	M	L	XL	XXL	3XL
Waist	27-28"	29-30"	31-32"	33-34"	35-36"	37-38"
Inseam	10"	10"	10"	10"	10"	10"

Women's Hoodies

HOODIES	S	M	L	XL	XXL	3XL
Chest	36"	40"	44"	48"	52"	56"
Sleeve	27"	27.5"	28"	28.5"	29"	29.5"

Women's Sweatpants

SWEATPANTS	S	M	L	XL	XXL	3XL
Waist*	31-32"	33-34"	35-36"	37-38"	39-40"	41-42"
Inseam	32"	33"	34"	35"	36"	37"

* Low-rise pants sit lower on the waist. Measure 3" down from natural waist.

Women's Shorts

SHORTS	S	M	L	XL	XXL	3XL
Waist	23-24"	25-26"	29-30"	32-33"	35-36"	36-37"
Inseam	4"	4"	4"	4"	4"	4"

Sources:

<https://www.rhodesgraduation.com/wp-content/uploads/Jostens-apparel-chart.pdf>