

SIZE CHART - INDEX

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MEN'S & WOMEN'S FOOTWEAR SIZE CHART

US	US	UK	EU	JP
M	W	M/W	M/W	M/W
4	5	3.5	36	220
4.5	5.5	4	36.7	225
5	6	4.5	37.3	230
5.5	6.5	5	38	235
6	7	5.5	38.7	240
6.5	7.5	6	39.3	245
7	8	6.5	40	250
7.5	8.5	7	40.7	255
8	9	7.5	41.3	260
8.5	9.5	8	42	265
9	10	8.5	42.7	270
9.5	10.5	9	43.3	275
10	11	9.5	44	280
10.5	11.5	10	44.7	285
11	12	10.5	45.3	290
11.5	12.5	11	46	295
12	13	11.5	46.7	300
12.5		12	47.3	305
13		12.5	48	310
13.5		13	48.7	315
14		13.5	49.3	320
14.5		14	50	325

MEN'S CLOTHING SIZE CHART

	XS	S	M	L	XL	2XL	3XL
Size	28	30 - 32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52
Chest	31 - 33"	34 - 37"	37 - 40"	40 - 44"	44 - 48"	48 - 52"	53 - 58"
Waist	27 - 29"	30 - 32"	32 - 35"	35 - 39"	39 - 43"	43 - 47"	48 - 53"
Hip	32 - 34"	35 - 37"	37 - 40"	40 - 44"	44 - 48"	48 - 51"	51 - 56"

HOW TO MEASURE

• CHEST

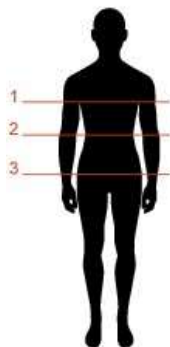
Measure around the fullest part of the chest, keeping the tape parallel to the floor.

• WAIST

Measure around the narrowest point, keeping the tape parallel to the floor.

• HIP

Stand with feet together and measure around the fullest point of the hip, keeping the tape parallel to the floor.



CHOOSING THE RIGHT SIZE

In cases where your body measurements are between two sizes, go with the smaller size for a tighter fit and the larger size for a looser fit.

Pant fit: If your body measurements for hip and waist result in two different suggested sizes, you're better off going with the size from your hip measurement.

Top fit: If your body measurements for chest and waist result in two different suggested sizes, order the size from your chest measurement.

MEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
XS	27 - 29"	32 - 34"	31.9"
S	30 - 32"	35 - 37"	32.1"
M	32 - 35"	37 - 40"	32.3"
L	35 - 39"	40 - 44"	32.5"
XL	39 - 43"	44 - 48"	32.7"
2XL	43 - 47"	48 - 51"	32.5"
3XL	48 - 53"	51 - 56"	32.3"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. WAIST

Measure around the narrowest part of the waist, keeping the tape horizontally.

2. HIP

Stand with feet together and measure around the fullest point of the hip, keeping the tape parallel to the floor.

3. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

Bottoms fit: If the measurement for your hip and waist are different, select your bottoms size using your hip measurement.

MEN'S TRACKSUIT SIZING

Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XS 30/32 32/34	31 - 33"	27 - 29"	32 - 34"	31.9"
S 34/36 36/38	34 - 37"	30 - 32"	35 - 37"	32.1"
M 38/40 40/42	37 - 40"	32 - 35"	37 - 40"	32.3"
L 42/44 44/46	40 - 44"	35 - 39"	40 - 44"	32.5"
XL 46/48 48/50	44 - 48"	39 - 43"	44 - 48"	32.7"
2XL 50/52 52/54	48 - 52"	43 - 47"	48 - 51"	32.5"
3XL 54/56 56/58	53 - 58"	48 - 53"	51 - 56"	32.3"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. CHEST

To get the right size run a flexible tape measure across the fullest area of your chest, holding the tape measure horizontally.

2. WAIST

Measure around the narrowest part of the waist, keeping the tape horizontally.

3. HIP

Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.

4. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

Top fit: If your body measurements for chest and waist result in two different suggested sizes, order the size from your chest measurement.

Bottoms fit: If the measurement for your hip and waist are different, select your bottoms size using your hip measurement.

WOMEN'S CLOTHING SIZE CHART

	XS	S	M	L	XL	2XL
UK size	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
Chest	30 - 32"	33 - 35"	36 - 37"	38 - 40"	41 - 43"	44 - 46"
Waist	24 - 26"	27 - 28"	29 - 31"	32 - 34"	35 - 37"	38 - 41"
Hip	34 - 36"	37 - 38"	39 - 41"	42 - 43"	44 - 46"	47 - 49"

INTERNATIONAL CONVERSION CHART

	XS		S		M		L		XL		2XL	
GB	4	6	8	10	12	14	16	18	20	22	24	26
US	0	2	4	6	8	10	12	14	16	18	20	22
DE	30	32	34	36	38	40	42	44	46	48	50	52
FR	32	34	36	38	40	42	44	46	48	50	52	54

HOW TO MEASURE

1CHEST

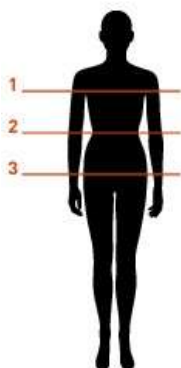
Measure around the fullest part of the chest, keeping the tape parallel to the floor.

2WAIST

Measure around the narrowest point, keeping the tape parallel to the floor.

3HIP

Stand with feet together and measure around the fullest point of the hip, keeping the tape parallel to the floor.



CHOOSING THE RIGHT SIZE

In cases where your body measurements are between two sizes, go with the smaller size for a tighter fit and the larger size for a looser fit.

Bottoms fit: If your body measurements for hip and waist result in two different suggested sizes, you're better off going with the size from your hip measurement.

Top fit: If your body measurements for chest and waist result in two different suggested sizes, order the size from your chest measurement.

WOMEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
XXS -	23 - 24.5"	32.5 - 34"	30"
XS 0-2	25 - 27"	34.5 - 36.5"	30.5"
S 4-6	27.5 - 29.5"	37 - 39"	30.5"
M 8-10	30 - 32.5"	39.5 - 41.5"	31"
L 12-14	33 - 35.5"	42 - 44.5"	31.5"
XL 16-18	36 - 38.5"	45 - 47.5"	31.5"
XXL 20-22	39 - 41.5"	48 - 50.5"	32"
1X	35 - 38 1/2"	43 1/2" - 47"	31"
2X	39 - 42 1/2"	47 1/2" - 51"	31"
3X	43 - 46 1/2"	51 1/2" - 55"	30.5"
4X	47 - 50 1/2"	55 1/2" - 59"	30"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58
3X	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58
4X	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. WAIST

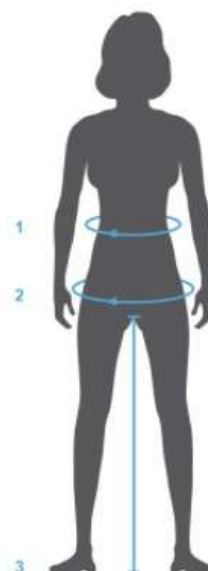
Measure around the narrowest part of the waist, keeping the tape horizontally.

2. HIP

Stand with feet together and measure around the fullest point of the hip, keeping the tape parallel to the floor.

3. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

Bottoms fit: If the measurement for your hip and waist are different, select your bottoms size using your hip measurement.

WOMEN'S TRACKSUIT SIZING

Product label	1. BUST	2. WAIST	3. HIP	4. INSEAM
XXS 0 - 2	28.7 - 29.9"	22.4 - 23.6"	32.3 - 33.5"	30.5"
XS 4 - 6	30 - 32"	24 - 26"	34 - 36"	30.7"
S 8 - 10	33 - 35"	27 - 28"	37 - 38"	30.9"
M 12 - 14	36 - 37"	29 - 31"	39 - 41"	31.1"
L 16 - 18	38 - 40"	32 - 34"	42 - 43"	31.3"
XL 20 - 22	41 - 43"	35 - 37"	44 - 46"	31.5"
2XL 24 - 26	44 - 46"	38 - 41"	47 - 49"	31.7"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. BUST

To get the right shirt size run a flexible tape measure across the fullest area of your bust, holding the tape measure horizontally.

2. WAIST

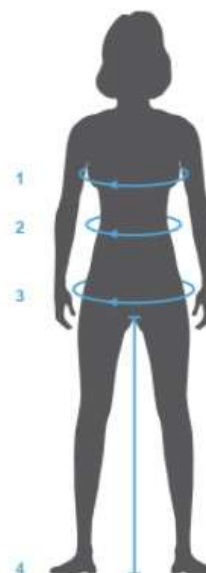
Measure around the narrowest part of the waist, keeping the tape horizontally.

3. HIP

Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.

4. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

Top fit: If your body measurements for bust and waist result in two different suggested sizes, order the size from your bust measurement.

Bottoms fit: If the measurement for your hip and waist are different, select your bottoms size using your hip measurement.

Kids' Footwear Size Charts

Boys & girls age 0-3 years

Heel-toe	3.2"	3.5"	3.9"	4.2"	4.5"	4.8"	5.0"	5.2"	5.4"	5.5"	5.7"	5.9"	6.0"	6.2"	6.3"
UK	0k	1k	2k	3k	4k	5k	5.5k	6k	6.5k	7k	7.5k	8k	8.5k	9k	9.5k
US	1k	2k	3k	4k	5k	5.5k	6k	6.5k	7k	7.5k	8k	8.5k	9k	9.5k	10k
EU	16	17	18	19	20	21	22	23	23.5	24	25	25.5	26	26.5	27

Boys & girls age 4-7 years

Heel-toe	6.5"	6.7"	6.9"	7.0"	7.2"	7.4"	7.5"	7.7"	7.9"	8.0"	8.2"	8.3"
UK	10k	10.5k	11k	11.5k	12k	12.5k	13k	13.5k	1	1.5	2	2.5
US	10.5k	11k	11.5k	12k	12.5k	13k	13.5k	1	1.5	2	2.5	3
EU	28	28.5	29	30	30.5	31	31.5	32	33	33.5	34	35

Boys & girls age 8-16 years

Heel-toe	8.5"	8.7"	8.9"	9.0"	9.2"	9.4"	9.5"	9.7"	9.8"
UK	3	3.5	4	4.5	5	5.5	6	6.5	7
US	3.5	4	4.5	5	5.5	6	6.5	7	7.5
EU	35.5	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3

Kids’ Apparel Size Charts

Boys and girls age 8-16 years.

Inches	cm
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Product label	7-8 years XS	9-10 years S	11-12 years M	13-14 years L	15-16 years XL
Height	48.5 - 50.5"	53.5 - 55"	58 - 60"	62.5 - 64.5"	67.5 - 69.5"
Chest	25"	28"	30.5"	34"	36"
Waist	23"	25"	27"	28.5"	30"
Hip	27"	29.5"	32"	35"	37"
Inseam	23.5"	25.5"	28"	30"	32.5"

Boys and girls age 4 -7 years.

Inches	cm
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Product label	4T	5T	5-6 years 2XS
Height	39 - 41"	41.5 - 43.5"	44 - 45.5"
Chest	22"	23"	24"
Waist	21"	21.5"	22"
Hip	23.5"	24.5"	25"
Inseam	18"	19.5"	20.5"

Boys and girls age 0 -3 years.

Inches	cm
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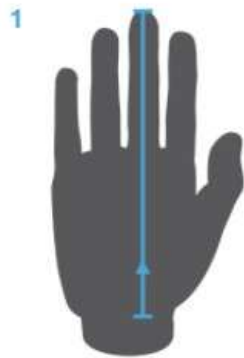
Product label	0-3M	3M	6M	9M	12M	18M	2T	3T
Height	20 - 22"	22.5 - 24.5"	25 - 27"	27.5 - 29"	29.5 - 31.5"	32 - 34"	34.5 - 36"	36.5 - 38.5"
Chest	15"	17"	18"	18.5"	19.5"	20"	20.5"	21.5"
Waist	15"	17"	17.5"	18.5"	19.5"	19.5"	20"	20"
Hip	14.5"	16.5"	17.5"	18.5"	19.5"	20.5"	21"	22"
Inseam	7.5"	8.6"	9.5"	10.6"	12.3"	13.6"	15"	16"

GLOVES SIZING

Size	Length (Inches)
S	6.5" - 7.5"
M	7.5" - 8.5"
L	8.5" - 9.5"
XL	9.5" - 10.5"
2XL	10.5" - 11.5"

HOW TO GET THE RIGHT FIT

- To determine your glove size, measure the length of your dominant hand from the base of your palm to the tip of your middle finger.



KEEPER GLOVES SIZING

Product label	1. HAND
4	5.4" or less
5	5.4" - 6.1"
6	6.1" - 6.9"
7	6.9" - 7.75"
8	7.75" - 8.5"
9	8.5" - 9.5"
10	9.5" - 10.5"
11	10.5" - 11.5"
12	11.5" - 12.5"

HOW TO GET THE RIGHT FIT

To measure your size follow these instructions:

- **1. HAND**

Measure your hand using a flexible tape measure. Measure the circumference of the part of your palm just below the knuckles, excluding your thumb.

CHOOSE THE RIGHT SIZE

Round up to the next whole inch, then add 1" to the measurement to determine your glove size. Measure both hands, and order the larger size if your hands are different. Remember: goalkeeping gloves should be worn big, generally 1/2" to 1" over the end of your fingertips for better blocking ability.



HAT & CAP SIZING

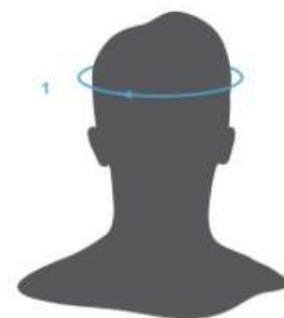
Product label	1. HEAD
0-2 Year	16.5" - or less
2-6 Year	18.9 - 19.7"
6-12 Year	20.5 - 21.3"
12 Year	21.3 - 23.6"
S	21.3 - 22.0"
M	22 - 22.8"
L	22.8 - 23.6"

HOW TO GET THE RIGHT FIT

To measure your size follow these instructions:

1. HEAD

Use a flexible tape measure and wrap it around your head just above the eyebrow and around the temples. Use this measurement to find the correct hat size.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

In this case it might be safest to go for the size up, rather than the size down. And you know what? You can just try them on at home.

SHIN GUARD SIZE CHART

Adult Size XS to XL

Size	XS	S	M	L	XL
Height					
Feet	3'11"-4'6"	4'7"-5'2"	5'3"-5'9"	5'10"-6'1"	6'2"-6'5"
CM	120-140	140-160	160-175	175-185	185-195

JUNIOR SIZE S TO L

HEIGHT / SIZE	S	M	L
FT/IN	3'3"-3'10"	3'11"-4'6"	4'7"-5'2"
CM	100-120	120-140	140-160

MEASURE YOUR HEIGHT

Without any footwear, stand with feet slightly apart and your back against the wall. Measure from the floor to the top of your head for height.

SELECT THE RIGHT SIZE

As shinguards increase in size, they become longer and wider to accommodate larger leg diameters. When choosing a size, height is most important.

BASKETBALL BALL SIZES

Product label	CIRCUMFERENCE
3	22.5 - 22"
5	27 - 28"
6	28.5 - 29"
7	29.5 - 30"

CHOOSE THE RIGHT SIZE

Choosing the best ball size depends on your age. Choose ball size 5 for boys and girls under 10, ball size 6 for all girls over 10 and boys between 10 and 16, and a size 7 for all other ages.

FOOTBALL BALL SIZES

Product label	CIRCUMFERENCE
1 (Mini)	15.7 - 16.3"
2 (Midi)	19.6 - 20.3"
3	23.2 - 23.8"
4 (FIFA Inspected)	25 - 26"
5 (FIFA Approved)	27 - 27.4"
5 (FIFA Inspected)	26.8 - 27.6"

CHOOSE THE RIGHT SIZE

Choosing the best ball size depends on your age and the ball's purpose. Choose ball size 3 or 4 for children and youth under age 13. Ball size 5 is the full-size standard for amateur, pro and international play.

Hockey Jersey Size Chart

Numeric	Alpha	Chest
42	2XS	37" - 39"
44	XS	39" - 41"
46	S	41" - 43"
50	M	43" - 45"
52	L	45" - 47"
54	XL	47" - 49"
56	2XL	49" - 51"
60	3XL	51" - 55"

Sources

https://www.adidas.com/us/help/size_charts