

## SIZING & MEASURING (INCHES & POUNDS)

| GK SIZE | GIRLS' SIZE       | APPROX HEIGHT | APPROX WEIGHT | CHEST | WAIST | HIP   | TORSO |
|---------|-------------------|---------------|---------------|-------|-------|-------|-------|
| TD      | 2T                | 33-35         | 30-32         | 17-19 | 18-19 | 19-21 | 37-39 |
| CXS     | 3-4               | 37-39         | 32-36         | 20-22 | 19-21 | 22-24 | 40-42 |
| CS      | 5-6               | 43-45         | 40-46         | 23-26 | 21-22 | 25-27 | 43-45 |
| CM      | 7-8               | 47-51         | 50-58         | 26-29 | 22-23 | 28-29 | 46-48 |
| CL      | 10                | 53-57         | 60-70         | 29-31 | 23-25 | 30-31 | 49-51 |
| AXS     | 12 / JUNIORS 0-3  | 55-58         | 75-86         | 32-34 | 23-25 | 32-34 | 52-54 |
| AS      | 14 / JUNIORS 3-5  | 59-63         | 90-98         | 33-35 | 25-26 | 33-35 | 55-56 |
| AM      | 16 / JUNIORS 5-7  | 62-64         | 98+           | 35-36 | 26-27 | 35-36 | 57-59 |
| AL      | 18 / JUNIORS 7-9  | 62-64         | 98+           | 36-37 | 28-29 | 37-38 | 60-62 |
| AXL     | 20 / JUNIORS 9-13 | 62-64         | 98+           | 37-39 | 29-30 | 39-40 | 63-65 |

### HOW TO MEASURE

When an athlete's measurement contains a partial inch, always round up to the next full inch. If an athlete's measurements fall across two sizes, order the larger size.

#### 1 CHEST MEASUREMENT

Measure the chest with arms at the side. Be sure to take the measurement at the fullest part of the chest.

#### 2 WAIST MEASUREMENT

Measure the waist at the natural waistline which is the narrowest part of the waist. If you're having trouble locating the natural waist, have the athlete bend to the side. The natural waist is where the body bends.

#### 3 HIP MEASUREMENT

Take the hip measurement at the fullest part of the buttocks with the athlete's feet together.

#### 4 TORSO MEASUREMENT

Take the torso measurement from the center of the shoulder, down the torso, through legs, and back to the shoulder.

#### 5 INSEAM MEASUREMENT

Take the leg inseam measurement by running the tape from the crotch to 1-inch above the floor, measure the athlete without shoes.

