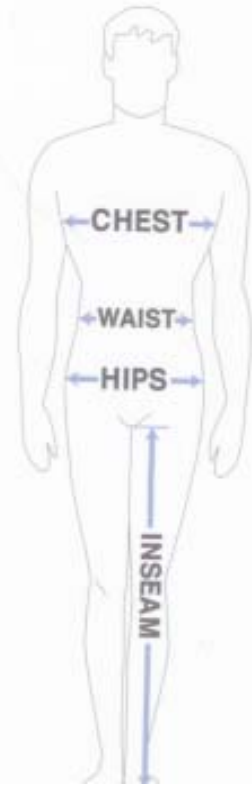




# SIZING A GUIDE TO SIZING UNIFORMS

Finding the right size is important for all players. We offer true-fit jersey sizing. For players preferring a little more room in the chest, arms and width we strongly recommend you order one size larger for a roomier fit or to cover unexpected growth spurts. Below is a sizing guide for jerseys, shorts, and socks.



CHEST	WAIST	INSEAM	OUTSEAM
Measure around the widest part of the chest, just under the arms and around the shoulder blades, keeping tape firm and level.	Find the spot where you prefer to wear your waistband. Measure around keeping the tape loose but level.	This is the measurement from the crotch to the bottom of the inside of the leg.	This is the measurement from the top of the waistband to the bottom hem /cuff of the shorts.

Measurements: Jerseys & Shorts			
Adult Garment Sizes			
AS	AM	AL	AxL
Chest: 38"-40"	40"-42"	42"-44"	44"- 46"
Waist: 28"-30"	32"-34"	36"-38"	40"-42"
Youth Garment Sizes			
YxS	YS	YM	YL
Chest: 26"-28"	30"-32"	32"-34"	34"- 36"
Waist: 16"-18"	18"-20"	20"-22"	22"-24"

Measurements: Gloves
Getting the right size gloves is essential to refine the ball gripping technique of the keeper. To find the proper fit, measure the circumference of the widest part of the palm, excluding the thumb.
Round up to the next highest inch. Then add 1" to the measurement to determine your glove size.
Example 7 1/2" rounds up to 8", + 1" = 9", so a 7 1/2" around hand is a size 9" glove. Be sure to measure both hands and always use the larger one.
Important: Goalkeeper gloves should be worn a little big, as much as 1" over the length of your fingers.

Measurements: Socks			
Sock Sizing Guide (Tube Socks)			
	Adult	Junior	Child
Sock Size:	(10 - 10)	(9 - 11)	(7 - 9)
Length:	28"	25.5"	21.5"
Division Est.:	u14 & up	u10/u12	u6/u8
Age Est.:	13 & up	8-12	7 & below
If Short Size:	AM & up	YL to AS	YS to YM
Shoe Size:	7 - 12	3-9	12 - 4
*Extra Small Socks (5-7) available upon request.			