

SPALDING SIZE GUIDE

Neck (1)

Measure around the base of your neck, inserting your forefinger between the tape and your neck to allow easy in fit.

Chest/Bust (2)

Measure around the fullest part of your chest/bust, keeping tape firmly under your armpits and around your shoulder blades.

Waist (3)

Measure around your waist, slightly below your natural waist, where you normally wear your pants. Insert your forefinger between the tape and your body to allow ease in fit.

Sleeve (4)

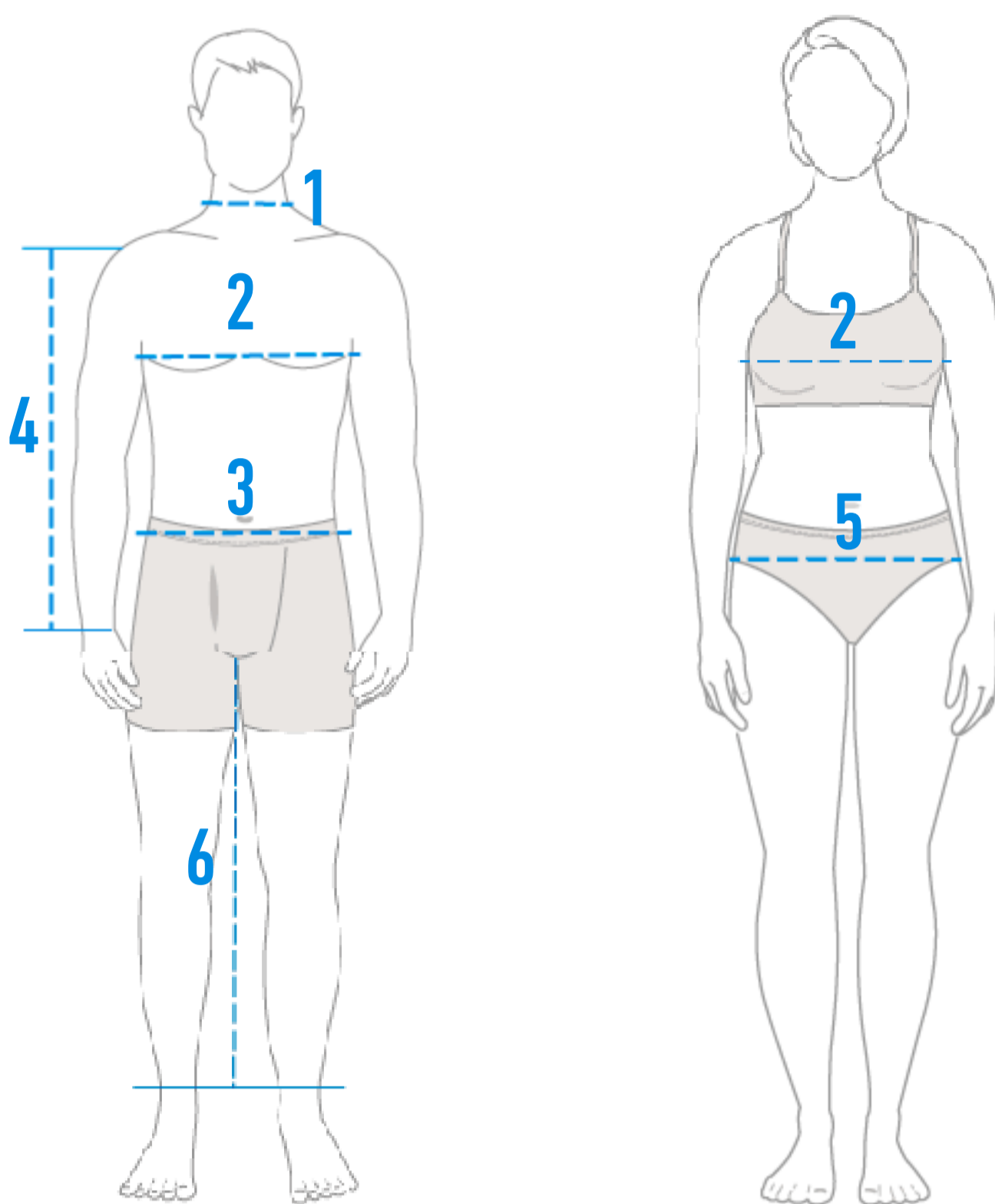
Bend your arm slightly. Measure from center back neck, across your shoulder, down to your elbow, down to your wrist.

Hip (5)

Measure around the fullest part of your hips, inserting your forefinger between the tape and your hip to allow ease in fit.

Inseam (6)

Measure similar pant that fits you well. Measure along the inseam, from the crotch seam to the bottom of the hem.



Between sizes?

If your measurements are in between those listed in the size chart, pick the next larger size.

	2XS		XS	S	M	L	XL	2XL	3XL
Kids	128	140	152						
Men				S	M	L	XL	2XL	3XL
Women			XS	S	M	L	XL	2XL	3XL

Body measurements in cm

MEN	2XS	XS	S	M	L	XL	2XL	3XL
Chest (2)	63	72	81	90	102	108	112	116
Neck (1)	33	35	37	40	42	45	47	49
Sleeve (4)	79	81	84	86	89	90	91	92
Waist (3)	56-61	63-69	71-76	78-86	89-97	101-107	109-114	116-121
Inseam (6)	76	76	76	76	76	76	76	76

Body measurements in cm

WOMEN	2XS	XS	S	M	L	XL	2XL	3XL
Bust/Chest (2)	74	81	86	91	97	102	109	122
Waist (3)	59	64	69	74	79	84	89	94
Hips (5)	84	89	94	99	104	109	114	119