How To Measure Dancers

- **Bust/Chest** Measure around the fullest part of the chest, keeping the tape horizontal, and have dancers stand with arms down at their sides.
- Waist To identify the natural waistline, instruct dancers to bend over to one side and have the measurer place a finger at the indentation. As the dancers stand up, use this point as the indicator for where to measure around the waist.
- Hips Have dancers stand with their feet together and measure around the fullest part of the buttocks.
- Girth Girth is the most important measurement when determining size on one-piece garments! To measure girth, place a tape measure at the top of one shoulder where a leotard strap sits, then down through the legs and back to the same shoulder. The measuring tape should be close to the body but not tight.
- Inseam Place the measuring tape at the inner leg and measure from that point to the floor.

GIRLS SIZE CHART												
		T (2T)	XXSC (3T)	XSC (4/5)	SC (6/6X)	IC (7/8)	LONG ICL (7/8)	MC (10/12)	LONG MCL (10/12)	LC (14)	XLC (16/18)	XXLC (20)
BUST	IN	20 - 21	21 - 22	22 - 24	24 - 26	26 - 28	26 - 28	28 - 31	28 - 31	31 - 33	33 - 37	37 - 39
BO21	СМ	51 - 53	53 - 56	56 - 61	61 - 66	66 - 71	66 - 71	71 - 79	71 - 79	79 - 84	84 - 94	94 - 99
WAIST	IN	20 - 21	21 - 22	22 - 23	23 - 24	24 - 25	24 - 25	25 - 27.5	25 - 27.5	27.5 - 29.5	29.5 - 33	33 - 35
WAIST	СМ	51 - 53	53 - 56	56 - 58	58 - 61	61 - 64	61 - 64	64 - 70	64 - 70	70 - 75	75 - 84	84 - 89
HIPS	IN	20.5 - 21.5	21.5 - 22.5	22.5 - 25	25 - 27	27 - 30	27 - 30	30 - 33.5	30 - 33.5	33.5 - 35.5	35.5 - 39	39 - 41
in s	СМ	52 - 55	55 - 57	57 - 64	64 - 69	69 - 76	69 - 76	76 - 85	76 - 85	85 - 90	90 - 99	99 - 104
GIRTH	IN	33 - 35	35 - 37	37 - 41	41 - 44	44 - 47	47 - 52	47 - 52	52 - 54.5	52 - 54.5	54.5 - 57	57 - 58.5
GIRTH	СМ	84 - 89	89 - 94	94 - 104	104 - 112	112 - 119	119 - 132	119 - 132	132 - 138	132 - 138	138 - 145	145 - 149
INSEAM	IN	13 - 14.5	14.5 - 16	16 - 19.5	19.5 - 22.5	22.5 - 25	25 - 28	25 - 28	28 - 29.5	28 - 29.5	29.5 - 30.5	29.5 - 30.5
	СМ	33 - 37	37 - 41	41 - 50	50 - 57	57 - 64	64 - 71	64 - 71	71 - 75	71 - 75	75 - 77	75 - 77

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WOMENS SIZE CHART												
		XSA/PA (0/2)	LONG XSAL (0/2)	SA (4/6)	LONG SAL (4/6)	MA (8/10)	LA (12/14)	XLA (16/18)	XXLA (20)	XXXLA (22/24)		
BUST	IN	32 - 34	32 - 34	34 - 36	34 - 36	36 - 39	39 - 42	42 - 45	45 - 48	48 - 52		
	СМ	81 - 86	81 - 86	86 - 91	86 - 91	91 - 99	99 - 107	107 - 114	114 - 122	122 - 132		
WAIST	IN	24 - 26	24 - 26	26 - 28	26 - 28	28 - 31	31 - 34	34 - 38	38 - 43	43 - 47.5		
WAIST	СМ	61 - 66	61 - 66	66 - 71	66 - 71	71 - 79	79 - 86	86 - 97	97 - 109	109 - 121		
HIPS	IN	33 - 35	33 - 35	35 - 37	35 - 37	37 - 40	40 - 44	44 - 48	48 - 52	52 - 56		
in s	СМ	84 - 89	84 - 89	89 - 94	89 - 94	94 - 102	102 - 112	112 - 122	122 - 132	132 - 142		
CIDTU	IN	55.5 - 57.5	57.5 - 60	57.5 - 60	60 - 62	60 - 62	62 - 63	63 - 65	65 - 68	68 - 71		
GIRTH	СМ	141 - 146	146 - 152	146 - 152	152 - 157	152 - 157	157 - 160	160 - 165	165 - 173	173 - 180		
INSEAM	IN	29 - 33	32 - 35	29 - 33	32 - 35	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33		
	СМ	74 - 84	81 - 89	74 - 84	81 - 89	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84		

WOMENS SIZE CHART

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ADOLI UNISEX SIZE CHARI											
		XSA/PA (0/2)	SA (4/6)	MA (8/10)	LA (12/14)	XLA (16/18)	XXLA (20)	XXXLA (22/24)			
DUCT/CHECT	IN	32 - 34	34 - 36	36 - 39	39 - 42	42 - 45	45 - 48	48 - 52			
BUST/CHEST	СМ	81 - 86	86 - 91	91 - 99	99 - 107	107 - 114	114 - 122	122 - 132			
MAIST	IN	24 - 26	26 - 28	28 - 31	31 - 34	34 - 38	38 - 43	43 - 47.5			
WAIST	СМ	61 - 66	66 - 71	71 - 79	79 - 86	86 - 97	97 - 109	109 - 121			
HIPS	IN	33 - 35	35 - 37	37 - 40	40 - 44	44 - 48	48 - 52	52 - 56			
nirs	СМ	84 - 89	89 - 94	94 - 102	102 - 112	112 - 122	122 - 132	132 - 142			
CIPTH	IN	55.5 - 57.5	57.5 - 60	60 - 62	62 - 63	63 - 65	65 - 68	68 - 71			
GIRTH	СМ	141 - 146	146 - 152	152 - 157	157 - 160	160 - 165	165 - 173	173 - 180			
INCEAM	IN	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33	29 - 33			
INSEAM	СМ	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84			

ADULT UNISEX SIZE CHART

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CHILD UNISEX SIZE CHART											
		T (2T)	XXSC (3T)	XSC (4/5)	SC (6/6X)	IC (7/8)	MC (10/12)	LC (14)	XLC (16/18)	XXLC (20)	
BUST/CHEST	IN	20 - 21	21 - 22	22 - 24	24 - 26	26 - 28	28 - 31	31 - 33	33 - 37	37 - 39	
BUST/CHEST	СМ	51 - 53	53 - 56	56 - 61	61 - 66	66 - 71	71 - 79	79 - 84	84 - 94	94 - 99	
WAIST	IN	20 - 21	21 - 22	22 - 23	23 - 24	24 - 25	25 - 27.5	27.5 - 29.5	29.5 - 33	33 - 35	
WAIST	СМ	51 - 53	53 - 56	56 - 58	58 - 61	61 - 64	64 - 70	70 - 75	75 - 84	84 - 89	
HIPS	IN	20.5 - 21.5	21.5 - 22.5	22.5 - 25	25 - 27	27 - 30	30 - 33.5	33.5 - 35.5	35.5 - 39	39 - 41	
nir 5	СМ	52 - 55	55 - 57	57 - 64	64 - 69	69 - 76	76 - 85	85 - 90	90 - 99	99 - 104	
GIRTH	IN	33 - 35	35 - 37	37 - 41	41 - 44	44 - 47	47 - 52	52 - 54.5	54.5 - 57	57 - 58.5	
GINTH	СМ	84 - 89	89 - 94	94 - 104	104 - 112	112 - 119	119 - 132	132 - 138	138 - 145	145 - 149	
INSEAM	IN	13 - 14.5	14.5 - 16	16 - 19.5	19.5 - 22.5	22.5 - 25	25 - 28	28 - 29.5	29.5 - 30.5	29.5 - 30.5	
	СМ	33 - 37	37 - 41	41 - 50	50 - 57	57 - 64	64 - 71	71 - 75	75 - 77	75 - 77	

CHILD UNISEX SIZE CHART

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MENS SIZE CHART										
		XSA/PA	SA	МА	LA	XLA	XXLA			
BUST/CHEST	IN	32.5 - 34.5	34.5 - 36.5	36.5 - 38.5	38.5 - 40.5	40.5 - 43	43 - 45			
BUSI/CHEST	СМ	83 - 88	88 - 93	93 - 98	98 - 103	103 - 109	109 - 114			
WAIST	IN	29 - 31	31 - 33	33 - 35	35 - 37	37 - 39.5	39.5 - 41.5			
WAIST	СМ	74 - 79	79 - 84	84 - 89	89 - 94	94 - 100	100 - 105			
HIPS	IN	34 - 36	36 - 38	38 - 40	40 - 42	42 - 44	44 - 45			
nirə	СМ	86 - 91	91 - 97	97 - 102	102 - 107	107 - 112	112 - 114			
INSEAM	IN	30 - 33	30 - 33	30 - 33	30 - 33	30 - 33	30 - 33			
INSEAW	СМ	76 - 84	76 - 84	76 - 84	76 - 84	76 - 84	76 - 84			

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BOYS SIZE CHART										
		т	xxsc	xsc	sc	IC	МС	LC	XLC	XXLC
DUCT/CUEST	IN	20 - 21	21 - 22	22 - 24	24 - 26	26 - 27.5	27.5 - 29.5	29.5 - 31.5	31.5 - 34.5	34.5 - 36
BUST/CHEST	СМ	51 - 53	53 - 56	56 - 61	61 - 66	66 - 70	70 - 75	75 - 80	80 - 88	88 - 91
WAIST	IN	20 - 21	21 - 22	22 - 23	23 - 24	24 - 25	25 - 27.5	27.5 - 29	29 - 32	32 - 33.5
WAIST	СМ	51 - 53	53 - 56	56 - 58	58 - 61	61 - 64	64 - 70	70 - 74	74 - 81	81 - 85
HIPS	IN	20.5 - 21.5	21.5 - 22.5	22.5 - 25	25 - 27	27 - 28.5	28.5 - 31.5	31.5 - 33	33 - 36	36 - 37.5
пірз	СМ	52 - 55	55 - 57	57 - 64	64 - 69	69 - 72	72 - 80	80 - 84	84 - 91	91 - 95
INSEAM	IN	13 - 14.5	14.5 - 16	16 - 19.5	19.5 - 22.5	22.5 - 25	25 - 28.5	28.5 - 30.5	30.5 - 32	30.5 - 32
	СМ	33 - 37	37 - 41	41 - 50	50 - 57	57 - 64	64 - 72	72 - 77	77 - 81	77 - 81