

Clothing Sizing

Take a soft tape measure to determine the following:

GIRTH: From the middle of the side shoulder down through the crotch and back to the same shoulder.

BUST: With arms raised, measure around the fullest part of the chest.

WAIST: Measure around body at waistline.

HIPS: Around body at waistline.

PANT INSEAM: Inside the leg from the crotch to the desired pant length.

Tights Sizing

1. Find height (inches or cm).
2. Choose a tight style.
3. Refer to the [Tights Sizing Charts](#) or charts on back of tight packages.

Shoes Sizing

1. Visit a [dance retailer](#) for a custom shoe fitting.
2. Refer to [International Conversion Charts](#).

Sizing Charts for:

- ▶ ADULTS
- ▶ WOMEN
- ▶ TWEENS
- ▶ PREMIERE COLLECTION
- ▶ GIRLS
- ▶ MEN

▶ BOYS

- ▶ WORSHIP
 - ▶ SHOES
-

Adult Sizing

BODYWEAR SIZE CHART:	SMALL-MEDIUM (S-M) (ADULTS)		MEDIUM-LARGE (M-L) (ADULTS)		LARGE-XLARGE (L-XL) (ADULTS)	
	(2) XSmall	(4-6) Small	(8) Medium	(Med.-Large) Tall	(10-12) Large	(14) X-Large
Bust:	28"-31" 71-79cm	32"-34" 81-86cm	35"-37" 89-94cm	35"-38" 89-97cm	38"-40" 97-102cm	41"-43" 104-109cm
Waist:	20"-22" 51-56cm	23"-25" 58-64cm	26"-28" 66-71cm	26½"-30" 102-76cm	29"-31" 74-79cm	32"-34" 81-86cm
Hips:	30"-32" 76-81cm	33"-35" 84-89cm	36"-38" 91-97cm	36½"-40½" 97-103cm	39"-41" 99-104cm	42"-44" 107-112cm
Girth:	55"-57" 140-145cm	57"-59" 145-150cm	59"-61" 150-155cm	62"-65" 155-165cm	61"-63" 155-160cm	63"-65" 160-165cm
Height:	58"-63" 147-160cm	60"-65" 152-165cm	61"-68" 155-173cm	68"-71" 173-180cm	63"-70" 160-178cm	64"-70" 163-178cm

Womens Sizing

BODYWEAR SIZE CHART:	2X (WOMENS)	3X (WOMENS)	4X (WOMENS)	5X (WOMENS)	6X (WOMENS)
	(16) 2X	(18-20) 3X	(20-22) 4X	(22) 5X	(24) 6X
Bust:	44"-46" 112-117cm	47"-49" 119-124cm	50"-52" 127-132cm	53"-55" 135-140cm	56"-58" 142-147cm
Waist:	35"-37" 89-94cm	38"-40" 97-102cm	41"-43" 104-109cm	43"-46" 109-117cm	47"-49" 119-124cm
Hips:	45"-47" 114-119cm	48"-50" 122-127cm	51"-53" 130-135cm	54"-56" 137-142cm	57"-59" 145-150cm
Girth:	65"-67" 165-170cm	67"-69" 170-175cm	70"-72" 178-183cm	73"-75" 185-191cm	76"-78" 193-198cm
Height:	64"-70" 163-178cm	64"-70" 163-178cm	64"-70" 163-178cm	64"-72" 163-183cm	64"-72" 163-183cm

Premiere Collection Sizing

BODYWEAR SIZE CHART	8-10 Tween	12-14 Tween	X-SMALL	SMALL	MEDIUM	LARGE	TALL
BUST:	28" 71cm	31" 79cm	28"-29½" 71-75cm	30"-32" 76-81.5 cm	32½"-34½" 83-88cm	35"-37½" 89-95.5cm	38"-40½" 97-109cm
WAIST:	24½" 62cm	26½" 67cm	22"-23½" 56-60cm	24"-25½" 61-65cm	26"-27½" 66-70cm	28"-29½" 71-75cm	30"-31½" 76-80cm
HIPS:	29½" 75cm	32½" 83cm	31"-33" 79-84cm	33"-35½" 84-90cm	36"-38½" 91-98cm	38½"-40½" 98-103cm	41"-43" 104-109cm
GIRTH:	47½" 121cm	51½" 131cm	50"-53½" 127-136cm	54"-57½" 137-146cm	58"-61" 147-155cm	58"-62" 147-155cm	63"-65" 160-165cm
HEIGHT:	53" 135cm	58" 147cm	4'10"-5'1" 147-155cm	5'0"-5'3" 152.5-160cm	5'3"-5'8" 160-173cm	5'5"-5'9" 165-175cm	5'6"-5'10" 168-178cm

Girls Sizing

BODYWEAR SIZE CHART:	XSMALL (XS)		SMALL-MEDIUM (S-M)		LARGE-XLARGE (L-XL)		(16) Preteen
	(2-3)	(3-4)	(4-6)	(6X-7)	(8-10)	(12-14)	
Bust:	20" 51cm	22 ¹ / ₂ " 57cm	24" 61cm	26" 66cm	27 ¹ / ₂ " 70cm	30 ¹ / ₂ " 77cm	31 ¹ / ₂ " 80cm
Waist:	19" 48cm	21" 53cm	22" 56cm	23" 58cm	24" 61cm	26" 66cm	25" 64cm
Hips:	20 ¹ / ₂ " 52cm	23" 58cm	24" 61cm	27" 69cm	29" 74cm	32" 81cm	33" 84cm
Girth:	34" 86cm	37" 94cm	41" 104cm	45" 114cm	47" 119cm	51" 130cm	54 ¹ / ₂ " 138cm
Height:	35" 97cm	39" 99cm	44" 112cm	49" 124cm	53" 135cm	58" 147cm	60" 152cm

Tween Sizing

BODYWEAR SIZE CHART	6X-7	8-10	12-14	16
BUST:	26 ¹ / ₂ " 67cm	28" 71cm	31" 79cm	32" 81cm
WAIST:	23 ¹ / ₂ " 60cm	24 ¹ / ₂ " 62cm	26 ¹ / ₂ " 67cm	25 ¹ / ₂ " 65cm
HIPS:	27 ¹ / ₂ " 70cm	29 ¹ / ₂ " 75cm	32 ¹ / ₂ " 83cm	33 ¹ / ₂ " 85cm
GIRTH:	45 ¹ / ₂ " 116cm	47 ¹ / ₂ " 121cm	51 ¹ / ₂ " 131cm	55" 140cm
HEIGHT:	49" 124cm	53" 135cm	58" 147cm	60" 152cm

Men Sizing

BODYWEAR SIZE CHART	S	M	L	XL
CHEST:	36"-38" 92-97cm	39-40" 99-102cm	41"-42" 104-107cm	43"-44" 109-112cm
WAIST:	29"-30" 74-77cm	31"-32" 79-81cm	33"-34" 84-86cm	35"-36" 89-91cm
GIRTH:	59"-62" 150-157cm	62"-65" 157-165cm	64"-67" 167-170cm	67"-70" 170-178cm
SEAT:	35.5"-36.5" 90-92.5cm	37.5"-38.5" 95.5-98cm	39.5"-40.5" 100.5-103cm	41.5"-42.5" 105.5-108cm

Boys Sizing

BODYWEAR SIZE CHART	3	4	5-6	7-8	9-10	11-12	14-16
CHEST:	21½"-22½" 54.5-57cm	22½"-23½" 54.5-60cm	23½"-25" 60-63cm	25½"-27" 65-69cm	27"-28½" 69-72cm	29"-30½" 74-77cm	31"-33½" 79-85cm
WAIST:	20½"-21" 50-53.5cm	21"-21½" 53.5-54.5cm	21½"-22½" 55-57cm	22½"-24" 57-61cm	24"-25" 61-63cm	25"-26" 63-66cm	26½"-28" 67-71cm
SEAT:	21½"-22½" 54.5-57cm	22½"-23½" 65-69cm	23½"-25" 60-63cm	25½"-27" 65-69cm	27"-28½" 69-72cm	28½"-30½" 72-77cm	31"-34" 79-86cm
HEIGHT:	37"-39½" 97-100.5cm	39½"-42" 100.5-107m	42"-46½" 107-118cm	47"-50½" 119-128cm	51"-54½" 130-138cm	55"-58½" 140-149cm	59"-63½" 150-161cm

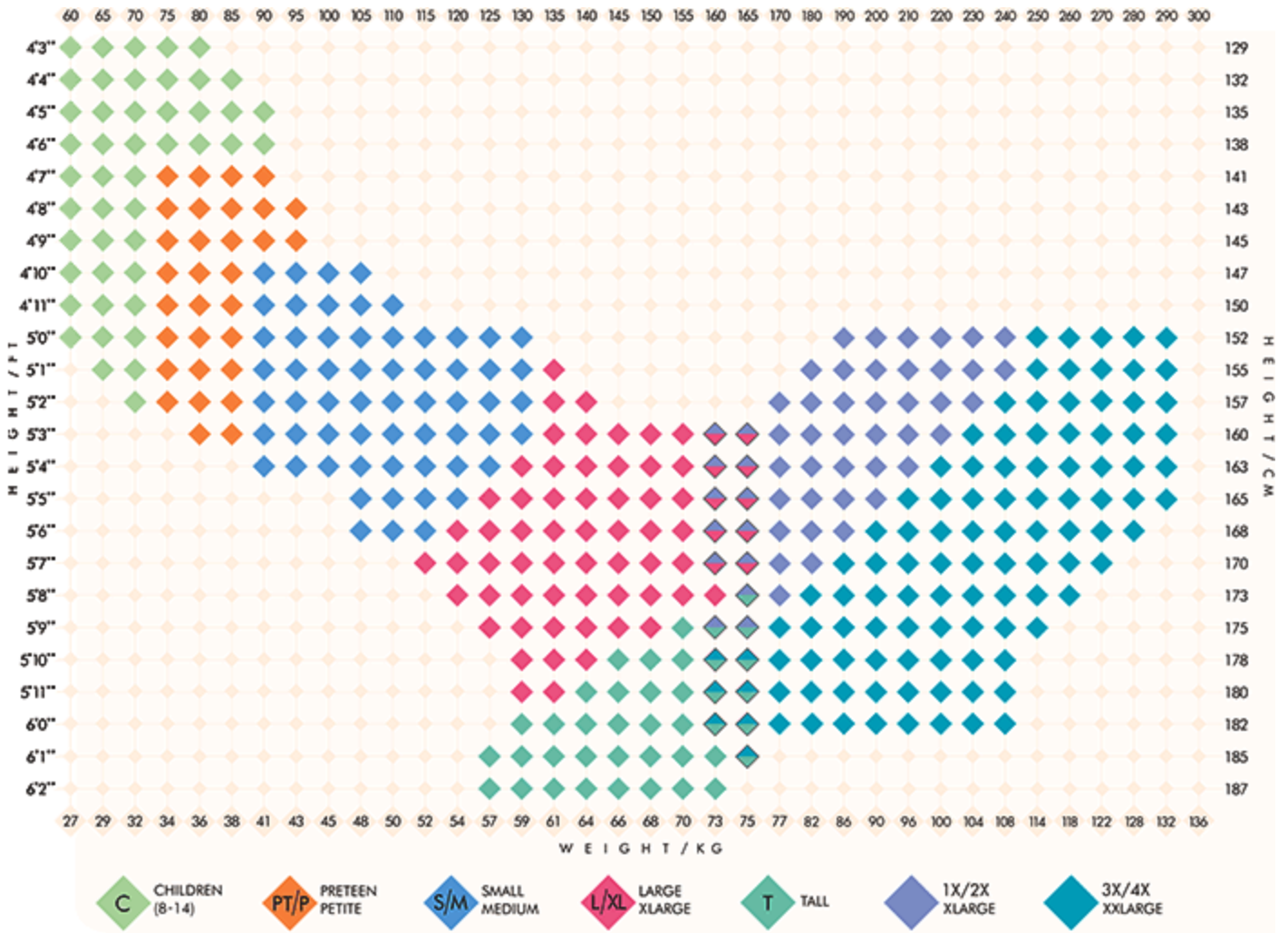
Worship: Adults / Women / Youth / Girls Sizing

SIZE:	GIRLS/YOUTH SMALL-MEDIUM (S-M)		GIRLS/YOUTH MEDIUM-LARGE (M-L)		GIRLS/YOUTH ADULTS XSMALL-SMALL (XS-S)		ADULTS SMALL-MEDIUM (S-M)		ADULTS LARGE-XLARGE (L-XL)		WOMENS/B & T 2X-3X		WOMENS/B & T 4X-5X		WOMENS/B & T 6X
	(6X-7)	(8-10)	(12-14)	(Preteen)	(2) XS	(4-6) Small	(8) Medium	(10-12) Large	(14) XL	(16) 2X	(18) 3X	(20) 4X	(22) 5X	(24) 6X	
BUST:	26" 66 cm	27½" 70 cm	30½" 77 cm	31½" 80 cm	28"-31" 71.79 cm	32"-34" 81.5-86 cm	35"-37" 89-94 cm	38"-40" 97-102 cm	41"-43" 104-109 cm	44"-46" 112-117 cm	47"-49" 117-124 cm	50"-52" 127-132 cm	53"-55" 135-140 cm	56"-58" 142-147 cm	
WAIST:	23" 58 cm	24" 60 cm	26" 66 cm	25" 64 cm	20"-22" 50.56 cm	23"-25" 58-64 cm	26"-28" 66-71 cm	29"-31" 74-77 cm	32"-34" 81.5-86 cm	35"-37" 89-94 cm	38"-40" 97-102 cm	41"-43" 104-109 cm	43"-46" 109-117 cm	47"-49" 119-124 cm	
HIPS:	27" 69 cm	29" 73 cm	32" 81.5 cm	33" 84 cm	30"-32" 76-81.5 cm	33"-35" 84-89 cm	36"-38" 91-97 cm	39"-41" 99-104 cm	42"-44" 107-112 cm	45"-47" 114-119 cm	48"-50" 122-127 cm	51"-53" 130-135 cm	54"-56" 137-142 cm	57"-59" 145-150 cm	
GIRTH:	45" 114 cm	47" 119 cm	51" 130 cm	54½" 138 cm	55"-57" 140-145 cm	57"-59" 145-150 cm	59"-61" 150-155 cm	61"-63" 155-160 cm	63"-65" 160-165 cm	65"-67" 165-170 cm	67"-69" 170-175 cm	70"-72" 178-183 cm	73"-75" 185-191 cm	76"-78" 193-198 cm	
HEIGHT:	49" 124 cm	53" 135 cm	58" 147 cm	60" 152 cm	58"-63" 147-160 cm	60"-65" 152-165 cm	61"-68" 155-173 cm	63"-70" 160-178 cm	64"-70" 163-178 cm	64"-70" 163-178 cm	63"-70" 163-178 cm	64"-70" 163-178 cm	64"-72" 163-183 cm	64"-72" 163-183 cm	

Worship: Men / Boys Sizing

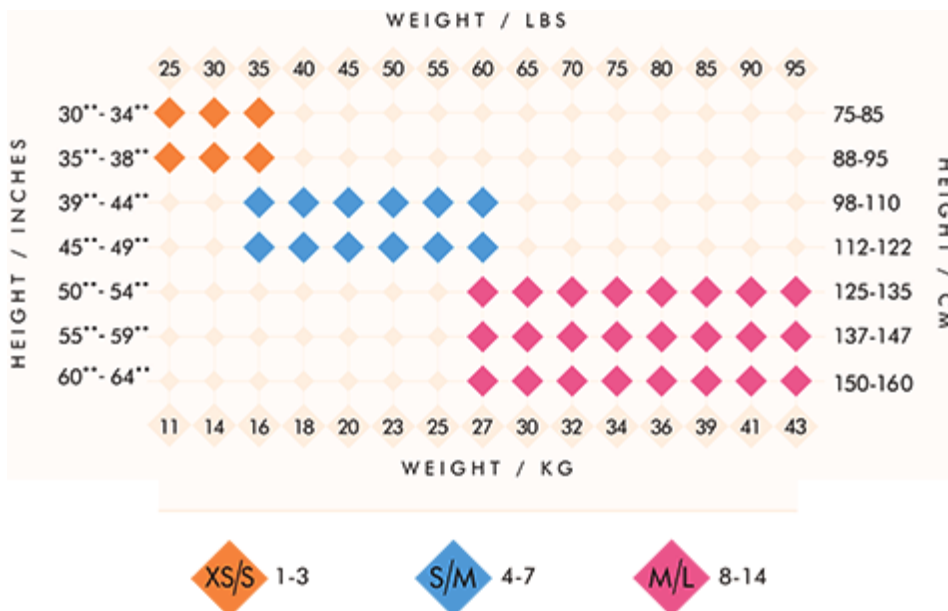
SIZE:	BOYS (7-8)	BOYS	BOYS	BOYS (14-16)	MENS SMALL	MENS MEDIUM	MENS LARGE	MENS XLARGE	MENS 2LARGE	MENS 3XLARGE	MENS 4XLARGE
CHEST:	25½"-27" 65-69 cm	27"-28½" 69-72 cm	29"-30½" 74-77 cm	31"-33½" 78-85 cm	34"-38" 86.5-97 cm	38"-40" 97-102 cm	42"-44" 107-112 cm	46"-48" 117-122 cm	50"-52" 127-132 cm	54"-56" 137-142 cm	58"-60" 147.5-152.5 cm
WAIST:	22½"-24" 57-61 cm	24"-25" 61-63 cm	25"-26" 63-66 cm	26½"-28" 67-71 cm	28"-30" 71-76.2 cm	32"-34" 81.5-86.5 cm	36"-38" 91.5-97 cm	40"-42" 102-107 cm	44"-46" 112-117 cm	48"-50" 122-127 cm	52"-54" 132-137 cm
SEAT:	25½"-27" 65-69 cm	27"-26½" 69-72 cm	28½"-30½" 72-77 cm	31"-34" 78-86 cm	34"-36" 86.5-91.5 cm	38"-40" 97-102 cm	42"-44" 107-112 cm	45½"-47" 115.5-119.5 cm	48½"-50" 123.3-127 cm	50½"-52" 130-132 cm	52½"-54" 133.5-137 cm
HEIGHT:	47"-50½" 119-128 cm	61"-54½" 130-138 cm	55"-58½" 140-149 cm	59"-63½" 150-161 cm	64"-70" 163-178 cm	63"-70" 163-178 cm	64"-72" 163-183 cm	64"-72" 163-183 cm	64"-72" 163-183 cm	64"-72" 163-183 cm	64"-72" 163-183 cm

totalSTRETCH Tights Sizing



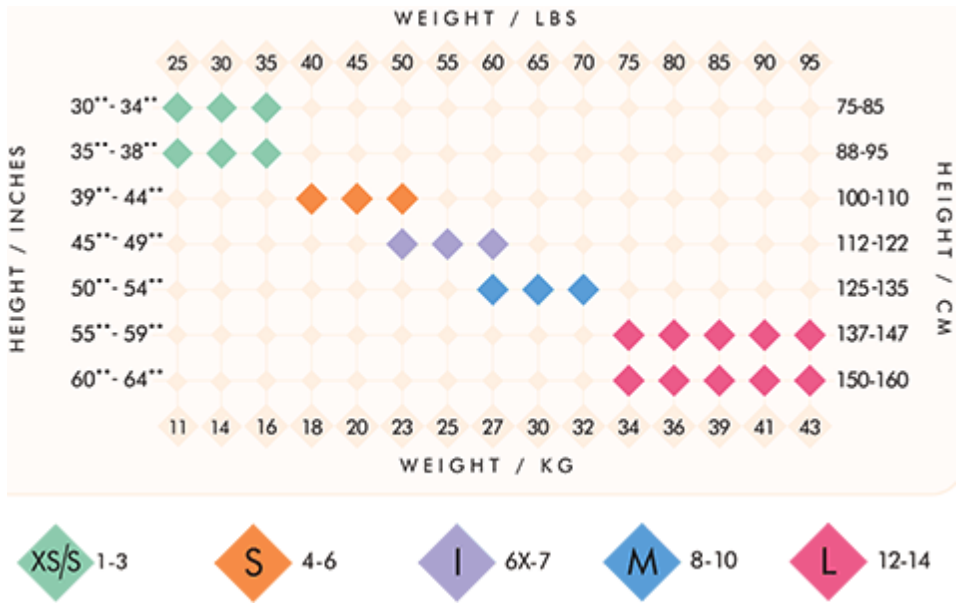
SIZING FOR:

A10 / A11 / A30 / A30X / A31 / A31X / A32 / A32X / A33 / A33X / A34 / A35 / A37 / A39 / A61 / A62 / A63 / A64 / A66 / A67 A80 / A80-S / A81 / A82 / A89 / A91 / A91X / A93



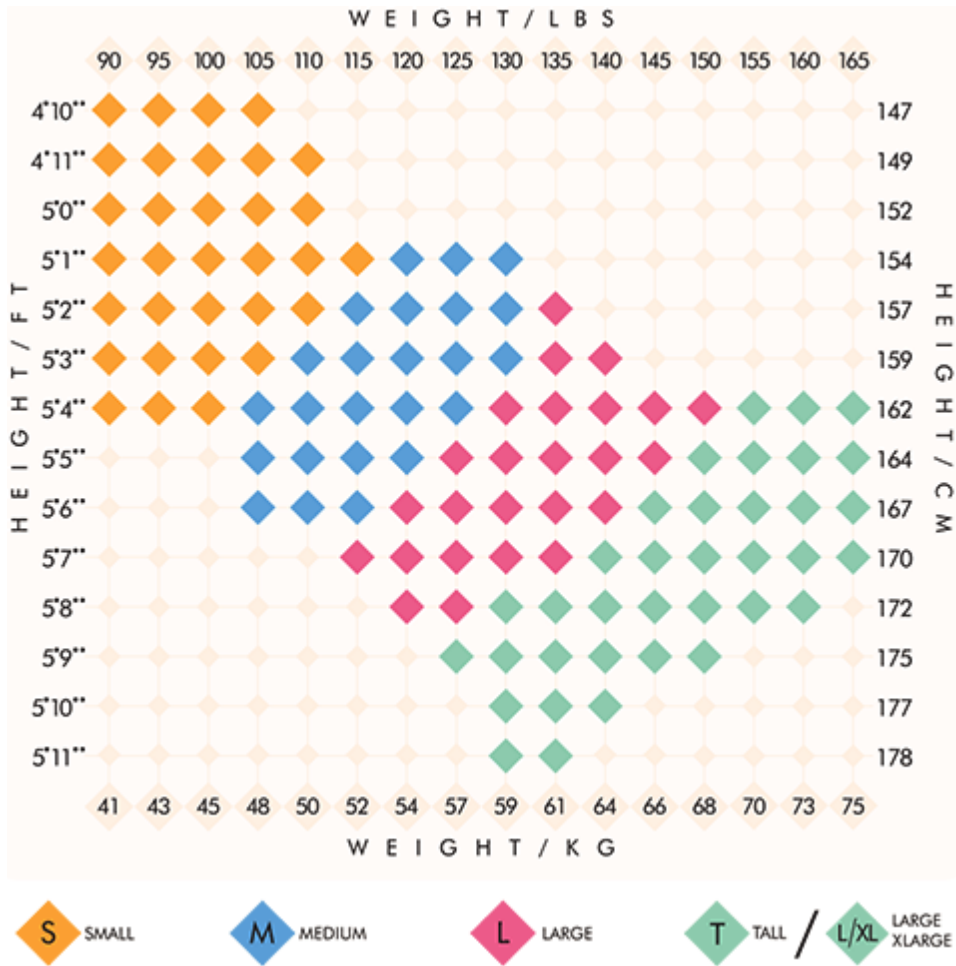
SIZING FOR GIRLS:

C10 / C11 / C30 / C31 / C32 / C33 / C35 / C37 / C39 / C61 / C62 / C64 / C80 / C80-S / C81 / C82 / C86



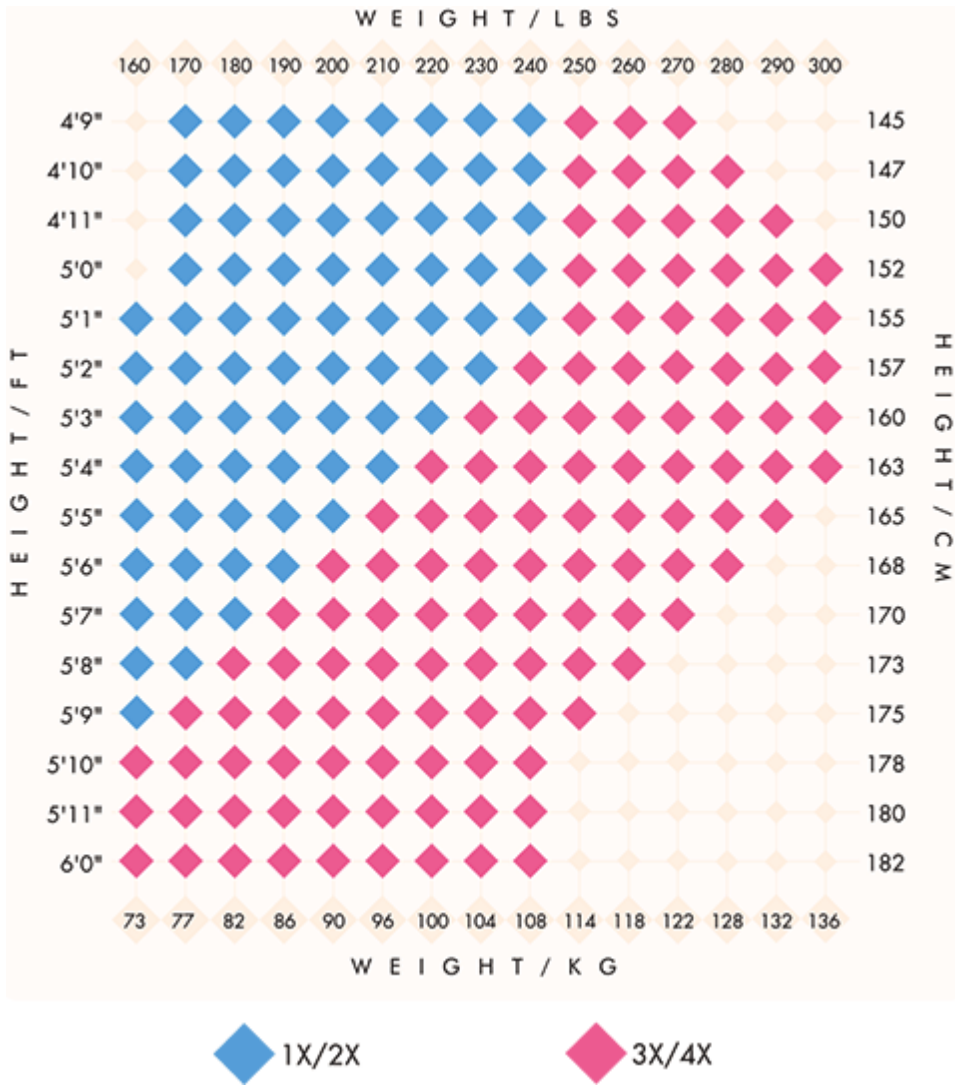
SIZING FOR GIRLS:

C20 / C45 / C46 / C47 / C55



SIZING FOR ADULTS:

A20 / A45 / A46 / A47 / A55



SIZING FOR WOMEN:

A55X

Women / Girls Shoes Sizing

Ladies Adult:												
US/CAN	6	6½	7	7½	8	8½	9	9½	10	10½	11	12
EUROPEAN	36.0	37.0	37.5	38.0	38.5	39.0	40.0	41.0	42.0	43.0	43.5	44.0
Girls Youth:												
US/CAN	1	1½	2	2½	3	3½	4	4½	5	5½	6	6½
EUROPEAN	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5
Girls Child:												
US/CAN	8	9	9½	10	10½	11	11½	12	12½	13	13½	
EUROPEAN	24.5	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	30.0	30.5	

Men / Boys Shoes Sizing

Mens Adult:												
US/CAN	7	7½	8	8½	9	9½	10	10½	11	11½	12	12½
EUROPEAN	39.0	40.0	41.0	42.0	43.0	43.5	44.0	44.5	45.0	45.5	46.5	47.0
Boys Youth:												
US/CAN	1	1½	2	2½	3	3½	4	4½	5	5½	6	6½
EUROPEAN	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	37.0	37.5	38.0	38.5
Boys Child:												
US/CAN	8	9	9½	10	10½	11	11½	12	12½	13	13½	
EUROPEAN	26.5	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	