

# Colorguard Sizing Guide



**1. Chest** - Measure around the body at the fullest part of the chest, under the arms, and with the arms down and relaxed.

**Waist**- Measure around the waist at the narrowest point (usually just below the belly button).

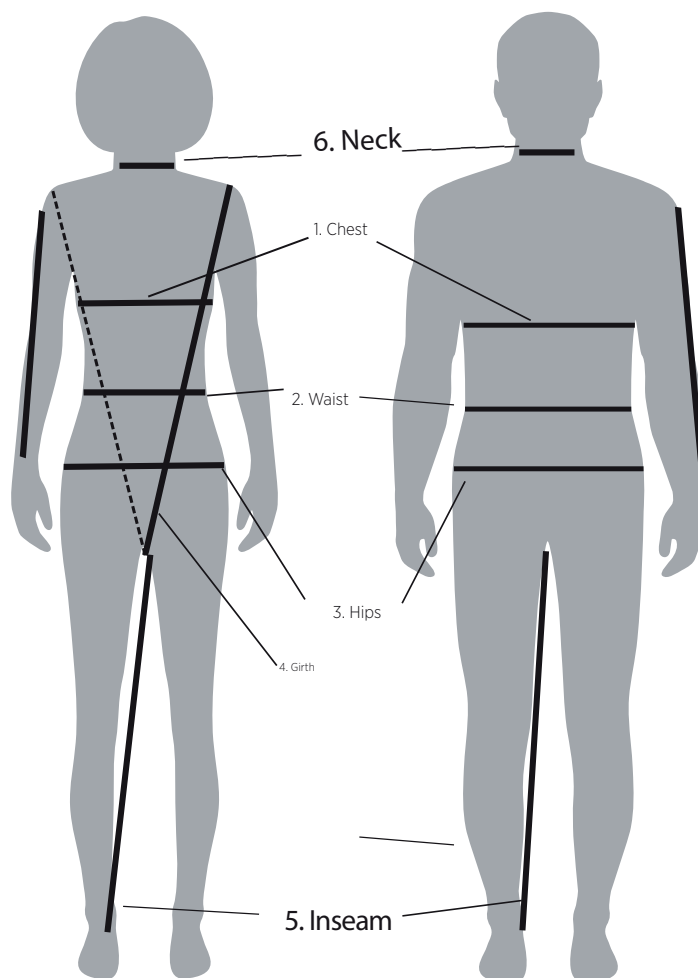
**Hips** - Measure around the hips at the widest point.

**Girth** - Measure from edge of left shoulder, down the front of the body, through the legs, up the back of the body, and to the edge of the right shoulder.

**Inseam** - Measure inside of legs.

**Neck** - Measure around base of neck.

**Arms** - Measure from top of shoulder to wrist.



## Female

Size	Chest	Waist	Hip	Girth	Inseam	Neck	Arm
3XS	26-28	21-23	27-29	49-50	26.75	13.3	21.5
2XS	28-30	23-25	29-31	50-51	26.75	13.8	22
XS	30-32	25-27	31-33	51-52	26.75	14.3	22
S	32-35	27-29	33-36	52-54	26.75	14.7	23
M	35-37.5	30-32.5	36-39	54-55	26.75	15.3	23
L	37.5-41	32.5-36	39-42	55-56	26.75	16	23
XL	41-44	36-40	42-45	56-57	26.75	16.6	24
2XL	44-48	40-44	45-49	57-58	26.75	17	24
3XL	48-52	44-48	49-53	58-59	26.75	17.8	24
4XL	52-56	48-52	53-57	59-60	26.75	18.5	24
5XL	56-60	52-56	57-61	60-61	26.75	19.1	24
6XL	60-64	56-60	61-65	61-62	26.75	19.7	24
7XL	64-68	60-64	65-69	62-63	26.75	20.3	24
8XL	68-72	64-68	69-72	63-64	26.75	20.8	24

\*3Xs-8XL will incur additional charges

\*\*Ordering full pieces on glitter foil should be sized one size larger.

Inseam is 3" shorter on Shorts, 3" longer on Talls  
Sleeves are 2" shorter on Shorts, 2" longer on Talls

## Male

Size	Chest	Waist	Hip	Inseam	Neck	Arm
2XS	32-34	28-30	32-34	27	14.4	25.5
XS	34-36	30-32	34-36	27	14.8	26
S	36-39	32-35	36-38	27	15.3	26.5
M	39-42	35-38	38-41	27	15.8	27
L	42-45	38-41	41-44	27	16.5	28
XL	45-48	41-45	44-47	27	17.1	28.5
2XL	48-52	45-49	47-51	27	17.7	28.5
3XL	52-56	49-52	51-55	27	18.3	28.5
4XL	56-60	52-57	55-59	27	19	28.5
5XL	60-64	57-61	59-63	27	19.6	28.5
6XL	64-68	61-65	63-67	27	20.3	28.5
7XL	68-72	65-69	67-71	27	20.9	28.5
8XL	72-76	69-73	72-75	27	21.4	28.5

\*3XS-8XL will incur additional charges

\*\*Ordering full pieces on glitter foil should be sized one size larger.

Inseam is 3" shorter on ShortS, 3" longer on Talls  
Sleeves are 2" shorter on Shorts, 2" longer on Talls

**WE RECOMMEND CONSIDERING THE LARGEST MEASUREMENT WHEN DETERMINING A SIZE. ALTERATIONS CAN BE MADE, BUT FABRIC CANNOT BE ADDED.**