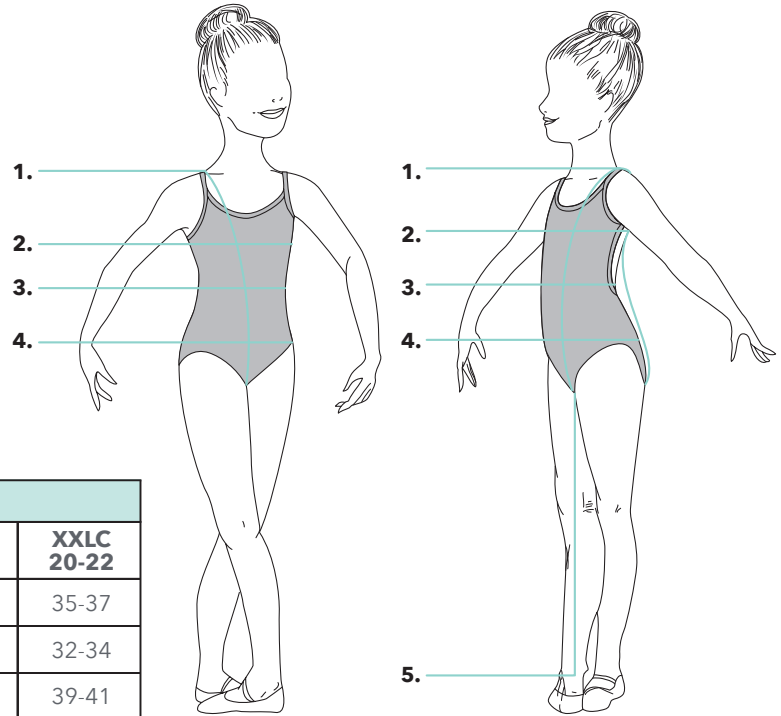


# 'How To' Measuring Guide

- 1. GIRTH** Measure from the center of one shoulder, down the front of the torso, through the crotch and up the back to the starting point.
- 2. BUST** Make sure the dancers arms are in a relaxed demi port de bras (as shown in picture), continue to measure around the fullest part of the chest, keeping the tape measure parallel to the floor.
- 3. WAIST** Measure around the natural waistline, the narrowest part of the upper body (never measure over shirt or pants)
- 4. HIPS** Measure around the fullest part of the lower body, keeping tape straight and parallel to the floor.
- 5. INSEAM** Measure the inside of the leg from the crotch down to the ankle bone.

Costumes that are UNISEX sizes are sized according to women's measurements.



CHILDREN'S CHART							
	XSC 2C-3C	SC 4C-6C	IC 6X-7	MC 8-10	LC 12-14	XLC 16-18	XXLC 20-22
<b>BUST</b>	20-21	22-24	25-26	27-29	30-32	33-35	35-37
<b>WAIST</b>	20-21	22-23	23.5-24	24.5-25	26-28	29-31	32-34
<b>HIPS</b>	21-22	23-25	26-27	28-31	32-34	36-38	39-41
<b>GIRTH</b>	34-37	38-42	43-45	46-49	50-54	55-58	56-59
<b>INSEAM</b>	14-18	19-21	22-24	25-27	28-30	28-30	28-30

ADULT CHART					
	SA 4-6	MA 8-10	LA 12-14	XLA 16-18	XXLA 20-22
<b>BUST</b>	34-35	36-38	39-41	42-44	45-47
<b>WAIST</b>	25-27	28-30	31-33	34-37	38-40
<b>HIPS</b>	35-37	38-40	41-43	44-46	47-49
<b>GIRTH</b>	58-59	60-61	62-63	64-66	67-69
<b>INSEAM</b>	30-32	30-32	30-32	32-34	32-34

The measurements of the size chart are based on fit models and are our recommendations. Our Customer Service team is available to provide you additional support and answer any questions you may have regarding sizing. Special sizing information may be included in fit details of costumes.

GUYS' CHART									
	XSC	SC	MC	LC	XLC	SA	MA	LA	XLA
<b>CHEST</b>	21-23	24-26	27-30	31-33	33-34	34-37	38-41	42-45	46-48
<b>WAIST</b>	19-20	21-22	23-24	25-27	30-33	28-31	32-35	36-39	40-42
<b>INSEAM</b>	18.5	21.5	25.5	28	30	32	34	34	34

## Sizing Tips

- Measure carefully.
- Hold tape measure loosely when measuring.
- Make sure students are wearing a leotard and tights, standing up straight.
- Girth is the most important measurement when deciding on a size.
- Remember young children will continue to grow.

► *Need help?* Watch our 'How To' measuring video: <https://www.costumegallery.net/customer-service/sizing-chart/>