

ABOUT SIZING

Sizing inconsistencies can be attributed to a number of factors and vary according to the different fabrics and cuts in our range. Our Teamwear collection is available in four fits across the entire apparel line. Each is designed to meet different needs for movement, protection and versatility depending on the activity.

HOW TO FIND YOUR SIZE

The Clothing size chart is set up in a table. One axis will lay out the size, and the other will be the measurements in inches and centimetres. Look at the row/columns that best correspond with your measurements and you'll be able to identify your size.

IF YOU ARE IN BETWEEN TWO SIZES

It's up to you. If you like a tight fit? Go for the smaller size. Love a loose fit? Go for a slightly larger size.

HOW TO MEASURE YOUR BODY FOR CLOTHING SIZES

Chest: Place one end of the tape measure at the fullest part of your bust and wrap it around your body to get the measurement, keeping the tape parallel to the floor.

Waist: Place one end of the tape measure at your natural waist, you want to find the narrowest part of your waist. Don't go up too far or too low to get an accurate measurement. Don't hold the tape too tight or your clothing will be hard to move in.

Hips: Stand with your legs together and measure the fullest part of your hips. Be sure to go over your bottom as well. It might be challenging to keep the tape consistently level when you do it alone.

Inside leg: The inseam is the distance of your inside leg measuring from the top of your inner thigh to your ankle. It is easiest to measure the inseam based on a well-fitting pair of pants. Measure from the crotch to the cuff on the inside seam of the leg. The number of inches, to the nearest 1/2", is the inseam length. It's best to measure your inseam with a pair of shoes on so that you can ensure the hem hits at the right point on your shoe.

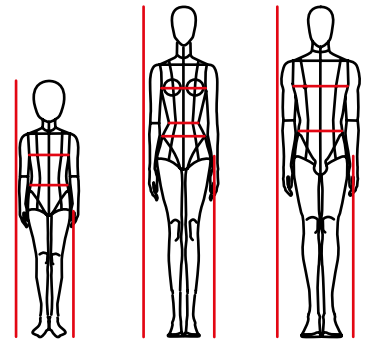
FIT TYPES

LOOSE FIT: A roomier and relaxed fit, styles might have a longer length than a standard fit.

STANDARD FIT: Not too tight, not too loose. Standard fitting apparel will fit over mid-layers without restricting movement.

SLIM FIT: Athletic fit, close to the body, allows the use of a baselayer when required. Ergonomically designed, performs with the body and doesn't restrict movement.

TIGHT FIT: Garment will fit the body like a second skin.



SOCK SIZE CHART

LABEL (size)	S	M	L	XL
UK SHOE SIZE	12-3	4 - 6.5	7 - 11	11+
EU / US SIZE	31 - 36 / 1 - 4	37 - 39 / 5 - 7.5	40 - 45 / 8 - 12	45+ / 12+

MALE SIZE CHART

LABEL (size)	CHEST (cm)	CHEST (in)	WAIST (cm)	WAIST (in)	INSIDE LEG (cm)	INSIDE LEG (in)
XXS	72 - 78	28 - 30.5	64 - 68	25 - 27	78	30.5
XS	78 - 86	30.5 - 34	68 - 74	27 - 29	78	30.5
S	86 - 94	34 - 37	74 - 82	29 - 32	80	31.5
M	94 - 102	37 - 40	82 - 90	32 - 35	80	31.5
L	102 - 107	40 - 42	90 - 98	35 - 39	82	32
XL	107 - 113	42 - 44.5	98 - 106	39 - 41.5	82	32
XXL	113 - 119	44.5 - 47	106 - 108	41.5 - 42.5	84	33
XXXL	119 - 125	47 - 49	108 - 116	42.5 - 46	84	33

FEMALE SIZE CHART

LABEL (size)	CHEST (cm)	CHEST (in)	WAIST (cm)	WAIST (in)	HIPS (cm)	HIPS (in)	IN. LEG (cm)	IN. LEG (in)
6	70 - 76	27.5 - 30	62 - 64	24 - 25	84 - 86	33 - 34	78	30.5
8	76 - 82	30 - 32	64 - 66	25 - 26	86 - 90	34 - 35	78	30.5
10	82 - 90	32 - 35	66 - 70	26 - 28	90 - 94	35 - 37	78	30.5
12	90 - 96	35 - 38	70 - 76	28 - 30	94 - 98	37 - 39	78	30.5
14	96 - 102	38 - 40	76 - 82	30 - 32	98 - 104	39 - 41	80	31.5
16	102 - 107	40 - 42	82 - 88	32 - 34	104 - 112	41 - 44	80	31.5
18	107 - 112	42 - 44	88 - 92	34 - 36	112 - 116	44 - 46	82	32

FEMALE INTERNATIONAL SIZE CONVERSIONS

LABEL (size)	XS	S	M	L	XL	XXL
UK	8	10	12	14	16	18
NL	34	36	38	40	42	44
FR	36	38	40	42	44	46

YOUTH SIZE CHART

LABEL (yrs / eu)	HEIGHT (cm)	HEIGHT (in)	CHEST (cm)	CHEST (in)	WAIST (cm)	WAIST (in)
5 - 6 / 116	110 - 119	43 - 47	58 - 62	23 - 24	54 - 56	21 - 22
7 - 8 / 128	119 - 131	47 - 52	62 - 66	24 - 26	56 - 58	22 - 23
9 - 10 / 140	131 - 143	52 - 56	66 - 72	26 - 28	58 - 62	23 - 24
11 - 12 / 152	143 - 155	56 - 61	72 - 78	28 - 30.5	62 - 66	24 - 26

STICK SIZE CHART

STICK (ins)	HEIGHT (ft)	HEIGHT (cms)
24	- 3'	- 92
26	3' 0" - 3' 4"	92 - 102
27	3' 4" - 3' 6"	102 - 107
28	3' 6" - 3' 10"	107 - 117
30	3' 10" - 4' 0"	117 - 122
31	4' 0" - 4' 2"	122 - 127
32	4' 2" - 4' 4"	127 - 132
33	4' 4" - 4' 7"	132 - 140
34	4' 7" - 5' 0"	140 - 152
35	5' 0" - 5' 4"	152 - 162
36.5	5' 4" - 6' 0"	162 - 184
37.5	6' 0" - 6' 4"	184 - 193
38.5	6' 4"+	193+

SHOE SIZE CHART

MEN (uk)	MEN (us)	MEN (eu)	LADIES (uk)	LADIES (us)	LADIES (eu)
12 - 13	13 - 1	31 - 32	2 - 2.5	4.5 - 5	35 - 35.5
1 - 1.5	2 - 2.5	33 - 34	3 - 3.5	5.5 - 6	36 - 36.5
2 - 2.5	3 - 3.5	35 - 35.5	4 - 4.5	6.5 - 7	37 - 37.5
3 - 3.5	4 - 4.5	36 - 36.5	5 - 5.5	7.5 - 8	38 - 39
4 - 4.5	5 - 5.5	37 - 37.5	6 - 6.5	8.5 - 9	39.5 - 40
5 - 5.5	6 - 6.5	38 - 39	7 - 7.5	9.5 - 10	41 - 41.5
6 - 6.5	7 - 7.5	39.5 - 40	8 - 8.5	10.5 - 11	42 - 42.5
7 - 7.5	8 - 8.5	41 - 41.5	9 - 9.5	11.5 - 12	43 - 44
8 - 8.5	9 - 9.5	42 - 42.5	10 - 10.5	12.5 - 13	45 - 45.5
9 - 9.5	10 - 10.5	43 - 44	11	13.5	12
10 - 10.5	11 - 11.5	45 - 45.5			
11 - 11.5	12 - 12.5	46 - 46.5			
12 - 13	13 - 14	47 - 48			

SHINGUARD SIZE CHART

LABEL (size)	XXS	XS	S	M	L
HEIGHT (cms)	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200

GLOVES SIZE CHART

LABEL (size)	XXXS	XXS	XS	S	M	L	XL
WIDTH (mms)	70	75	80	85	90	95	100

LEG GUARDS SIZE CHART

LABEL (size)	J	S	M	L
HEIGHT (cms)	-	150 - 160	160 - 170	175+
LENGTH* (cms)	-	51	54	59
WIDTH (cms)	-	26	26	26

NITRO KICKERS SIZE CHART

LABEL (size)	J	S	M	L
FOOT SIZE (uk)	-	3 - 5	5 - 8	8+
LENGTH (cms)	-	32	33	35

HAND PROTECTORS SIZE CHART

LABEL (size)	J	S	M	L
WIDTH* (cms)	-	70 - 80	80 - 90	90+
R LENGTH (cms)	-	29	30	34
L LENGTH (cms)	-	28	29	31

BODY ARMOUR SIZE CHART

LABEL (size)	J	S	M	L
HEIGHT (cms)	-	150 - 160	160 - 170	175+
LENGTH (cms)	-	51	54	59

PADDED SHORTS SIZE CHART

LABEL (size)	J	S	M	L
HEIGHT (cms)	120-150	150 - 160	160 - 175	175+
WAIST (cms)	56 - 65	65 - 76	76 - 86	86 - 100
LENGTH (cms)	490	490	550	560

ARM GUARDS SIZE CHART

LABEL (size)	J	S	M	L
ARM L (cms)	-	60 - 70	70 - 80	80+
GUARD L (cms)	-	40	43	45

MALE ABDO GUARD SIZE CHART

TRUNK SIZE	SB	B	Y	S	M	L	XL	2XL	3XL
ABDO SIZE	SJ								
	J								
	Y								
	M								

FEMALE ABDO GUARD SIZE CHART

TRUNK SIZE	S/M			L/XL		
	8	10	12	14	16	18
ABDO SIZE	S			M		