## **How To Measure Dancers**

Girth - Girth is the most important measurement when determining size! Place the measuring tape at the top of one shoulder, measuring over the fullest part of the chest, down the torso, through the legs and back up to the same shoulder-ensuring the tape follows close to the body shape.

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.

Inseam - Place the measuring tape at the inner leg, measuring from the crotch all the way to the floor.

CHILD SIZE CHART										
Size		Toddler T (2T)	XX-Small XXSC (3T)	X-Small XSC (4/5)	Small SC (6/6X)	Intermediate IC (7/8)	Medium MC (10/12)	Large LC (14)	X-Large XLC (16/18)	XX-Large XXLC (20)
Girth	in	33 - 35	35 - 37	37 - 41	41 - 44	44 - 47	47 - 52	52 - 54.5	54.5 - 57	57-58.5
	cm	84 - 89	89 - 94	94 - 104	104 - 112	112 - 119	119-132	132 - 138	138 - 145	145 - 149
Bust	in	20 - 21	21 - 22	22 - 24	24 - 26	26 - 28	28-31	31 - 33	33 - 37	37 - 39
	cm	51-53	53 - 56	56 - 61	61 - 66	66 - 71	71 - 79	79 - 84	84 - 94	94-99
Walst	in	20 - 21	21 - 22	22 - 23	23 - 24	24 - 25	25 - 27.5	27.5 - 29.5	29.5 - 33	33 - 35
	cm	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
	cm	52-55	55 - 57	57 - 64	64 - 69	69 - 76	76-85	85 - 90	90 - 99	99 - 104
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
	cm	33 - 37	37 - 41	41 - 50	50 - 57	57 - 64	64-71	71 - 75	75 - 77	75 - 77

ADULT SIZE CHART									
Size		X-Small XSA/PA (0/2)	Small SA (4/6)	Medium MA (8/10)	Large LA (12/14)	X-Large XLA (16/18)	XX-Large XXLA (20)	XXX-Large XXXLA (22/24)	
Girth	in	55.5 - 57.5	57.5 - 60	60 - 62	62 - 63	63 - 65	65 - 68	68 - 71	
	cm	141 - 146	146 - 152	152 - 157	157 - 160	160 - 165	165 - 173	173 - 180	
Bust	in	32 - 34	34 - 36	36 - 39	39 - 42	42 - 45	45 - 48	48 - 52	
	cm	81 - 86	86 - 91	91 - 99	99-107	107 - 114	114 - 122	122 - 132	
Walst	in	24 - 26	26 - 28	28 - 31	31 - 34	34 - 38	38 - 43	43 - 47.5	
	cm	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	
	cm	84 - 89	89 - 94	94 - 102	102 - 112	112 - 122	122 - 132	132 - 142	
Inseam	in	29-33	29 - 33	29 - 33	29 - 33	29-33	29 - 33	29 - 33	
	cm	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84	74 - 84	