

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
Waist	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

[illegible]