

APPAREL

CHOOSING THE CORRECT SIZE

Measurements refer to body size, not garment dimensions, and are in inches unless otherwise noted. When choosing sizes, height and weight are most important. We provide age as a rough guideline.

HOW TO MEASURE HEIGHT

Stand with feet slightly apart, without shoes, and back to the wall. Measure from the top of the head to the floor.

BETWEEN SIZES

In cases where your body measurements are in between two sizes, we recommend you choose the smaller size for a tighter fit and the larger size if you prefer a looser fit.

Pant fit: If your body measurements for hip and waist result in two different suggested sizes, we recommend choosing the size that matches to your hip measurement.

Top fit: If your body measurements for chest and waist result in two different suggested sizes, we recommend to order the size that matches to your chest measurement.

MEN'S

MEN'S TOPS

CHEST

Measure around the fullest part of your chest, keeping the measuring tape horizontal.

WAIST

Measure around the natural waist (the narrowest part), holding the tape measure horizontally.

HIPS

Stand with your feet together and measure around the fullest part of the hips, holding the tape measure horizontally.



MEN'S PANTS

WAIST

Measure around the natural waist (this is the narrowest part), holding the tape measure horizontally.

HIPS

Stand with your feet together and measure around the fullest part of the hip, holding the tape measure horizontally.

INSEAM

Measure from the top inside leg to the bottom of your leg. Be aware measurements are based on regular inseam.



MEN'S SPORTSWEAR & TRAINING

SIZE	S (30 - 32)	M (34 - 36)	L (38 - 40)	XL (42 - 44)	XXL (46 - 48)	XXXL (50 - 52)	XXXXL (54 - 56)
INSEAM	32"	32"	32.5"	32.5"	32.5"	32.5"	32.5"
CHEST	34 - 37"	37 - 40"	40 - 44"	44 - 48"	48 - 52"	53 - 58"	59 - 62"
WAIST	30 - 32"	32 - 35"	35 - 39"	39 - 43"	43 - 47"	48 - 53"	54 - 58"
HIP	35 - 37"	37 - 40"	40 - 44"	44 - 48"	48 - 51"	51 - 56"	57 - 61"

WOMEN'S

WOMEN'S TOPS

BUST

Measure around the fullest part of chest, holding the tape measure horizontally.

WAIST

Measure around the natural waist (the narrowest part), holding the tape measure horizontally.

HIPS

Stand with your feet together and measure around the fullest part of the hips, holding the tape measure horizontally.



WOMEN'S PANTS

WAIST

Measure around the natural waist (this is the narrowest part), holding the tape measure horizontally.

HIPS

Stand with your feet together and measure around the fullest part of the hip, holding the tape measure horizontally.

INSEAM

Measure from the top inside leg to the bottom of your leg. Be aware measurements are based on regular inseam.



WOMEN'S SPORTSWEAR & TRAINING

SIZE	XS (0 - 2)	S (4 - 6)	M (8 - 10)	L (12 - 14)	XL (16 - 18)	XXL (20 - 22)
INSEAM	30"	30.5"	31"	31"	31.5"	32"
BUST	30 - 32"	33 - 35"	36 - 37"	38 - 41"	41 - 44"	44 - 47"
WAIST	24 - 25"	26 - 28"	29 - 31"	32 - 34"	35 - 38"	38 - 41"
HIP	33 - 35"	36 - 38"	39 - 41"	41 - 43"	44 - 47"	47 - 49"

YOUTH

YOUTH SPORTSWEAR & TRAINING

SIZE	XXS (4-5)	XS (6-7)	S (8)	M (10-12)	L (14-16)	XL (18-20)
HEIGHT	41 - 44"	44.5 - 46.5"	50 - 57"	58 - 63"	64 - 67"	68 - 72"
WEIGHT	38 - 44	45 - 54	59 - 86	87 - 114	115 - 137	138 - 150

SHOES

YOUTH SHOE SIZE CHART

US	11K	12K	12.5K	13K	13.5K	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7
EURO	28	29.5	30	31	31.5	32	33	33.5	34	35	35.5	36	36.5	37.5	38	38.5	39	40
UK	10.5	11.5	12	12.5	13	13.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6
JP	17	18	18.5	19	19.5	20	20.5	21	21.5	22	22.5	23	23.5	23.5	24	24	24.5	25

MEN'S SHOE SIZE CHART

US	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
EURO	38.5	39	40	40.5	41	42	42.5	43	44	44.5	45	45.5	46	47	47.5	48	48.5	49	49.5
UK	5.5	6	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
JP	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33

WOMEN'S SHOE SIZE CHART

US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
EURO	35.5	36	36.5	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5
UK	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5
JP	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29

SLIDES

US	2 - 3	4 - 5	6 - 7	8 - 9	10 - 11	12 - 13
EURO	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43	44 - 45
UK	1 - 2	3 - 4	4 - 5	6 - 7	8 - 9	10 - 11
INSOLE	232 MM	248 MM	264 MM	280 MM	298 MM	312 MM

PLEASE NOTE, UNLESS OTHERWISE STATED MOST OF OUR SOCCER SHOES ARE UNISEX AND LABELED IN MEN'S SIZING. TO DETERMINE THE CORRECT US WOMEN'S SIZE, PLEASE JUST ADD 1.5 TO THE US MEN'S OR YOUTH SIZE OR REFER TO FOLLOWING CHART:

UNISEX SHOE CONVERSION CHART

MEN'S / YOUTH SHOE SIZE	US	3.5Y	4Y	4.5	5Y	5.5Y	6Y/6	6.5Y/6.5	7Y/7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15
	EURO	35.5	36	36.5	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5	45	45.5	46	47	47.5	48	48.5	49	49.5
	UK	3	3.5	4	4.5	5	5.5	6	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
	JP	22.5	23	23.5	23.5	24	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33
WOMEN'S SHOE SIZE	US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12									
	EURO	35.5	36	36.5	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5									
	UK	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5									
	JP	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29									

ACCESSORIES

SOCKS

SOCK SIZE	XS	S	M	L	XL
YOUTH SHOE SIZE	1 - 2.5	3 - 4.5	5 - 6.5		
MEN SHOE SIZE				7 - 8.5	9 - 13
WOMEN SHOE SIZE		4.5 - 6	6.5 - 8	8.5 - 10	
EURO	31 - 33	34 - 36	37 - 39	40 - 42	43 - 47
UK	13.5K - 2	2.5 - 4	4.5 - 6	6.5 - 8	8.5 - 12

GOALKEEPER GLOVES

CHOOSING THE CORRECT GLOVE SIZE

STEP 1

Measure the circumference of your hand, just below the knuckles, excluding your thumb.

STEP 2

Round the measurement up to the next whole number and add 1 (Ex. 7.5" rounds up to 8 + 1 = 9). This is your ideal glove size.

STEP 3

Measure both hands and order the bigger size if they're different.

Your gloves should fit slightly large, generally 1/2" to 1" over the end of your finger tips.

A glove that is too big can cause you to have less control, so getting the right size is important.



GLOVE SIZE	HAND CIRCUMFERENCE (CENTIMETERS)	HAND CIRCUMFERENCE (INCHES)
5	7.62 - 10.16 cm	3 - 4"
6	10.16 - 12.7 cm	4 - 5"
7	12.7 - 15.24 cm	5 - 6"
8	15.24 - 17.78 cm	6 - 7"
9	17.78 - 20.32 cm	7 - 8"
10	20.32 - 22.86 cm	8 - 9"
11	22.86 - 25.4 cm	9 - 10"
12	25.4 - 27.94 cm	10 - 11"

DON'T FEEL LIKE MEASURING YOUR HAND? THESE GUIDES CAN APPROXIMATE YOUR SIZE:

GLOVE SIZE	HEIGHT	AGE
4 / 5	4'6" - 4'8"	7 - 9
6	4'9" - 5'0"	10 - 12
7	5'0" - 5'3"	10 - 12
8	5'4" - 5'7"	Adult
9	5'8" - 5'10"	Adult
10	5'10" - 6'1"	Adult
11	6'2" +	Adult
12	6'5" +	Adult