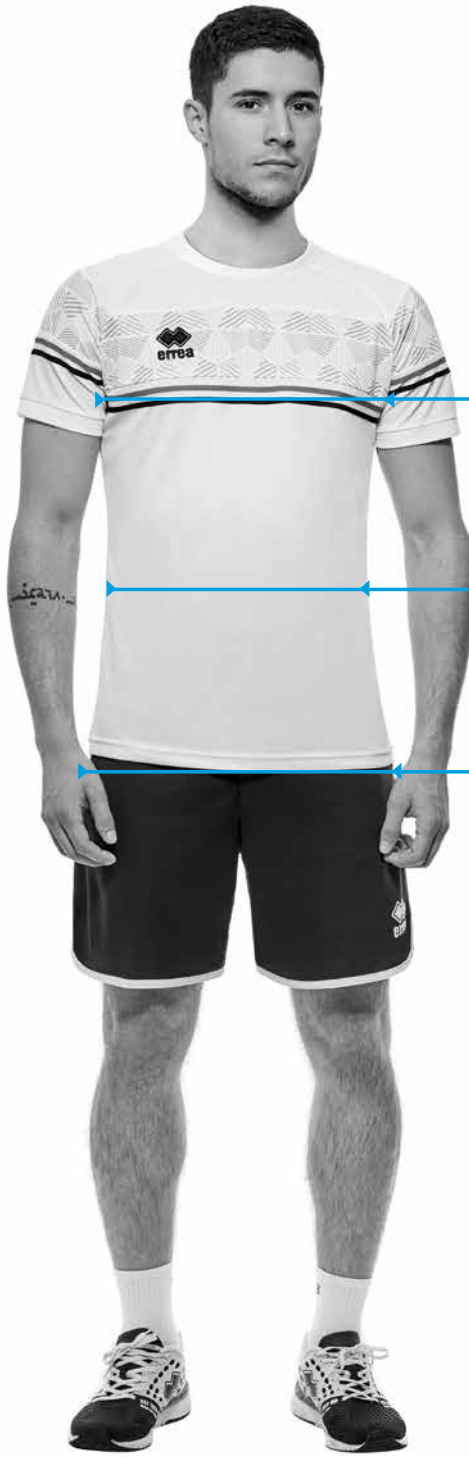


# SIZES TABLE: HOW TO GET THE RIGHT SIZES

## 1. Height

Stand barefoot, against a wall in an upright position, making sure that the shoulder blades, buttocks and heels are firmly against the wall. Ask a team leader to, with a light pressure on the hair, mark the point level with the top of the skull with a pencil. Measure the height with a tape-measure.



## 2. Chest

The chest circumference is measured while standing, with arms relaxed by your sides and with your palms facing your thighs. The tape-measure should be placed just below the nipples for men, and immediately below the breasts for women.

## 3. Weist

Measure around the narrowest part, keeping the tape horizontal.

## 4. Hips

Measure the circumference of the hips, in line with the top of the buttocks and keeping the tape horizontal.

## 1. Height

Stand barefoot, against a wall in an upright position, making sure that the shoulder blades, buttocks and heels are firmly against the wall. Ask a team leader to, with a light pressure on the hair, mark the point level with the top of the skull with a pencil. Measure the height with a tape-measure.



VESTIBILITÀ ADERENTE  
VERY CLOSE FITTING  
VESTIBILITE ADHERENTE



VESTIBILITÀ SEMI-ADERENTE  
CLOSE FITTING  
VESTIBILITE SEMI-ADHERENTE



VESTIBILITÀ NORMALE  
NORMAL FITTING  
VESTIBILITE NORMALE

TAGLIE UOMO / SIZES MAN / TAILLES HOMME										
	EU	IT	TORACE CHEST POITRINE		VITA WAIST TAILLE		FIANCHI HIPS FLANCS		ALTEZZA HEIGHT HAUTEUR	
			cm	inches	cm	inches	cm	inches	cm	inches
KID	3YXS	22-24							98-108	39-42.5
	2YXS	26-28							110-120	42.5-47.2
JUNIOR	YXS	30-32	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	XXS	34-36	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	XS	38-40	80-88	31-35	66-72	26-28	82-90	32-35	146-156	57.5-61.4
ADULT	S	42-44	90-94	35-37	72-76	28-30	92-96	36-38	167-172	65.7-67.7
	M	46-48	94-98	37-39	76-80	30-31	96-100	38-39.4	173-178	68.1-70.1
	L	50-52	98-102	39-40.2	80-84	31-33	100-104	39.4-40.9	179-184	70.5-72.4
	XL	54	102-106	40.2-41.7	84-88	33-35	104-108	40.9-42.5	185-190	72.8-74.8
	XXL	56	106-110	41.7-43.3	88-92	35-36	108-112	42.5-44.1	191-196	75.2-77.2
	3XL	58	110-114	43.3-44.9	92-94	36-37	112-116	44.1-45.7	197-202	77.6-79.5
4XL	60	114-118	44.9-46.5	94-96	37-38	116-120	45.7-47.2	203-208	79.9-81.9	

TAGLIE DONNA / SIZES WOMAN / TAILLES FEMME										
	EU	IT	TORACE CHEST POITRINE		VITA WAIST TAILLE		FIANCHI HIPS FLANCS		ALTEZZA HEIGHT HAUTEUR	
			cm	inches	cm	inches	cm	inches	cm	inches
KID	3YXS	24-26							98-108	39-42.5
	2YXS	26-28							110-120	42.5-47.2
JUNIOR	YXS	30-32	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	XXS	34-36	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	XS	38-40	80-88	31-35	66-72	26-28	82-92	32-36	146-156	57.5-61.4
ADULT	S	42-44	84-88	33-35	68-72	27-28	92-96	36-38	164-168	64.6-66.1
	M	46-48	88-92	35-36	72-76	28-30	96-100	38-39.4	169-173	66.5-68.1
	L	50-52	92-96	36-38	76-80	30-31	100-104	39.4-40.9	174-178	68.5-70.1
	XL	54	96-100	38-39.4	80-84	31-33	104-108	40.9-42.5	179-183	70.5-72
	XXL	56	100-104	39.4-40.9	84-88	33-35	108-112	42.5-44.1	184-188	72.4-74
	3XL	58	104-108	40.9-42.5	88-92	35-36	112-116	44.1-45.7	189-193	74.4-76
4XL	60	108-112	42.5-44.2	92-96	36-38	116-120	45.7-47.2	194-198	76.4-78	



MEN				
	CHEST cm	WEIST cm	HIPS cm	HEIGHT cm
XXS	70	61	80	162
	75	66	83	166
XS	75	66	86	166
	80	73	92	170
S	84	76	96	170
	90	82	102	174
M	90	82	102	174
	94	85	106	180
L	94	85	106	180
	98	88	110	184
XL	98	88	110	184
	102	91	114	188
XXL	102	91	114	188
	106	94	118	192

WOMAN				
	CHEST cm	WEIST cm	HIPS cm	HEIGHT cm
XXS	76	56	78	157
	82	62	84	161
XS	82	62	84	161
	88	68	90	165
S	88	68	90	165
	94	74	96	169
M	94	74	96	169
	100	80	102	173
L	100	80	102	173
	106	86	108	177
XL	106	86	108	177
	110	90	112	181

## KNEEPADS :

To calculate your correct size in kneepads, measure the circumference of your leg at a point 15cm below the middle of your kneecap. Using this measurement, you can select from the following sizes.

XS	30 - 33 cm
S	33 - 35 cm
M	35 - 37 cm
L	37 - 40 cm
XL	40 - 45 cm

## SHINGUARDS :

	cm	inc
xS	30-33	12-13
S	33-35	13-13,7
M	35-37	13,7-14,5
L	37-40	14,5-15,7
XL	40-45	15,7-17,7

## GLOVES :

JR						
4	5	6	6,5	7	7,5	8
5,8 cm	6,5 cm	7,1 cm	7,5 cm	7,8 cm	8,1 cm	8,5 cm
ADULT						
8	8,5	9	9,5	10	10,5	11
8,5 cm	8,8 cm	9,1 cm	9,4 cm	9,7 cm	10 cm	10,3 cm