



# APPAREL SIZING GUIDES

Fit with confidence by following the guides below.

## ADULT APPAREL

	CHEST SIZE	WAIST SIZE
XS	32	26
SMALL	34-36	28-30
MEDIUM	38-40	32-34
LARGE	42-44	36-38
XL	46-48	40-42
2L	50-52	44-46
3XL	54-56	48-50
4XL	58-60	52-54

## WOMEN'S APPAREL

	BUST	WAIST	HIP
XS	31-33	24-26	34-36
SMALL	33-35	26-28	36-38
MEDIUM	35-37	28-30	38-40
LARGE	37-39.5	30-33	40-43
XL	39.5-42	33-36	43-46
2XL	42-45	36-40	46-49
3XL	45-48	40-44	49-52

## YOUTH APPAREL

	CHEST SIZE	WAIST SIZE
XXS	22-24	19-21
XS	24-26	21-23
SMALL	26-28	23-25
MEDIUM	28-30	25-27
LARGE	30-32	27-29
XL	32-34	29-31
2XL	34-36	31-33

## GIRLS' APPAREL

	BUST	WAIST	HIP
XS	22-24	20-21.5	22-25
SMALL	24-26.5	21.5-23	25-29
MEDIUM	26.5-29	23-25	29-32
LARGE	29-32	25-27	32-35
XL	32-35	27-29	35-37

## INTEGRATED FOOTBALL PANTS - ADULT SIZES

	WAIST SIZE
SMALL	31-33
MEDIUM	34-36
LARGE	37-39
XL	40-42
2L	43-45
3XL	46-48

## INTEGRATED FOOTBALL PANTS - YOUTH SIZES

	WAIST SIZE
XXS	18-20
XS	20-22
SMALL	24-26
MEDIUM	28-30
LARGE	32-34
XL	34-36
2XL	36-38
HUSKY	36-38 <small>(SAME LENGTH AS LARGE PANT)</small>

Please note that the measurements listed are body measurements (in inches), not garment measurements. For the best results, fit your athletes with CHAMPRO garments prior to ordering.

# PROTECTIVE EQUIPMENT SIZING GUIDES

## BATTING HELMETS

HELMET SIZE	HEAD SIZE	CIRCUM.
T-BALL	6 - 6.5	19" - 20.5"
YOUTH	6.5 - 7.125	20.5" - 22.5"
ADULT	7 - 7.5	22" - 22.75"

## CATCHER'S HEADGEAR

HELMET SIZE	HEAD SIZE	CIRCUM.
YOUTH	6.5 - 7	20.5"- 22.5"
ADULT	7 - 7.5	22"- 23.75"

## CHEST PROTECTORS

CHEST PROTECTOR SIZE	TORSO LENGTH
T-BALL	13" - 15"
MID-SIZE YOUTH	15" - 16"
YOUTH	16" - 17"
SR. LEAGUE	18" - 19"
ADULT	19"+

## LEG GUARDS

CHEST PROTECTOR SIZE	TORSO LENGTH
T-BALL	9" - 12"
YOUTH	13" - 14.5"
SR. LEAGUE	14.5" - 16.5"
ADULT	16.5+

Please note that this is intended only as a guide. Protective equipment worn in play or practice should always fit the wearer. Seek advice from a professional to confirm correct fit.