

	CHEST (cm)	WEIST (cm)	HIPS (cm)	HEIGHT (cm)
YXS	65	58	76	1,28
	70	61	78	1,40
XXS	70	61	80	1,40
	75	66	83	1,50
XS	75	66	86	1,50
	80	73	92	1,60
S	84	76	96	1,70
	90	82	102	1,74
M	90	82	102	1,74
	94	85	106	1,80
L	94	85	106	1,80
	98	88	110	1,84
XL	98	88	110	1,84
	102	91	114	1,88
XXL	102	91	114	1,88
	106	94	118	1,92
XXXL	106	94	118	1,92
	110	97	122	1,94
XXXXL	110	97	122	1,94
	114	100	126	1,96

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YXS	65	58	76	1,28
	70	61	78	1,40
XXS	70	61	80	1,40
	75	66	83	1,50
XS	80	66	86	1,50
	84	69	90	1,60
S	88	68	90	1,65
	94	74	96	1,69
M	94	74	96	1,69
	100	80	102	1,73
L	100	80	102	1,73
	106	86	108	1,77
XL	106	86	108	1,77
	110	90	112	1,81
XXL	110	90	108	1,81
	114	94	112	1,85

## 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

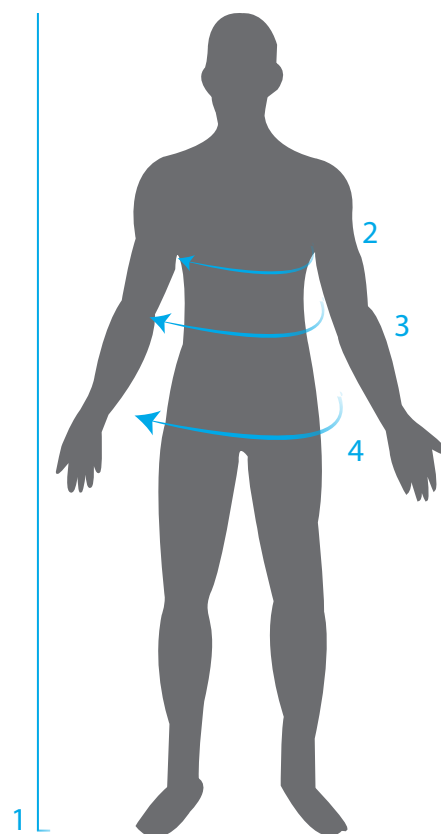
The chest circumference is measured while standing, with arms relaxed by your sides and with your palms facing your thighs. The tape-measure should be placed just below the nipples for men, and immediately below the breasts for women.

### 3. WAIST

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.



## SHINGUARDS

XS	115 - 130 cm
S	135 - 150 cm
M	150 - 170 cm
L	170 - 193 cm
XL	193 - 207 cm

## 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

## GLOVES

junior

5	6	6,5	7	7,5	8
6,7 cm	7,3 cm	7,6 cm	7,8 - 8 cm	8,1 - 8,3 cm	8,4 - 8,6 cm

adult

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