

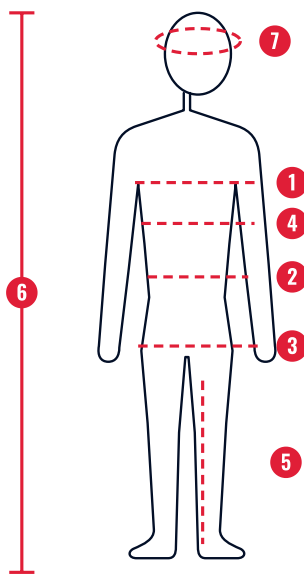
SIZE GUIDE FOR CUSTOM SPORTSWEAR

Our charts use body measurements, so measure the person, not a garment. How a piece fits also depends on its cut and fabric, which is why every order starts with a sample you can try on.

Inches or centimeters Adult, women's and youth
US, UK, EU and AU sizes

HOW TO MEASURE

Use a soft tape measure. Keep it level and snug, but not tight.



- 1 **Chest:** around the fullest part of the chest, under the arms.
- 2 **Waist:** around your natural waist, the narrowest point.
- 3 **Hips:** around the fullest part of the hips, feet together.
- 4 **Underbust:** around the ribcage, just under the bust.
- 5 **Inseam:** from the top of the inner leg down to the ankle bone.
- 6 **Height:** standing straight against a wall, without shoes.
- 7 **Head:** around the head, about 2 cm above the eyebrows and ears.

If you're between two sizes, or right on the line, go by the chest for tops and by the hips for shorts, pants and leggings. Size up if you prefer a looser fit.

ADULT AND UNISEX SIZES

For jerseys, T-shirts, polos, tank tops, hoodies, sweatshirts and jackets. Unisex styles use this chart too.

Janletic Sports adult size chart, body measurements

SIZE	CHEST (IN)	CHEST (CM)	WAIST (IN)	WAIST (CM)	HIPS (IN)	HIPS (CM)
XS	31-34	79-86	26-29	66-74	32-35	81-89
S	34-38	86-97	29-32	74-81	35-38	89-97
M	38-42	97-107	32-34	81-86	38-40	97-102
L	42-46	107-117	34-36	86-91	40-42	102-107
XL	46-50	117-127	36-38	91-97	42-44	107-112
2XL	50-54	127-137	38-42	97-107	44-48	112-122
3XL	54-58	137-147	42-46	107-117	48-52	122-132
4XL	58-62	147-157	46-50	117-127	52-56	132-142
5XL	62-66	157-168	50-54	127-137	56-60	142-152

Janletic Sports size chart. Body measurements. Updated October 2026.

WOMEN'S SIZES

For women's cut jerseys, tops, tank tops, hoodies and jackets.

Janletic Sports women's size chart, body measurements

SIZE	CHEST (IN)	CHEST (CM)	WAIST (IN)	WAIST (CM)	HIPS (IN)	HIPS (CM)
XS	31-33	79-84	24-26	61-66	34-36	86-91
S	33-35	84-89	26-28	66-71	36-38	91-97
M	35-37	89-94	28-30	71-76	38-40	97-102
L	37-40	94-102	30-33	76-84	40-43	102-109
XL	40-43	102-109	33-36	84-91	43-46	109-117
2XL	43-46	109-117	36-39	91-99	46-49	117-124
3XL	46-49	117-124	39-42	99-107	49-52	124-132

Janletic Sports size chart. Body measurements. Updated October 2026.

YOUTH SIZES

For youth jerseys, shorts and training wear. Go by height first, then check the chest.

Janletic Sports youth size chart, body measurements

SIZE	HEIGHT (IN)	HEIGHT (CM)	CHEST (IN)	CHEST (CM)	WAIST (IN)	WAIST (CM)
YXS	41-45.5	104-116	22-25	56-64	21-23	53-58
YS	45.5-50.5	116-128	25-27	64-69	23-24	58-61
YM	50.5-55	128-140	27-29	69-74	24-26	61-66
YL	55-60	140-152	29-31	74-79	26-27	66-69
YXL	60-64.5	152-164	31-33	79-84	27-29	69-74

Janletic Sports size chart. Body measurements. Updated October 2026.

SHORTS, PANTS AND LEGGINGS

Use the waist and hip columns in the adult, women's or youth chart. If your waist and hips point to different sizes, go by the hips.

For pants, joggers and leggings you choose the inseam, and for shorts you choose the leg length. Send the length you want in inches or centimeters and we'll confirm it on your sample.

Baseball and American football pants use the same waist and hip sizes.

SPORTS BRAS

Go by the underbust first, then check the bust.

Janletic Sports sports bra size chart, body measurements

SIZE	UNDERBUST (IN)	UNDERBUST (CM)	BUST (IN)	BUST (CM)
XS	26-28	66-71	31-33	79-84
S	28-30	71-76	33-35	84-89
M	30-32	76-81	35-37	89-94
L	32-35	81-89	37-40	94-102
XL	35-38	89-97	40-43	102-109
2XL	38-41	97-104	43-46	109-117
3XL	41-44	104-112	46-49	117-124

Janletic Sports size chart. Body measurements. Updated October 2026.

COMPRESSION AND CYCLING

Compression wear and cycling kits use the adult and women's charts, but they're cut close to the body. If you're between sizes, the smaller one fits firmer and the larger one more relaxed.

SOCKS

Janletic Sports sock size chart, by shoe size

SIZE	US MEN	US WOMEN	UK	EUROPE
S	3.5-6	5-7.5	2.5-5	35-38
M	6.5-9	8-10.5	6-8	39-42
L	9.5-12	11-13.5	9-11	43-46
XL	12.5-15	Not used	12-14	47-50

CAPS

Adjustable caps (snapback or strapback) fit heads from 56 to 60 cm (22 to 23.6 in).
Fitted caps come in two sizes:

Janletic Sports fitted cap size chart, body measurements

SIZE	HEAD (IN)	HEAD (CM)
S/M	21.3-22.4	54-57
L/XL	22.4-23.6	57-60

Janletic Sports size chart. Body measurements. Updated October 2026.

SIZES BY COUNTRY

Adult letter sizes (XS to 5XL) mean the same in the US, Canada, the UK, Australia and New Zealand, so use the adult chart above. European numbered sizes for men are roughly half your chest measurement in centimeters.

A **100 cm** chest is about size **50**.

Janletic Sports women's sizes by country

OUR SIZE	US, CANADA	UK	AUSTRALIA, NEW ZEALAND	EUROPE
XS	0-2	4-6	4-6	32-34
S	4-6	8-10	8-10	36-38
M	8-10	12-14	12-14	40-42
L	12-14	16-18	16-18	44-46
XL	16-18	20-22	20-22	48-50
2XL	20-22	24-26	24-26	52-54
3XL	24-26	28-30	28-30	56-58

Janletic Sports youth sizes by country

OUR SIZE	US, CANADA	UK (AGE)	AUSTRALIA, NEW ZEALAND (SIZE)	EUROPE (HEIGHT IN CM)
YXS	YXS	4-6	4-6	104-116
YS	YS	6-8	6-8	116-128
YM	YM	8-10	8-10	128-140
YL	YL	10-12	10-12	140-152
YXL	YXL	12-14	12-14	152-164

Sock sizes for each country are in the socks chart above.

YOUR OWN SIZE CHART

If your brand, league or school already has a size chart, send it with your design and we'll make your order to it. You'll check the fit on the sample, and you can mix youth and adult sizes within the 50-piece minimum per style at no extra cost.