

VARSITY SIZING GUIDE | ADULT | AGES 12 & UP

SCHOOL:

ATHLETE:

INSTRUCTIONS

1. **IMPORTANT:** [Click here](#) or Scan the QR Code to watch the *How to Measure Video*:



BUST: WAIST:

HIP: GIRTH:

SHOE: INSEAM:

2. Have someone measure you and enter your info to the right (round up):

[Click here](#) for a Printable Tape Measure

3. Use your measurements along with these size charts to determine the best size to order.

SKIRT LENGTH:

COMMENTS:



POLY | POWERFIT SHELL | JUMPER



BUST	SIZE
27-28"	28
29-30"	30
31-32"	32
33-34"	34
35-36"	36
37-38"	38
39-40"	40
41-42"	42
43-44"	44
45-46"	46
47-48"	48
49-50"	50
51-52"	52

MOTIONFLEX SHELL | LINER | BODYSUIT | DRESS



BUST	*GIRTH	SIZE	Bodysuits available in Short, Average, and Long lengths. *Chart reflects AVERAGE girth.
24-26"		*2XS	
27-29"	56-58"	XS	*When choosing Dress size, consider BUST measurement first. You may need to bump up to accommodate girth.
30-32"	58-60"	S	
33-35"	60-62"	M	
36-38"	62-64"	L	
39-41"	64-66"	XL	
42-44"	66-68"	2XL	
45-47"	68-70"	3XL	

**Select Liner, Shell & Dance styles, only.*

OUTERWEAR JACKET | GAME DAY



BUST	SIZE
28-30"	XS
31-33"	S
34-36"	M
37-39"	L
40-42"	XL
43-45"	2XL
46-48"	3XL

OUTERWEAR PANT | JOGGER



HIP	SIZE
31-33"	XS
34-36"	S
37-39"	M
40-42"	L
43-45"	XL
46-48"	2XL
49-51"	3XL

Inseam Options:
28,30,32,34,36"

Athletes might choose a shorter jogger inseam

POLY | POWERFIT SKIRT

WAIST measurement determines size. If **HIP** measurement suggests a different size, choose a size in the middle.



WAIST	HIP	SIZE
20"	30"	1-10
21"	31"	1-10
22"	32"	2-10
23"	33"	3-11
24"	34"	4-12
25"	35"	5-13
26"	36"	6-13
27"	37"	7-13
28"	38"	8-13
29"	39"	9-14
30"	40"	10-14
31"	41"	11-14
32"	42"	12-14
33"	43"	13-15
34"	44"	14-15
35"	45"	15-15
36"	46"	16-15
37"	47"	17-16
38"	48"	18-16
39"	49"	19-17
40"	50"	20-17
41"	51"	21-18
42"	52"	22-18
43"	53"	23-18
44"	54"	24-18
45"	55"	25-18

This chart features the **STANDARD** length per SKIRT size. Add or subtract length in increments of 1" at your discretion.

MOTIONFLEX SKIRT | SHORT | LEGGING



HIP	SKIRT SIZE	SHT LEGGING SIZE
29-30"		*2XS
31-32"	*2XS	XS
33-34"	XS	S
35-36"	S	M
37-38"	M	L
39-40"	L	XL
41-42"	XL	2XL
43-44"	2XL	3XL
45-46"	3XL	
47-48"	4XL	
49-50"	5XL	
51-52"	6XL	

**Select styles only*

PRACTICE WEAR TOPS | BRAS



BUST	SIZE
27-29"	XS
30-32"	XS, S
33-35"	S, M
36-38"	M, L
39-41"	L, XL
42-44"	XL, 2XL
45-47"	*3XL

*3XL size only
sublimated campwear

PRACTICE WEAR BOTTOMS



HIP	SIZE
31-33"	XS
34-36"	XS, S
37-39"	S, M
40-42"	M, L
43-45"	L, XL
46-48"	XL, 2XL
49-51"	*3XL

*3XL size only
sublimated campwear

MOTIONFLEX DANCE PANT



HIP	*PANT INSEAM	SIZE
31-33"	28"	XS
33-35"	29"	S
35-37"	30"	M
37-39"	31"	L
39-41"	32"	XL
41-43"	32"	2XL
43-45"	33"	3XL
45-47"	33"	4XL
47-49"	34"	5XL
49-51"	34"	6XL

*Actual Inseam on garment measures longer

MEN'S UNIFORMS TOPS



CHEST	SIZE	SIZE
27-30"	34	XS
31-32"	36	
33-34"	38	S
35-36"	40	
37-38"	42	M
39-40"	44	
41-42"	46	L
43-44"	48	
45-46"	50	XL
47-48"	52	
49-50"	54	2XL
51-52"	56	
53-54"		3XL

MEN'S UNIFORMS BOTTOMS



HIP	SIZE
34-36"	S
37-39"	M
40-42"	L
43-45"	XL
46-48"	2XL
49-51"	3XL

Inseam Options: 26-36"
37" for unhemmed

VARSITY SIZING GUIDE | YOUTH | AGES 11 & BELOW

SCHOOL:

ATHLETE:



Use your measurements along with these size charts to determine the best size to order.

BUST:
 WAIST:
 HIP:
 GIRTH:

SHOE:
 PANT INSEAM:
 SKIRT LENGTH:

COMMENTS:

POLY | POWERFIT SHELL | JUMPER



BUST	SIZE
21-22"	YXS
23-24"	YS
25-26"	YM
27-28"	YL
29-30"	YXL
31-32"	Y2XL
33-34"	Y3XL
35-36"	Y4XL
37-38"	Y5XL

POLY | POWERFIT SKIRT

WAIST measurement determines size. If **HIP** measurement suggests a different size, choose a size in the middle.



WAIST	HIP	SIZE
20"	29"	A-8
21"	30"	B-8
22"	31"	C-10
23"	32"	D-10
24"	33"	E-11
25"	34"	F-11
26"	35"	G-12
27"	36"	H-12
28"	37"	I-13
29"	38"	J-13
30"	43"	K-14
31"	40"	L-14
32"	41"	M-15
33"	42"	N-15

This chart features the **STANDARD** length per **SKIRT** size. Add or subtract length in increments of 1" at your discretion.

MOTIONFLEX SHELL | LINER | BODYSUIT



BUST	*GIRTH	SIZE
21-22"	44-46"	YXS
23-24"	46-48"	YS
25-26"	48-50"	YM
27-28"	50-52"	YL
29-30"	52-54"	YXL
31-32"	54-56"	Y2XL
33-34"		Y3XL
35-36"		Y4XL

YXS-Y2XL Bodysuits available in **Short, Average, and Long** lengths.
 *Chart reflects **AVERAGE** girth.

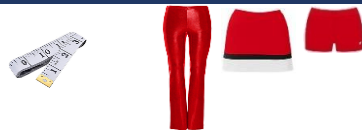
MOTIONFLEX DANCE TOP | DRESS



BUST	*GIRTH	SIZE
19-21"	36-40"	YXS
22-24"	41-45"	YS
25-27"	46-50"	YM
28-30"	51-55"	YL
31-33"	59-60"	YXL

*When choosing **Dress** size, consider **BUST** measurement first. You may need to bump up to accommodate **girth**.

MOTIONFLEX SKIRT | SHORT | DANCE PANT



HIP	PANT INSEAM	SIZE
22-24"	20"	YXS
25-27"	23"	YS
28-30"	25"	YM
31-33"	26"	YL
34-36"	27"	YXL

PRACTICE WEAR TOPS | BRAS



BUST	SIZE
22-24"	YS
25-27"	YM
28-30"	YL

PRACTICE WEAR BOTTOMS



HIP	SIZE
25-27"	YS
28-30"	YM
31-33"	YL

OUTERWEAR JACKET | GAME DAY



BUST	SIZE
19-21"	YXS
22-24"	YS
25-27"	YM
28-30"	YL
31-33"	YXL

OUTERWEAR PANTS | LEGGING



HIP	SIZE
22-24"	YXS
25-27"	YS
28-30"	YM
31-33"	YL
34-36"	YXL

Inseam Options:
17-28"

*Athletes might choose a shorter **jogger** inseam

BOYS TOPS



CHEST	SIZE
22-25"	YS
26-28"	YM
29-31"	YL
32-34"	YXL

BOYS PANTS | SHORTS



HIP	SIZE
26-28"	YS
29-31"	YM
32-34"	YL
35-37"	YXL

Pant Inseam Options:
19-28"
29" for unhemmed

Size charts are suggestions only. Sizes may be adjusted by your coach/advisor in compliance with school standards.