

# RUGBY SIZE GUIDE



## HOW TO MEASURE

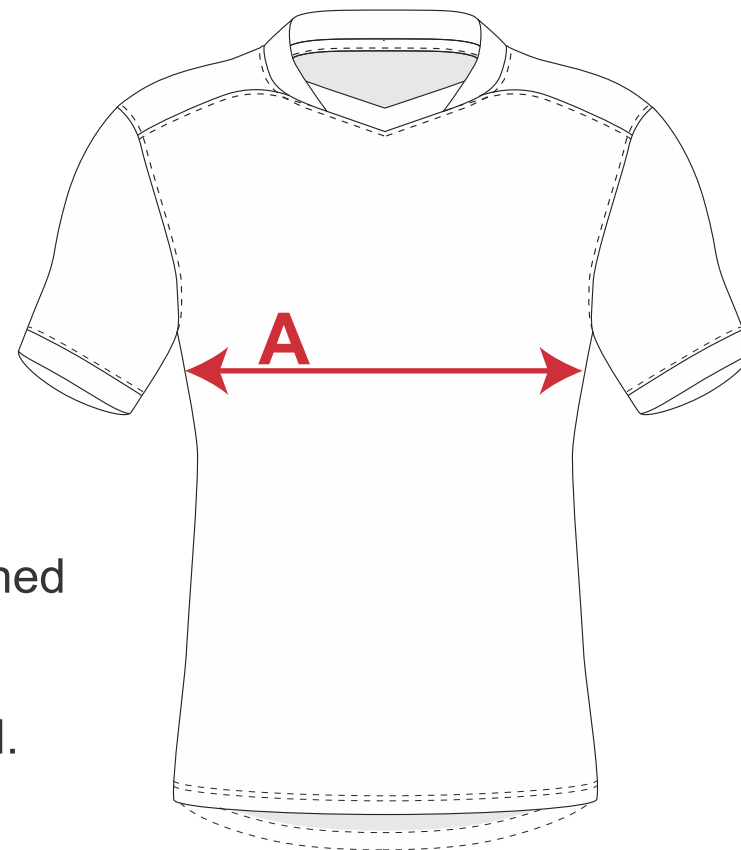
1. Lay your previous favourite garment flat on table.
2. Use a tape and measure down 4cm down under armpit.
3. Use a tape to measure across front chest as shown (A).

A = Half Chest is the most important measurement.

Determine the measurement in cms and compare against the provide chart for that garment.

Sizing changes with different garments as garments are designed to be worn differently.

eg, A measurement of 56cm across the front chest equals Med.



### MENS K2 PRO JERSEY

MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	52.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5
1/2 HEM	53	55	57	59	61	63	65	67
BACK BODY LENGTH	70.5	72.5	74.5	76.5	78.5	80.5	82.5	84.5

**MENS**

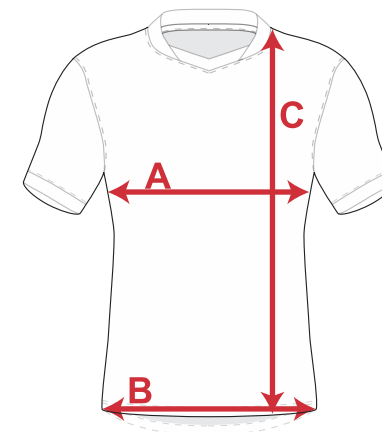
MEASUREMENT POINT	XXS	XS	S	M	L	XL	2XL	3XL	5XL	7XL
1/2 CHEST WIDTH	41	43.5	46	48.5	<b>51</b>	53.5	56	58.5	63.5	68.5
1/2 HEM	40	42.5	45	47.5	<b>50</b>	52.5	55	57.5	62.5	67.5
BACK BODY LENGTH	68	70	72	74	<b>76</b>	78	80	82	86	90

**JUNIOR**

MEASUREMENT POINT	4	6	8	10	12	14	16
1/2 CHEST WIDTH	35.0	38.0	41.0	<b>44.0</b>	47.0	50.0	53.0
1/2 HEM	33.0	36.0	39.0	<b>42.0</b>	45.0	48.0	51.0
BACK BODY LENGTH	49.0	53.0	57.0	<b>61.0</b>	65.0	69.0	71.0

**WOMEN**

MEASUREMENT POINT		W6	W8	W10	W12	W14	W16	W18	W20	W22	W24
1/2 CHEST WIDTH		37.0	39.5	<b>42.0</b>	44.5	47.0	49.5	52.0	54.5	57.0	59.5
1/2 HEM		36.0	38.5	<b>41.0</b>	43.5	46.0	48.5	51.0	53.5	56.0	58.5
BACK BODY LENGTH		63.0	64.0	<b>65.0</b>	67.0	69.0	71.0	72.0	73.0	74.0	75.0



**A - CHEST WIDTH**  
**B - HEM WIDTH**  
**C - BODY LENGTH**

**MENS PRO**

MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	50.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5
1/2 HEM	51	55	57	59	61	63	65	67
BACK BODY LENGTH	66	68	70	72	74	76	78	80

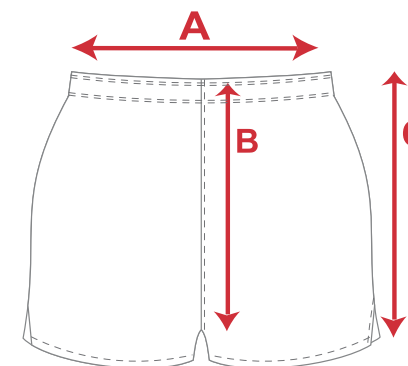
SIZES ARE LISTED IN CM

**MENS**

MEASUREMENT POINT	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 WAIST WIDTH - RELAXED	32	34	36	38	40	42	44	46	48	50
FRONT RISE INCLUDING WAISTBAND 3.5CM	24	25	26	27	28	29	30	31	32	33
LENGTH INCLUDING WAISTBAND	30	31.5	33	34	35.5	36.5	38	39	40.5	41.5

**JUNIORS**

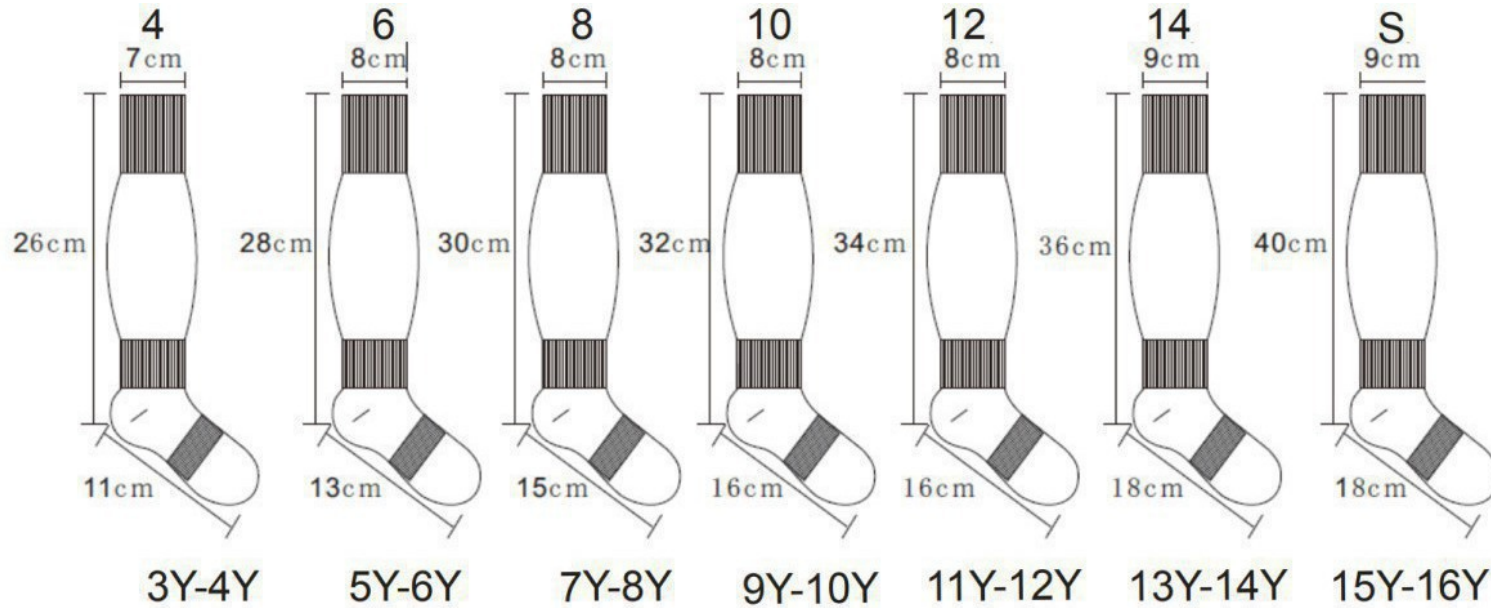
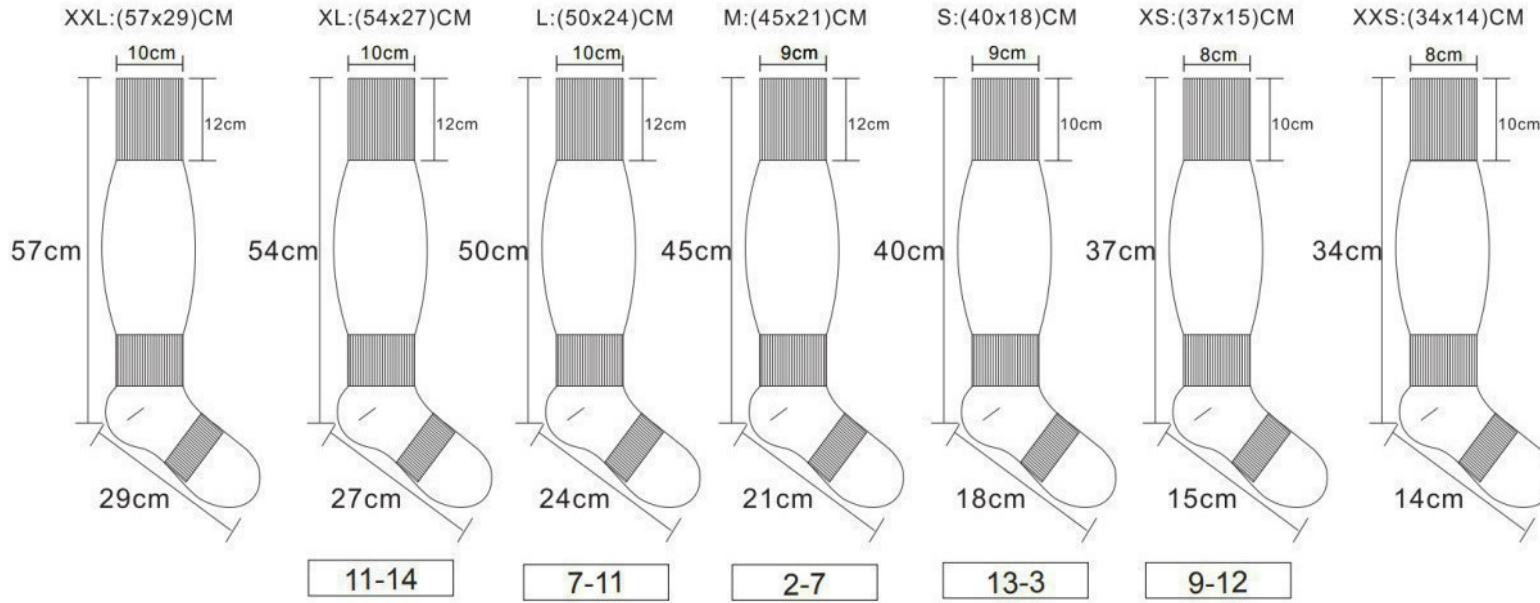
MEASUREMENT POINT	4	6	8	10	12	14	16
1/2 WAIST WIDTH - RELAXED	26	27	28	<b>29</b>	30	31	32
FRONT RISE INCLUDING WAISTBAND 3.5CM	18	19.5	21	<b>21</b>	22	23	24
LENGTH INCLUDING WAISTBAND	26	27	28	<b>29</b>	30	31	32



**WOMENS**

MEASUREMENT POINT	W6	W8	W10	W12	W14	W16	W18	W20
1/2 WAIST WIDTH - RELAXED	32	34	37	39	42	44	47	49.5
FRONT RISE INCLUDING WAISTBAND 3.5CM	25.5	26.5	27.5	28.5	29.5	30.5	31.5	32.5
LENGTH INCLUDING WAISTBAND	32.5	34	35.5	36.5	37.5	39	40	41.5

**A - WAIST WIDTH**  
**B - FRONT RISE**



**MENS**

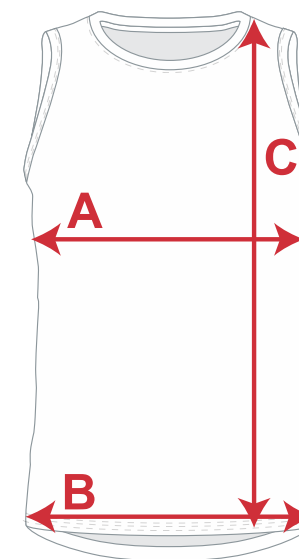
MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	50.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5
1/2 HEM	51	55	57	59	61	63	65	67
BACK BODY LENGTH	66	71	74	76	78	80	82	84

**JUNIOR**

MEASUREMENT POINT	4	6	8	10	12
1/2 CHEST WIDTH	37	39	41	43	45
1/2 HEM	35	37	39	41	43
BACK BODY LENGTH	44	46	50	54	58

**WOMENS**

MEASUREMENT POINT	W4	W6	W8	W10	W12	W14	W16	W18	W20	W22	W24
1/2 CHEST WIDTH	40	43	46	48	51	54	58	61	65	68	70
1/2 HEM	43	46	49	51	54	57	61	64.5	68	70	72
BACK BODY LENGTH	60	62	63	65	68	70	72	74	76	78	80



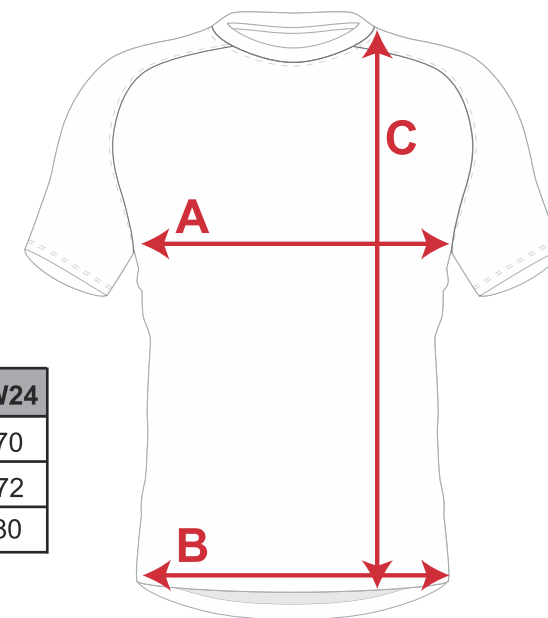
**A - CHEST WIDTH**  
**B - HEM WIDTH**  
**C - BODY LENGTH**

**MENS**

MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	50.5	54.5	56.5	58.5	60.5	62.5	64.5	66.5
1/2 HEM	51	55	57	59	61	63	65	67
BACK BODY LENGTH	66	71	74	76	78	80	82	84

**JUNIOR**

MEASUREMENT POINT	4	6	8	10	12
1/2 CHEST WIDTH	37	39	41	43	45
1/2 HEM	35	37	39	41	43
BACK BODY LENGTH	44	46	50	54	58



**WOMENS**

MEASUREMENT POINT	W4	W6	W8	W10	W12	W14	W16	W18	W20	W22	W24
1/2 CHEST WIDTH	40	43	46	48	51	54	58	61	65	68	70
1/2 HEM	43	46	49	51	54	57	61	64.5	68	70	72
BACK BODY LENGTH	60	62	63	65	68	70	72	74	76	78	80

**A - CHEST WIDTH**  
**B - HEM WIDTH**  
**C - BODY LENGTH**

**MENS**

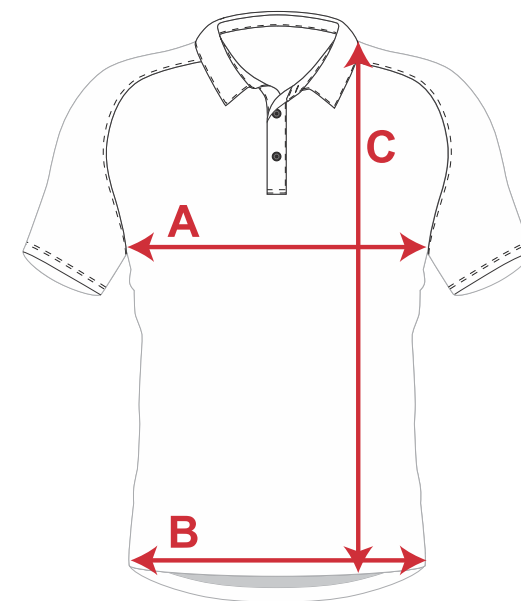
MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
1/2 CHEST WIDTH	51	54	56	58	60	62	64	66	68	70
1/2 HEM	51	54	56	58	60	62	64	66	68	70
BACK BODY LENGTH	68	71	72.5	74.5	76	78	80	82	84	86.5

**JUNIOR**

MEASUREMENT POINT	4	6	8	10	12
1/2 CHEST WIDTH	37	39	41	43	45
1/2 HEM	35	37	39	41	43
BACK BODY LENGTH	44	46	50	54	58

**WOMENS**

MEASUREMENT POINT	W4	W6	W8	W10	W12	W14	W16	W18	W20	W22	W24
1/2 CHEST WIDTH	40	43	46	48	51	54	58	61	65	68	70
1/2 HEM	43	46	49	51	54	57	61	64.5	68	70	72
BACK BODY LENGTH	60	62	63	65	68	70	72	74	76	78	80



**A - CHEST WIDTH**  
**B - HEM WIDTH**  
**C - BODY LENGTH**

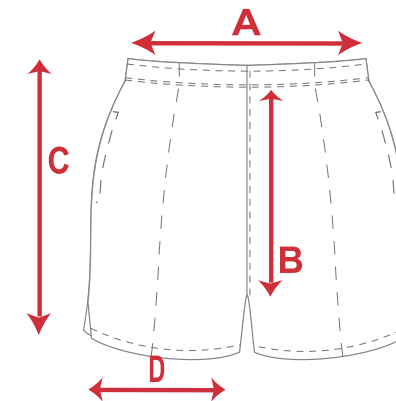
**MENS**

MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 WAIST WIDTH	34	35	37.5	40	42.5	45	47.5	50	52.5
FRONT RISE INCLUDING HEM	30	31	32	33	34	35	36	37	38
LENGTH INCLUDING HEM	41	42	43	44	45	46	47	48	49
1/2 LEG OPENING	31	33	35	36.5	38	39.5	41	42.5	43.5

**JUNIOR**

MEASUREMENT POINT	K4	K6	K8	K10	K12
1/2 WAIST WIDTH	22	25	27.5	30	32
FRONT RISE INCLUDING HEM	25	26	27	28	29
LENGTH INCLUDING HEM	32	32.5	34	36	38
1/2 LEG OPENING	20	23	25	28	30

BACKRISE 12CM LONGER ON ALL SIZING



**WOMENS**

MEASUREMENT POINT	W8	W10	W12	W14	W16	W18	W20	W22	W24	W26
1/2 WAIST WIDTH	32.5	35	37.5	40	42.5	45	47.5	50	52.5	52.5
FRONT RISE INCLUDING HEM	25	26	27	28	29	30	31	33	34	35
LENGTH INCLUDING HEM	37	37.5	38	39	39.5	40	40.5	41	41.5	42
LEG OPENING	30	31	32	33	34	36	38	38.5	39	40

BACKRISE 12CM LONGER ON ALL SIZING

**A - WAIST WIDTH**  
**B - FRONT RISE**

**MENS**

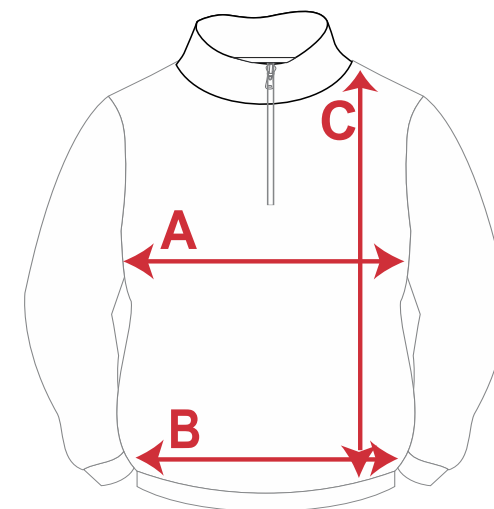
MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	54	56	58	60	62	64	66	68
1/2 HEM	48	50	54	58	62	62	64	66
BACK BODY LENGTH INCLUDING THE WAISTBAND	66	70	72	74	76	78	80	82

**JUNIOR**

MEASUREMENT POINT	K4	K6	K8	K10	K12
1/2 CHEST WIDTH	37	40	43	46	49
1/2 HEM	31	31	33	37	40
BACK BODY LENGTH INCLUDES WAISTBAND	53	55	57	59	63

**WOMENS** Spec #9 & 12

MEASUREMENT POINT	W8	W10	W12	W14	W16	W18	W20	W22	W24
1/2 CHEST WIDTH	46	48	51	54	58	61	65	68	70
1/2 HEM	45	46	49	53	57	60	65	68	70
BACK BODY LENGTH INCLUDES WAISTBAND	61	63	65	68	70	72	74	76	78



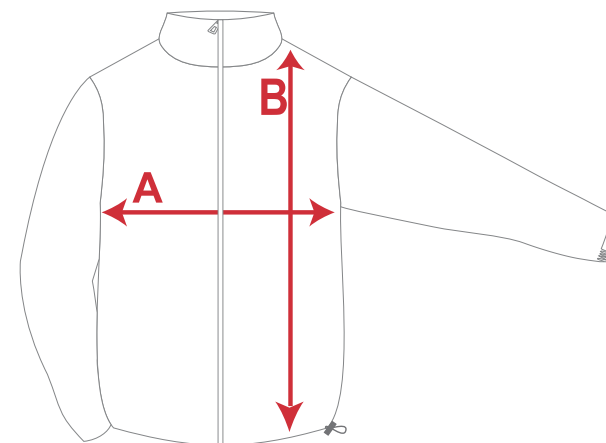
**A - CHEST WIDTH**  
**B - HEM WIDTH**  
**C - BODY LENGTH**

**MENS**

MEASUREMENT POINT	XXS	XS	S	M	L	XL	2XL	3XL	4XL
1/2 CHEST WIDTH	55	57	60	62.5	65	67.5	70	72.5	75
1/2 HEM	55	57	60	62.5	65	67.5	70	72.5	75
BACK BODY LENGTH INCLUDING THE WAISTBAND	71	73	75	77	79	81	83	85	87

**JUNIOR**

MEASUREMENT POINT	K4	K6	K8	K10	K12	K14	K16
1/2 CHEST WIDTH	37	40	43	46	49	52	55
1/2 HEM	37	40	43	46	49	52	55
BACK BODY LENGTH INCLUDES WAISTBAND	53	53	55	57	59	63	63



**A - CHEST WIDTH**  
**B - BODY LENGTH**

**MENS**

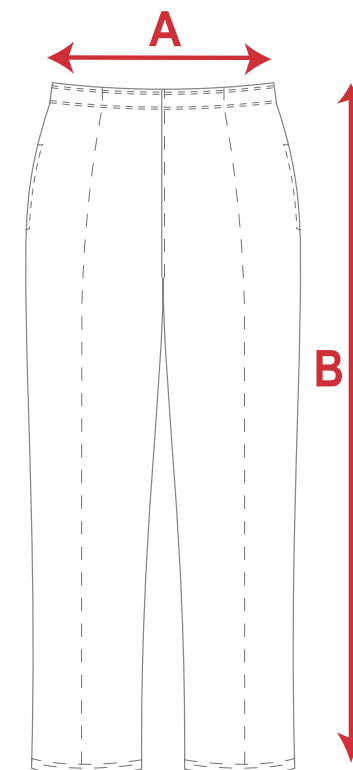
MEASUREMENT POINT	XS	S	M	L	XL	2XL	3XL
WAIST 1/2	34	35	37.5	40	42	45	47.5
LENGTH INCLUDING WAISTBAND	95	98	100	103	105	108	110
HIP 1/2	47	49	51	53	55	57	59
BOTTOM LEG OPENING 1/2	14	14.5	15	15.5	16	17	17.5
FRONT RISE INCLUDING WAISTBAND	27	28	29	30	31	32	33

**JUNIOR**

MEASUREMENT POINT	6	8	10	12	14
WAIST 1/2	25	27.5	30	32.5	33
LENGTH INCLUDING WAISTBAND	80	83	85	88	90
HIP 1/2	37.5	39.5	41.5	43.5	45.5
BOTTOM LEG OPENING 1/2	10	11	12	13	14
FRONT RISE INCLUDING WAISTBAND	22	23	24	25	26

**WOMENS**

MEASUREMENT POINT	W8	W10	W12	W14	W16	W18	W20	W22
WAIST 1/2	31	34	38	42	46	49	52	55
LENGTH INCLUDING WAISTBAND	94.5	95	96	97	100	102	104	106
HIP 1/2	46	49.5	53	56	59	61	63.5	65.5
BOTTOM LEG OPENING 1/2	10.5	11	12.5	13	14	12	13	14
FRONT RISE INCLUDING WAISTBAND	24	25	27	28	30	32	35	38



**A - WAIST WIDTH**  
**B - BODY LENGTH**