## YOUTH SIZE GUIDE (UNISEX)

Ensure accurate fit by using your actual body measurements.

Refer to the intructions below.



MCA SPORTS

For tops, use your chest and waist measurements.

(Eg: T-shirts, Polos, Hoodies, Jackets)



For bottoms, use your waist and hips measurements.

(Eg: Playing Pants, Shorts)

**CHEST** 

Measure around the widest part of your chest, positioned just below your armpits.

WAIST

Measure around your natural waistline, which is typically near your belly button.

HIPS

Measure around the widest part of your hips.

SIZE	YO	<b>Y1</b>	Y2	<b>Y4</b>	Y6	Y8	Y10	Y12	Y14	Y16
CHEST (cm)	43-47	47-51	51-55	55-59	59-65	65-71	71-77	77-83	83-89	89-95
WAIST (cm)	49-51	51-53	53-55	55-57	57-59	59-61	61-63	63-66	66-70	70-75
HIPS (cm)	43-47	47-51	51-55	55-59	59-65	65-71	71-77	77-83	83-89	89-95

**CHEST** WAIST HIP

**BODY** 

**MEASUREMENT** 

PLEASE NOTE: ON-FIELD PRO CUTS (RUGBY, AFL, SOCCER) ARE DESIGNED FOR A TIGHT FIT. IF YOU PREFER A LOOSER FIT, WE RECOMMEND ORDERING A SIZE UP.