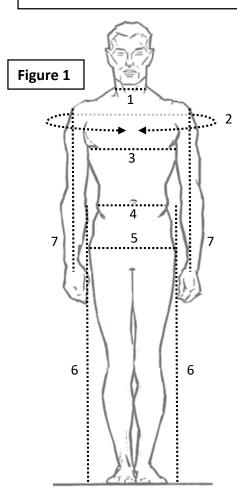


Rank	Name
Phone	

## **Instructions:**

- Use a measuring tape
- Round to the nearest half-inch



### **MALE**

# Figure 1

#1 Neck:

Around the neck with no space between neck and tape.

#2 Over Shoulder: \_\_\_\_\_

Fully around shoulder blades, over the arms and chest.

#3 Chest: \_\_\_\_\_

Around chest, well up under arms and over shoulder blades.

#4 Waist: \_\_\_\_\_

Around waist, below the navel.

#5 Seat: \_\_\_\_\_\_Around the largest part.

#6 Left Outseam: \_\_\_\_\_ Right Outseam: \_\_\_\_

From top edge of waistband to junction of heel

and shoe. Measure each side.

#7 Arms: Left Arm: \_\_\_\_\_ Right Arm: \_\_\_\_

From shoulder bone down to 1" above first

thumb joint. Measure each arm.

#### Figure 2

Shirt Sleeve Length:

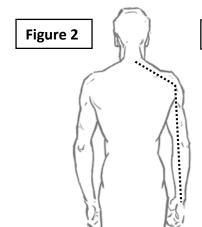
From center of neck, down your arm, behind elbow, to far end of cuff.

#### Figure 3

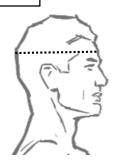
Cover Frame:

Measure around head ensuring tape is level all around. Tape should be about 1" above eyebrows. (Use table below to find size)

Height: \_\_\_\_ Shoe Size: \_\_\_\_ Glove Size: \_\_\_\_







Measurement (Inches)	Frame Size
20 3/8	6 1/2
20 3/4	6 5/8
21 1/8	6 3/4
21 1/2	6 7/8
22	7
22 3/8	7 1/8
22 3/4	7 1/4
23 1/8	7 3/8
23 1/2	7 1/2
23 7/8	7 5/8

Note: Order the next largest size frame if your measurement falls between sizes