



HOW TO MEASURE:

Chest - The tape should be placed under the arms level across back muscles and chest. Have the person take a deep breath when reading the measurement.

Waist - The tape should be placed around the waist above the top of the hip bone. It should be positioned approximately where the person wears a belt.

NOTES:

1. Always use a cloth tailor's tape when taking body measurements. Place the index finger and middle finger between tape and body while holding the tape with thumb.
2. For circumference measurements of the body, the tape measure should not be pulled too tight.
3. For garment size, use the tape measurement to the next largest inch.
4. Garment sizing is determined from the actual body measurements. A specific size garment, e.g. size 42, is designed to fit a body with a chest measurement of 42".

The actual size of the pattern and garment will be determined by:

- a. Requirements of the sport (designed for loose or tight fit).
- b. Type of fabric intended for the garment design.
- c. Special garment styles or designs. When the above adjustments have been factored into the pattern, the garment should fit the proper size body as indicated on the size label of garment.
- d. The type and size of pads worn by the player

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Men's Jerseys

Chest (in.)	30	32	34	36	38	40	42	44	46	48	50	52	54	56
Size	XS	XS	S	S	M	M	L	L	XL	XL	2XL	2XL	3XL	3XL

Men's Pants

Waist (in.)	24	26	28	30	32	34	36	38	40	42	44	46	48	50
Size	XS	XS	S	S	M	M	L	L	XL	XL	2XL	2XL	3XL	3XL

Youth Jerseys

Chest (in.)	22	24	26	28	30	32	34	36	38	40	42	44
Size	XS	XS	S	S	M	M	L	L	XL	XL	2XL	2XL

Youth Pants

Waist (in.)	21	22	23	24	25	26	27	28	29	30	31	32
Size	XS	XS	S	S	M	M	L	L	XL	XL	2XL	2XL