

# UNIFORM SIZE CHART

Uniform Size	Height	Weight
Double 0	3' - 3'5	40 - 55 lbs
0	3'10 - 4'3	55 - 70lbs
1	4'3 - 4'8	70 - 90lbs
2	4'8 - 5'1	90 - 110lbs
3	5'1 - 5'6	110 - 140lbs
4	5'6 - 5'11	140 - 170lbs
5	5'11 - 6'2	170 - 200lbs
6	6'2 - 6'8	200 - 230lbs
7	6'5 - 6'8	230 - 260lbs
8	6'8 - 6'11	260 - 290lbs

# SPARRING GEAR SIZE CHARTS

## Head Gear

Size	circumference
XS	19" - 20"
S	20" - 21 "
M	21" - 22 "
L	22" - 23"
XL	23" - 24 "

## Hand Gear

Size	Measurement
XS	under 3.1"
S	3.1" - 3.25"
M	3.25" - 3.4 "
L	3.4" - 3.6"
XL	3.6" - 3.9"

Measure across the knuckles by laying hand flat on top of ruler

# SPARRING GEAR SIZE CHARTS

## Forearm/Shin Insteps

	FOREARM	SHIN INSTEPS
Size	Length	Length
Child S	7"	14"
Child M	7.5"	14.25"
Child L	8"	14.5"
Adult S	8.5"	15"
Adult M	9"	15.5"
Adult L	9.5"	16.5"
Adult XL	10"	17.5"

FOREARM GUARDS - Measure from the wrist to the elbow.

SHIN INSTEPS - Measure from the knee to ankle.

# SPARRING GEAR SIZE CHARTS

If Uniform Size Is	Order Chest Guard Size
Double 0	XXXS
0	XXS
1	XS
2	S
3	M
4	L
5	XL
6	XXL

Chest guards are sized according to the uniform size.