

# Uniform Measurement Guidelines

## Childs Dancewear Size Guide

|                    | XSmall | Small | Medium | Large | XLarge |
|--------------------|--------|-------|--------|-------|--------|
| <b>Size</b>        | 4-5    | 6-7   | 8-9    | 10-11 | 12-13  |
| <b>Age</b>         | 5      | 7     | 9      | 11    | 13     |
| <b>Height (cm)</b> | 115    | 125   | 135    | 145   | 155    |
| <b>Chest (cm)</b>  | 59     | 64    | 69     | 74    | 79     |
| <b>Waist (cm)</b>  | 56     | 58    | 64     | 63    | 66     |
| <b>Hip (cm)</b>    | 64     | 69    | 74     | 79    | 83     |

## Ladies Dancewear Size Guide

|                   | XSmall | Small | Medium | Large | XLarge |
|-------------------|--------|-------|--------|-------|--------|
| <b>AUS Size</b>   | 8      | 10    | 12     | 14    | 16     |
| <b>Bust (cm)</b>  | 83     | 88    | 93     | 98    | 103    |
| <b>Waist (cm)</b> | 65     | 70    | 75     | 80    | 85     |
| <b>Hip (cm)</b>   | 93     | 98    | 103    | 108   | 113    |

### 1 Height

Place feet together flat on floor, measure from the top of the head to the ground without shoes.

### 2 Chest

Place tape measure under the arms, measure at the fullest part.

### 3 Waist

Measure around the narrowest part of the waist.

### 4 Hips

Stand with your feet together measuring around your hips at the widest part.

