

M A A T T A B E L : C H E C K D E J U I S T E M A A T

1. LENGTE

Stand barefoot, against a wall in an upright position, making sure that the shoulder blades, buttocks and heels are firmly against the wall. Ask a team leader to, with a light pressure on the hair, mark the point level with the top of the skull with a pencil. Measure the height with a tape-measure.



2. BORST

The chest circumference is measured while standing, with arms relaxed by your sides and with your palms facing your thighs. The tape-measure should be placed just below the nipples for men, and immediately below the breasts for women.

3. MIDDEL

Measure around the narrowest part, keeping the tape horizontal.

4. HEUPEN

Measure the circumference of the hips, in line with the top of the buttocks and keeping the tape horizontal.

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HEREN MATEN										
	EUROPEES	ITALIAANS	BORST		MIDDEL		HEUPEN		LENGTE	
			cm	inc	cm	inc	cm	inc	cm	inc
KIDS	3YXS	22-24							98-108	39-42.5
	2YXS	26-28							110-120	42.5-47.2
JUNIOR	YXS	30-32	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	XXS	34-36	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	XS	38-40	80-88	31-35	66-72	26-28	82-90	32-35	146-156	57.5-61.4
VOLWASSENEN	S	42-44	90-94	35-37	72-76	28-30	92-96	36-38	167-172	65.7-67.7
	M	46-48	94-98	37-39	76-80	30-31	96-100	38-39.4	173-178	68.1-70.1
	L	50-52	98-102	39-40.2	80-84	31-33	100-104	39.4-40.9	179-184	70.5-72.4
	XL	54	102-106	40.2-41.7	84-88	33-35	104-108	40.9-42.5	185-190	72.8-74.8
	XXL	56	106-110	41.7-43.3	88-92	35-36	108-112	42.5-44.1	191-196	75.2-77.2
	3XL	58	110-114	43.3-44.9	92-94	36-37	112-116	44.1-45.7	197-202	77.6-79.5
4XL	60	114-118	44.9-46.5	94-96	37-38	116-120	45.7-47.2	203-208	79.9-81.9	

DAMES MATEN										
	EUROPEES	ITALIAANS	BORST		MIDDEL		HEUPEN		LENGTE	
			cm	inc	cm	inc	cm	inc	cm	inc
KIDS	3YXS	24-26							98-108	39-42.5
	2YXS	26-28							110-120	42.5-47.2
JUNIOR	YXS	30-32	64-72	25-28	54-60	21.26-24	66-74	26-29	122-132	48-52
	XXS	34-36	72-80	28-31	60-66	24-26	74-82	29-32	134-144	52.8-56.7
	XS	38-40	80-88	31-35	66-72	26-28	82-92	32-36	146-156	57.5-61.4
VOLWASSENEN	S	42-44	84-88	33-35	68-72	27-28	92-96	36-38	164-168	64.6-66.1
	M	46-48	88-92	35-36	72-76	28-30	96-100	38-39.4	169-173	66.5-68.1
	L	50-52	92-96	36-38	76-80	30-31	100-104	39.4-40.9	174-178	68.5-70.1
	XL	54	96-100	38-39.4	80-84	31-33	104-108	40.9-42.5	179-183	70.5-72
	XXL	56	100-104	39.4-40.9	84-88	33-35	108-112	42.5-44.1	184-188	72.4-74
	3XL	58	104-108	40.9-42.5	88-92	35-36	112-116	44.1-45.7	189-193	74.4-76
4XL	60	108-112	42.5-44.2	92-96	36-38	116-120	45.7-47.2	194-198	76.4-78	



K N I E L A P P E N :

To calculate your correct size in kneepads, measure the circumference of your leg at a point 15cm below the middle of your kneecap. Using this measurement, you can select from the following sizes.

XS	30 - 33 cm
S	33 - 35 cm
M	35 - 37 cm
L	37 - 40 cm
XL	40 - 45 cm

HEREN				
	BORST cm	MIDDEL cm	HEUPEN cm	LENGTE cm
XXS	70	61	80	162
	75	66	83	166
XS	75	66	86	166
	80	73	92	170
S	84	76	96	170
	90	82	102	174
M	90	82	102	174
	94	85	106	180
L	94	85	106	180
	98	88	110	184
XL	98	88	110	184
	102	91	114	188
XXL	102	91	114	188
	106	94	118	192

DAMES				
	BORST cm	MIDDEL cm	HEUPEN cm	LENGTE cm
XXS	76	56	78	157
	82	62	84	161
XS	82	62	84	161
	88	68	90	165
S	88	68	90	165
	94	74	96	169
M	94	74	96	169
	100	80	102	173
L	100	80	102	173
	106	86	108	177
XL	106	86	108	177
	110	90	112	181