

NIKE MEN'S SIZING

SIZE	CHEST		WAIST		HIP		HEIGHT	
XS	29 5/8	32 7/8	23 3/4	27	29 5/8	32 7/8	5' 8 1/2"	5' 9 1/4"
S	32 7/8	36 1/8	27	30 1/4	32 7/8	36 1/8	5' 9 1/4"	5' 10"
M	36 1/8	39 3/8	30 1/4	33 1/2	36 1/8	39 3/8	5' 10"	5' 10 3/4"
L	39 3/8	42 5/8	33 1/2	36 3/4	39 3/8	42 5/8	5' 10 3/4"	5' 11 1/2"
XL	42 5/8	47 3/8	36 3/4	41 1/2	42 5/8	45 7/8	5' 11 1/2"	6' 1/4"
2XL	47 3/8	52 1/8	41 1/2	46 1/4	46 7/8	49 1/8	6' 1/4"	6' 1"
3XL	52 1/8	56 7/8	46 1/4	51	49 1/8	52 3/8	6' 1"	6' 1 3/4"

PROPER MEASURING

Body measurements are given in inches. If your body measurement is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. We always suggest sizing up in the event of indecision.

If your body measurements for waist and hip result in two different suggested sizes for shorts or pants, order the size from your hip measurement. If your body measurements for chest, waist and hip result in different suggested sizes for shirts and tops, order the size from your chest measurement.

CHOOSING THE RIGHT SIZE

The sizing charts provided are to be used as a baseline sizing template for players and athletes. Please note that because all athletes are different heights, weights, shapes, and sizes this sizing chart cannot always be 100% accurate. The best way to size your child is to look at articles of clothing they currently wear similar to the product you want to order. Then compare that size to this chart and see what the best option is for your order. When in doubt between two sizes always size up to be safe unless you desire a smaller/tighter fit then it would be ok to size down. We highly encourage teams to request samples so that sizing can be handled appropriately based on your garment selection.

HOW TO MEASURE YOUR BODY FOR APPAREL



- CHEST** • Measure around the fullest part, across chest points, keeping the tape horizontal.
- WAIST** • Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.
- HIPS** • Measure around the fullest part of your hips, keeping the tape horizontal.
- BODY INSEAM** • Measure from your crotch to the bottom of your leg.