



Uniform Measurement Guide

ITEM	YOUTH • Size / Measurement				
Training /Supporter Polo					
		10	12	14	
Full chest measure		82	86	90	
Playing Polo Shirts	6	8	10	12	14
	74	78	82	86	90
Cricket Trousers					
		8	10	12	14
Full waist measure		50	54	58	62
Inner Leg		60	64	67	70
White Shorts	6	8	10	12	14
	52	55	58	61	64
Long Sleeve Hoodie					
		YS	YM	YL	YXL
Full chest measure		72	82	92	98
Length		47	55	62	66

ADULT • Size / Measurement						
XS	S	M	L	XL	2XL	3XL
96	100	106	112	118	126	132
XS	S	M	L	XL	2XL	3XL
96	100	106	112	118	126	132
	S	M	L	XL	2XL	
	66	70	74	78	82	
	73	76	78	80	82	
XS	S	M	L	XL	2XL	3XL
92	98	108	118	128	138	148
64	66	69	71	74	76	79

Larger Sizes available on request

SPECIAL NOTE:

Advance Design recommends sizing players using the garment size sets provided for Registration days
 All measurements are in centimetres • Measurements are approximate and provided to assist with sizing.
 Actual garments may vary +/- 1cm for Youth sizes and +/- 2cm for Adult sizes.

FULL CHEST MEASURE:

Keep the tape up under the arms while measuring around the fuller part of the chest.