

adidas size charts

Men's tops

Product label	1. CHEST	2. WAIST	3. HIP
XS 30/32 32/34	31 - 33"	27 - 29"	32 - 34"
S 34/36 36/38	34 - 37"	30 - 32"	35 - 37"
M 38/40 40/42	37 - 40"	32 - 35"	37 - 40"
L 42/44 44/46	40 - 44"	35 - 39"	40 - 44"
XL 46/48 48/50	44 - 48"	39 - 43"	44 - 48"
2XL 50/52 52/54	48 - 52"	43 - 47"	48 - 51"
3XL 54/56 56/58	53 - 58"	48 - 53"	51 - 56"

Top fit: If your body measurements for chest and waist result in two different suggested sizes, order the size from your chest measurement.

Men's bottoms

Product label	1. WAIST	2. HIP	3. INSEAM
XS	27 - 29"	32 - 34"	31.9"
S	30 - 32"	35 - 37"	32.1"
M	32 - 35"	37 - 40"	32.3"
L	35 - 39"	40 - 44"	32.5"
XL	39 - 43"	44 - 48"	32.7"
2XL	43 - 47"	48 - 51"	32.5"

3XL	48 - 53"	51 - 56"	32.3"
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Bottoms fit: If the measurement for your hip and waist are different, select your bottoms size using your hip measurement.

Adidas socks

adidas Men's Tracksuits

Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XS 30/32 32/34	31 - 33"	27 - 29"	32 - 34"	31.9"
S 34/36 36/38	34 - 37"	30 - 32"	35 - 37"	32.1"
M 38/40 40/42	37 - 40"	32 - 35"	37 - 40"	32.3"
L 42/44 44/46	40 - 44"	35 - 39"	40 - 44"	32.5"
XL 46/48 48/50	44 - 48"	39 - 43"	44 - 48"	32.7"
2XL 50/52 52/54	48 - 52"	43 - 47"	48 - 51"	32.5"
3XL 54/56 56/58	53 - 58"	48 - 53"	51 - 56"	32.3"

adidas hat and cap sizing

Product label	1. HEAD
0-2 Year	16.5" - or less
2-6 Year	18.9 - 19.7"
6-12 Year	20.5 - 21.3"
12 Year	21.3 - 23.6"
S	21.3 - 22.0"
M	22 - 22.8"
L	22.8 - 23.6"

adidas goalkeeper glove size guide

KEEPER GLOVES SIZING

Product label	1. HAND
4	5.4" or less
5	5.4" - 6.1"
6	6.1" - 6.9"
7	6.9" - 7.75"
8	7.75" - 8.5"
9	8.5" - 9.5"
10	9.5" - 10.5"
11	10.5" - 11.5"
12	11.5" - 12.5"

HOW TO GET THE RIGHT FIT

To measure your size follow these instructions:

- **1. HAND**

Measure your hand using a flexible tape measure. Measure the circumference of the part of your palm just below the knuckles, excluding your thumb.

CHOOSE THE RIGHT SIZE

Round up to the next whole inch, then add 1" to the measurement to determine your glove size. Measure both hands, and order the larger size if your hands are different.

Remember: goalkeeping gloves should be worn big, generally 1/2" to 1" over the end of your fingertips for better blocking ability.

adidas normal gloves size guide

Product label	1. HAND
S	6.5" - 7.5"
M	7.5" - 8.5"
L	8.5" - 9.5"
XL	9.5" - 10.5"
2XL	10.5" - 11.5"

HOW TO GET THE RIGHT FIT

To measure your size follow these instructions:

- **1. HAND**

To determine your glove size, measure the length of your dominant hand from the base of your palm to the tip of your middle finger.

CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

In this case it might be safest to go for the size up, rather than the size down. And you know what? You can just try them on at home.

adidas shin guard

Product label	1. TOTAL HEIGHT
XS	3'4" - 3'11"
S	4'0" - 4' 7"
M	4'8" - 5' 3"
L	5'4" - 5'11"
XL	6'0" - 6' 3"
XXL	6'4" and u

Men's Tracksuits

Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XS 30/32 32/34	31 - 33"	27 - 29"	32 - 34"	31.9"
S 34/36 36/38	34 - 37"	30 - 32"	35 - 37"	32.1"
M 38/40 40/42	37 - 40"	32 - 35"	37 - 40"	32.3"
L 42/44 44/46	40 - 44"	35 - 39"	40 - 44"	32.5"

XL 46/48 48/50	44 - 48"	39 - 43"	44 - 48"	32.7"
2XL 50/52 52/54	48 - 52"	43 - 47"	48 - 51"	32.5"
3XL 54/56 56/58	53 - 58"	48 - 53"	51 - 56"	32.3"

adidas women's shirt and top and bras

Product label	1. BUST	2. WAIST	3. HIP
XXS 0 - 2	28.7 - 29.9"	22.4 - 23.6"	32.3 - 33.5"
XS 4 - 6	30 - 32"	24 - 26"	34 - 36"
S 8 - 10	33 - 35"	27 - 28"	37 - 38"
M 12 - 14	36 - 37"	29 - 31"	39 - 41"
L 16 - 18	38 - 40"	32 - 34"	42 - 43"
XL 20 - 22	41 - 43"	35 - 37"	44 - 46"
2XL 24 - 26	44 - 46"	38 - 41"	47 - 49"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34

XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58

adidas women's pants and shorts dresses and skirts

Product label	1. WAIST	2. HIP	3. INSEAM
XXS 0 - 2	22.4 - 23.6"	32.3 - 33.5"	30.5"
XS 4 - 6	24 - 26"	34 - 36"	30.7"
S 8 - 10	27 - 28"	37 - 38"	30.9"
M 12 - 14	29 - 31"	39 - 41"	31.1"
L 16 - 18	32 - 34"	42 - 43"	31.3"
XL 20 - 22	35 - 37"	44 - 46"	31.5"
2XL 24 - 26	38 - 41"	47 - 49"	31.7"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38

S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL					

adidas baby (0-4)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
0 Months 56	22"	15.2"	15.2"	14.6"	7.5"
0-3 Months 62	24.5"	16.9"	16.9"	16.5"	8.6"
3-6 Months 68	27"	17.9"	17.7"	17.6"	9.5"
6-9 Months 74	29"	18.5"	18.3"	18.7"	10.6"
9-12 Months 80	31.5"	19.5"	19.2"	19.7"	12.3"
12-18 Months 86	34"	20"	19.6"	20.3"	13.6"
1-2 Years 92	36"	20.5"	20"	21"	15"
2-3 Years 98	39"	21.5"	20.5"	22"	16"

3-4 Years 104	41"	22"	21.5"	23.5"	18"
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adidas girls

CLOTHES SIZING GIRLS (AGE 5-15)

Product Label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
5-6 Years 116	44 - 46"	23 - 24"	22 - 22"	24.5 - 25"	20.5"
6-7 Years 122	47 - 48"	24 - 25"	22.5 - 22.5"	25.5 - 26"	22"
7-8 Years Small	49 - 50"	25 - 25"	22.5 - 23"	26 - 27"	23.5"
8-9 Years Medium	51 - 53"	26 - 27"	23 - 23.5"	28 - 29"	25"
9-10 Years Large	54 - 55"	27 - 28"	24 - 24.5"	29 - 30.5"	26"
10-11 Years X Large	56 - 57"	28.5 - 29.5"	24.5 - 25"	30.5 - 31.5"	27"
11-12 Years XX Large	58 - 60"	29.5 - 30.5"	25 - 26"	32 - 33"	28"
12-13 Years 158	61 - 62"	31 - 31.5"	26 - 26"	33.5 - 34"	29"
13-14 Years 164	63 - 65"	32 - 32.5"	26.5 - 26.5"	34 - 34.5"	31"

14-15 Years 170	66 - 67"	32.5 - 34.5"	27 - 27.5"	35 - 36"	32"
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Our replica sizes added in this font.

adidas boys

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. Hip	5. INSEAM
5-6 Years 116	44 - 46"	23 - 24"	22 - 22"	24.5 - 25"	20.5"
6-7 Years 122	47 - 48"	24 - 25"	22.5 - 22.5"	25.5 - 26"	22"
7-8 Years Small	49 - 50"	25 - 25"	22.5 - 23"	26 - 27"	23.5"
8-9 Years Medium	51 - 53"	25.5 - 26.5"	23.5 - 24"	27 - 28"	24.5"
9-10 Years Large	54 - 55"	27 - 28"	24.5 - 25"	28 - 29.5"	25.6"
10-11 Years X Large	56 - 57"	28 - 29.5"	25 - 26"	29.5 - 30.5"	26.7"
11-12 Years XX Large	58 - 60"	29.5 - 30.5"	26 - 27"	30.5 - 32"	27.8"
12-13 Years 158	61 - 62"	31 - 32.5"	27 - 28"	32 - 33.5"	28.9"
13-14 Years 164	63 - 65"	32.5 - 34"	28 - 28.5"	33.5 - 35"	30.0"

14-15 Years 170	66 - 67"	34 - 35"	29 - 29.5"	35 - 36"	31.2"
15-16 Years 176	68 - 69"	35 - 36"	29.5 - 30"	36 - 37"	32.3"

Our replica sizes added in this font.