

SIZE CHARTS

The following size charts have been evaluated to ensure that taking accurate gymnast measurements will result in the correct size being ordered. To select the correct size, reference to the appropriate Gimtrac size chart for the garment being ordered to determine which size best corresponds to the gymnast's measurements.

If an athlete's measurements fall across two sizes, order the larger size.

When selecting a size, please keep the athlete's age into consideration.

Measurements must be taken in **centimetres**.

MEASUREMENT SHEET

LEOTARDS FOR GIRLS					
Size:	Chest:	Waist:	Hip:	Torso:	Age:
4	52-57	45-49	55-59	96-99	4-6 yrs
6	58-62	50-53	60-65	100-106	6-7 yrs
7	63-66	50-53	65-70	107-114	7-8 yrs
8	67-69	54-56	70-74	114-117	8-9 yrs
9	67-69	54-56	75-78	117-120	9-10 yrs
10	69-72	56-59	78-80	120-125	10-11 yrs
12	73-78	57-60	79-82	125-133	11-12 yrs
14	79-83	60-64	82-85	133-139	13-14 yrs
16	84-89	62-68	85-92	140-150	15-18 yrs

LEOTARDS FOR BOYS					
Size:	Chest:	Waist:	Hip:	Torso:	Age:
4	53-57	50-52	55-58	94-104	2-4 yrs
6	58-60	51-53	59-62	105-109	5-6 yrs
7	61-64	53-56	62-65	110-115	6-7 yrs
8	65-67	56-88	64-66	115-118	7-8 yrs
9	68-70	59-61	67-69	118-120	8-9 yrs
10	69-73	60-62	70-73	120-126	9-10 yrs
12	74-79	63-65	72-75	127-134	10-11 yrs
14	80-84	65-69	76-79	135-140	11-12 yrs
16	85-89	70-74	80-84	140-150	13-14 yrs
18	90-100	75-80	85-90	150-160	15-18 yrs

LONGS FOR BOYS

(example - size 10 leotards will take a size 8 longs)

Confirmed leotard size:	Long Size:	Waist to Floor:
4	2	63
6	4	69
8	6	85
10	8	89
12	10	94
14	12	98
16	14	110

SHORTS FOR BOYS

(example - size 8 leotards will take a size 6 short)

Confirmed leotard size:	Short Size:
4	2
6	4
8	6
10	8
12	10
14	12
16	14

HOW TO MEASURE

Accurate measurements are vital to the proper fit of a leotard.

The goal of measuring is to determine the correct size for each gymnast.

If you need assistance, kindly forward your query to attire@gimtrac.co.za

1. Chest Measurement

- ❖ Measure the chest first
- ❖ Take the measurement at the fullest part of the chest
- ❖ The measuring tape must be parallel to the floor

2. Waist Measurement

- ❖ Measure the waist at the narrowest (natural) part of the waist
- ❖ The natural waist is where the body bends
- ❖ The measuring tape must be parallel to the floor

3. Hip Measurement

- ❖ Take the measurement at the fullest part of the buttocks
- ❖ Feet must be together
- ❖ The measuring tape must be parallel to the floor

4. Torso Measurement

- ❖ Take the torso measurement from the centre of the front of the neck (front neckline of leotard), down the torso, through the legs, to the back of the neck (where the back neckline of your shirt ends).
- ❖ It is very important that the measuring tape are placed against the body (not being pulled tight)
- ❖ This is the most important measurement

