

# SIZING GUIDE - TOUCH FOOTBALL

## MEASUREMENT GUIDELINES

We recommend taking all measurement from existing garments that you know fit well and comparing those measurements to the tables below to find your Tribal size.

1/2 Chest: We recommend taking an existing top that you know fits well and taking a straight line measurement across the chest, approximately 1cm below the armpit. Then use the charts below to obtain which size you are in Tribal.

1/2 Hip: We recommend taking the measurements from a garment you already own, otherwise measure around the largest part of the individuals Hips including buttocks. Divide this measurement in half to obtain the 1/2 hip measurement.

## APEX/CORE/REVERSIBLE SINGLET

MENS/BOYS															
SIZE	K4	K6	K8	K10	K12	K14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (cm)	35	37	39	41	43.5	45.5	48	51	53	56	58	61	63	66	68
LADIES/GIRLS															
SIZE	K4	K6	K8	K10	K12	K14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (cm)	34	36	38	39	40	41	43	45	47.5	50	52.5	55	57.5	60	62.5

## REVERSIBLE TEE

MENS/BOYS															
SIZE	4	6	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (cm)	36	38.5	42	44	46	48	50	53.5	56	58.5	62	66	68.5	71.5	74.5
LADIES/GIRLS															
SIZE	4	6	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (cm)	34	36	38	40	42	44	47	49.5	52	54.5	57	59.5	62	64.5	67

## APEX TEE

MENS/BOYS																
SIZE	2	4	6	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 CHEST (cm)	32	36	38.5	42	44	46	48	50	53.5	56	58.5	62	66	68.5	71.5	74.5
LADIES/GIRLS																
SIZE	6	8	10	12	14	XS	S	M	L	XL	2XL	3XL	4XL			
1/2 CHEST (cm)	36	38	40	42	44	47	49.5	52	54.5	57	59.5	62	64.5			

## UNISEX TOUCH SHORT

ADULT/KIDS													
SIZE	6	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 WAIST (cm)	24	26	28	30	32	34	36	38	40	42	44	46	48

## APEX TOUCH SHORT

MENS/BOYS													
SIZE	6	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 WAIST (cm)	24	26	28	30	32	34	36	38	40	42	44	46	48
LADIES/GIRLS													
SIZE	6	8	10	12	XS	S	M	L	XL	2XL	3XL	4XL	5XL
1/2 WAIST (cm)	22.5	24	25.5	27.5	32.5	35	37.5	40	42.5	45	47.5	50	52.5

## PERFORMANCE SHORT

LADIES/GIRLS											
SIZE	6	8	10	12	XS	S	M	L	XL	2XL	3XL
1/2 WAIST(cm)	25	26	27	28	29	31	33	35	37	39	41

## STRIDELINE SOCKS

	XS	S	M/L	XL
SIZE				
MENS SHOE (US)	-	4 - 8	8 - 12	12 - 16
LADIES SHOE (US)	1 - 5.5	5.5 - 9.5	9.5 - 13.5	-
KIDS SHOE (US)	k11 - 4	4 - 8	8 - 12	-