
WRESTLING SINGLET SIZING CHART

MEN

| | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
|-------------------------|---------|---------|---------|---------|---------|-----------|---------|---------|-------|
| CHEST | 32.5-35 | 35-37.5 | 37.5-41 | 41-44 | 44-48.5 | 48.5-53.5 | 53.5-58 | 58-63 | 63-68 |
| WEIGHT _[LBS] | 96-105 | 106-130 | 131-160 | 161-190 | 191-220 | 221-250 | 251-280 | 281-300 | 300+ |

WOMEN

| | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL |
|-------------------------|-----------|-----------|---------|---------|---------|-----------|-----------|-----------|-----------|
| CHEST | 29.5-32.5 | 32.5-35.5 | 35.5-38 | 38-41 | 41-44.5 | 44.5-48.5 | 48.5-52.5 | 52.5-56.5 | 56.5-60.5 |
| WEIGHT _[LBS] | 85-95 | 96-105 | 106-130 | 131-160 | 161-190 | 191-220 | 221-250 | 251-284 | 285+ |

BOYS YOUTH

| | YXS | YS | YM | YL | YXL |
|-------------------------|---------|-------|---------|---------|-------|
| CHEST | 25.5-26 | 26-27 | 27-29.5 | 29.5-32 | 32-35 |
| WEIGHT _[LBS] | 45-55 | 55-65 | 65-75 | 75-85 | 85-95 |

GIRLS YOUTH

| | YXS | YS | YM | YL | YXL |
|-------------------------|---------|-------|-------|-------|-------|
| CHEST | 25.5-27 | 27-29 | 29-31 | 31-32 | 32-35 |
| WEIGHT _[LBS] | 45-55 | 55-65 | 65-75 | 75-85 | 85-95 |

SIZING SUGGESTIONS

- IN THE EVENT OF INDECISION, WE SUGGEST SIZING UP ONE SIZE FOR A MORE LOOSE FIT.
- WE HIGHLY ENCOURAGE TEAMS TO REQUEST SAMPLES SO THAT SIZING CAN BE HANDLED APPROPRIATELY BASED ON YOUR GARMENT SELECTION.

HOW TO MEASURE

CHEST: WITH ARMS DOWN AT SIDES, MEASURE AROUND THE UPPER BODY, UNDER ARMS AND AROUND THE FULLEST PART OF CHEST.

