
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.

