

2026



**SOCCER APPAREL
SIZING CHART**

GENDER- WOMEN



INCHES: STANDARD

PRODUCT LABEL - SHIRTS & TOPS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
BUST	28.5 - 29.5"	30 - 32"	32.5 - 34.5"	35 - 37"	37.5 - 40"	40.5 - 43"	43.5 - 46.5"
WAIST	22 - 23.5"	24 - 26"	26.5 - 28.5"	29 - 31"	31.5 - 33.5"	34 - 37"	37.5 - 41"
HIP	31.5 - 33"	33.5 - 35.5"	36 - 38"	38.5 - 40.5"	41 - 43"	43.5 - 46"	46.5 - 49"
PRODUCT LABEL - PANTS & SHORTS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
WAIST	22 - 23.5"	24 - 26"	26.5 - 28.5"	29 - 31"	31.5 - 33.5"	34 - 37"	37.5 - 41"
HIP	31.5 - 33"	33.5 - 35.5"	36 - 38"	38.5 - 40.5"	41 - 43"	43.5 - 46"	46.5 - 49"
INSEAM	30.5"	31"	31"	31.5"	31.5"	31.5"	32"

CM: STANDARD

PRODUCT LABEL - SHIRTS & TOPS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
BUST	73 - 76cm	77 - 82cm	83 - 88cm	89 - 94cm	95 - 101cm	102 - 109cm	110 - 118cm
WAIST	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
HIP	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
PRODUCT LABEL - PANTS & SHORTS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
WAIST	57 - 60cm	61 - 66cm	67 - 72cm	73 - 78cm	79 - 85cm	86 - 94cm	95 - 104cm
HIP	82 - 85cm	86 - 91cm	92 - 97cm	98 - 103cm	104 - 110cm	111 - 117cm	118 - 125cm
INSEAM	77.5cm	78cm	78.5cm	79cm	79.5cm	80cm	80.5cm

INTERNATIONAL CONVERSION

US	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
UK	2XS (0-2)	XS (4-6)	S (8-10)	M (12-14)	L (16-18)	XL (20-22)	2XL (24-26)
DE	2XS (26-28)	XS (30-32)	S (34-36)	M (38-40)	L (42-44)	XL (46-48)	2XL (50-52)
FR	2XS (28-30)	XS (32-34)	S (36-38)	M (40-42)	L (44-46)	XL (48-50)	2XL (52-54)
IT	2XS (32-34)	XS (36-38)	S (40-42)	M (44-46)	L (48-50)	XL (52-54)	2XL (56-58)
ES	2XS (26-28)	XS (30-32)	S (34-36)	M (38-40)	L (42-44)	XL (46-48)	2XL (50-52)

GENDER-MEN'S

INCHES: STANDARD

PRODUCT LABEL- SHIRTS & TOPS	XS	S	M	L	XL	2XL	3XL
CHEST	32 1/2 - 34"	34 1/2 - 36"	36 1/2 - 39"	39 1/2 - 42 1/2"	43 - 46 1/2"	47 - 51"	51 1/2 - 56"
WAIST	27 1/2 - 29"	29 1/2 - 31 1/2"	32 - 34 1/2"	35 - 38"	38 1/2 - 42"	42 1/2 - 47"	47 1/2 - 52"
HIP	32 - 33 1/2"	34 - 36"	36 1/2 - 39"	39 1/2 - 42"	42 1/2 - 45 1/2"	46 - 49"	49 1/2 - 53"
PRODUCT LABEL- PANTS & SHORTS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
WAIST	27 1/2 - 29"	29 1/2 - 31 1/2"	32 - 34 1/2"	35 - 38"	38 1/2 - 42"	42 1/2 - 47"	47 1/2 - 52"
HIP	32 - 33 1/2"	34 - 36"	36 1/2 - 39"	39 1/2 - 42"	42 1/2 - 45 1/2"	46 - 49"	49 1/2 - 53"
INSEAM	32"	32"	32"	32 1/2"	32 1/2"	32 1/2"	32"

CM: STANDARD

PRODUCT LABEL- SHIRTS & TOPS	XS	S	M	L	XL	2XL	3XL
CHEST	83 - 86 cm	87 - 92 cm	93 - 100 cm	101 - 108 cm	109 - 118 cm	119 - 130 cm	131 - 142 cm
WAIST	71 - 74 cm	75 - 80 cm	81 - 88 cm	89 - 96 cm	97 - 106 cm	107 - 119 cm	120 - 132 cm
HIP	82 - 85 cm	86 - 91 cm	92 - 99 cm	100 - 107 cm	108 - 116 cm	117 - 125 cm	126 - 135 cm
PRODUCT LABEL- PANTS & SHORTS	2XS (00)	XS (0-2)	S (4-6)	M(8-10)	L (12-14)	XL (16-18)	2XL (20)
WAIST	71 - 74 cm	75 - 80 cm	81 - 88 cm	89 - 96 cm	97 - 106 cm	107 - 119 cm	120 - 132 cm
HIP	82 - 85 cm	86 - 91 cm	92 - 99 cm	100 - 107 cm	108 - 116 cm	117 - 125 cm	126 - 135 cm
INSEAM	81 cm	81.5 cm	82 cm	82.5 cm	83cm	82.5cm	82 cm

INTERNATIONAL CONVERSION SHIRTS & TOPS

US	XS	S	M	L	XL	2XL	3XL
UK	XS	S	M	L	XL	2XL	3XL
DE	XS	S	M	L	XL	2XL	3XL
FR	XS	S	M	L	XL	2XL	3XL
IT	XS	S	M	L	XL	2XL	3XL
ES	XS	S	M	L	XL	2XL	3XL

INTERNATIONAL CONVERSION PANTS & SHORTS

US	26"	28"	30"	32"	34"	36"	38"
UK	26"	28"	30"	32"	34"	36"	38"
DE	42	44	46	48	50	52	54
FR	36	38	40	42	44	46	48
IT	42	44	46	48	50	52	54
ES	42	44	46	48	50	52	54

INTERNATIONAL CONVERSION PANTS & SHORTS

US	40"	42"	44"	46"	48"	50"
UK	40"	42"	44"	46"	48"	50"
DE	56	58	60	62	64	66
FR	50	52	54	56	58	60
IT	56	58	60	62	64	66
ES	56	58	60	62	64	66

GENDER- YOUTH

Product label	7-8 years XS	9-10 years S	11-12 years M	13-14 years L	15-16 years XL
Height	48.5 - 50.5"	53.5 - 55"	58 - 60"	62.5 - 64.5"	67.5 - 69.5"
Chest	25"	28"	30.5"	34"	36"
Waist	23"	25"	27"	28.5"	30"
Hip	27"	29.5"	32"	35"	37"
Inseam	23.5"	25.5"	28"	30"	32.5"

Product label	7-8 years XS	9-10 years S	11-12 years M	13-14 years L	15-16 years XL
Height	123 - 128 cm	135 - 140 cm	147 - 152 cm	159 - 164 cm	171 - 176 cm
Chest	64 cm	71 cm	78 cm	86 cm	91.5 cm
Waist	59 cm	63.5 cm	68 cm	73 cm	76.5 cm
Hip	68 cm	74.5 cm	81 cm	89 cm	94 cm
Inseam	59.5 cm	65 cm	70.5 cm	76.5 cm	82 cm

CM

PRODUCT LABEL- APPAREL	10-11 years	11-12 years	12-13 years	13-14 years	14-15 years	15-16 years	
HEIGHT	141 - 146 cm	147 - 152 cm	153 - 158 cm	159 - 164 cm	165 - 170 cm	171 - 176 cm	
CHEST	74.5 cm	78 cm	82 cm	86 cm	89 cm	91.5 cm	
WAIST	66 cm	68 cm	70.5 cm	73 cm	74.5 cm	76.5 cm	
HIP	77.5 cm	81 cm	85 cm	89 cm	91.5 cm	94 cm	
INSEAM	68 cm	70.5 cm	73.5 cm	76.5 cm	79 cm	82 cm	

INTERNATIONAL CONVERSION

US	3-4 years	4-5 years	5-6 years	6-7 years	7-8 years	8-9 years	9-10 years
UK	104	110	116	122	128	134	140
DE	104	110	116	122	128	134	140
FR	104	110	116	122	128	134	140
IT	104	110	116	122	128	134	140
ES	104	110	116	122	128	134	140

HOW TO MEASURE

Grab a tape measure, write down the measurements and compare with our size chart for the right size.

Hold the tape horizontally to measure:

1. Chest, around the widest part

2. Waist, around the narrowest part

3. Hip, around the widest part, keeping the feet close together
Hold the tape vertically to measure:

4. Inseam, from the crotch to the floor

5. Height, from the top of the head to the floor, keeping a straight posture



https://www.adidas.com/us/help/size_charts for additional size requirements. Return policy on ecom site will differ from customization order.