

## Rockwell Hockey | Apparel Fit Guide

The measurements on the size chart are body measurements. Find your correct apparel size in the chart below. Please note: There is a separate fit guide for jerseys.

### Adult:

Size	S	M	L	XL	2XL	3XL	4XL
Chest (in.)	35 - 37.5	37.5 - 41	41 - 44	44 - 48.5	48.5 - 53.5	53.5 - 58	58 - 63
Waist (in.)	29 - 32	32 - 35	35 - 38	38 - 43	43 - 47.5	47.5 - 52.5	52.5 - 57
Hip (in.)	35 - 37.5	37.5 - 41	41 - 44	44 - 47	47 - 50.5	50.5 - 53.5	53.5 - 58.5
Height (in.)	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"	5'7" - 6'0"

### Youth:

Size	YXS	YS	YM	YL	YXL
Numeric Size	6 - 7	8 - 9	10 - 12	14 - 16	18 - 20
Age	7 - 8	8 - 10	10 - 12	12 - 13	13 - 15
Height (in.)	48 - 50	50 - 54	54 - 58	58 - 62	62 - 67
Chest (in.)	25.5 - 26	26 - 27	27 - 29.5	29.5 - 32	32 - 35
Waist (in.)	23.5 - 24	24 - 25.5	25.5 - 27	27 - 28.5	28.5 - 29.5
Hip (in.)	27 - 28	28 - 29.5	29.5 - 31.5	31.5 - 33.5	33.5 - 35

### Fit Tips:

If one of your measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

### How to Measure:

- CHEST: measure around the fullest part of your chest, keeping the tape measure horizontal.
- WAIST: measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: measure around the fullest part of your hips, keeping the tape horizontal.