

A grayscale photograph of a person performing a handstand in front of a metal roll-up door. The person is wearing a light-colored t-shirt, dark shorts, and sneakers. The text 'ADIDAS SIZING GUIDE' is overlaid in large, bold, yellow letters across the center of the image.

# ADIDAS SIZING GUIDE

adidas®  
GROUP

# FOOTWEAR



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MEN'S & WOMEN'S FOOTWEAR SIZE CHART				
EU	US	US	UK	cm
M/W	Men	Women	M/W	M/W
36	4	5	3.5	22.1 cm
36 2/3	4.5	5.5	4	22.5 cm
37 1/3	5	6	4.5	22.9 cm
38	5.5	6.5	5	23.3 cm
38 2/3	6	7	5.5	23.8 cm
39 1/3	6.5	7.5	6	24.2 cm
40	7	8	6.5	24.6 cm
40 2/3	7.5	8.5	7	25 cm
41 1/3	8	9	7.5	25.5 cm
42	8.5	9.5	8	25.9 cm
42 2/3	9	10	8.5	26.3 cm
43 1/3	9.5	10.5	9	26.7 cm
44	10	11	9.5	27.1 cm
44 2/3	10.5	11.5	10	27.6 cm
45 1/3	11	12	10.5	28 cm
46	11.5	12.5	11	28.4 cm
46 2/3	12	13	11.5	28.8 cm
47 1/3	12.5	13.5	12	29.3 cm
48	13	14	12.5	29.7 cm
48 2/3	13.5	14.5	13	30.1 cm
49 1/3	14	15	13.5	30.5 cm
50	14.5	15.5	14	31 cm
50 2/3	15		14.5	31.4 cm
51 1/3	16		15	32.2 cm

# MEN'S APPAREL



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## MEN'S SHIRTS & TOPS SIZING

Product label	1. CHEST	2. WAIST	3. HIP
<b>XS</b> 40 - 42	82 - 87 cm	71 - 75 cm	82 - 86 cm
<b>S</b> 44 - 46	88 - 94 cm	76 - 82 cm	87 - 93 cm
<b>M</b> 48 - 50	95 - 102 cm	83 - 90 cm	94 - 101 cm
<b>L</b> 52 - 54	103 - 111 cm	91 - 99 cm	102 - 110 cm
<b>XL</b> 56 - 58	112 - 121 cm	100 - 109 cm	111 - 119 cm
<b>2XL</b> 60 - 62	122 - 132 cm	110 - 121 cm	120 - 128 cm
<b>3XL</b> 64 - 66	133 - 144 cm	122 - 134 cm	129 - 138 cm

## MEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
<b>XS</b> 40 - 42	71 - 75 cm	82 - 86 cm	81 cm
<b>S</b> 44 - 46	76 - 82 cm	87 - 93 cm	81.5 cm
<b>M</b> 48 - 50	83 - 90 cm	94 - 101 cm	82 cm
<b>L</b> 52 - 54	91 - 99 cm	102 - 110 cm	82.5 cm
<b>XL</b> 56 - 58	100 - 109 cm	111 - 119 cm	83 cm
<b>2XL</b> 60 - 62	110 - 121 cm	120 - 128 cm	82.5 cm
<b>3XL</b> 64 - 66	122 - 134 cm	129 - 138 cm	82 cm

# WOMEN'S APPAREL



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## WOMEN'S SHIRTS & TOPS SIZING

Product label	1. CHEST	2. WAIST	3. HIP
<b>XXS</b> 26 - 28	73 - 76 cm	57 - 60 cm	82 - 85 cm
<b>XS</b> 30 - 32	77 - 82 cm	61 - 66 cm	86 - 91 cm
<b>S</b> 34 - 36	83 - 88 cm	67 - 72 cm	92 - 97 cm
<b>M</b> 38 - 40	89 - 94 cm	73 - 78 cm	98 - 103 cm
<b>L</b> 42 - 44	95 - 101 cm	79 - 85 cm	104 - 110 cm
<b>XL</b> 46 - 48	102 - 109 cm	86 - 94 cm	111 - 117 cm
<b>2XL</b> 50 - 52	110 - 118 cm	94 - 104 cm	118 - 125 cm

## WOMEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
<b>XXS</b> 26 - 28	57 - 60 cm	82 - 85 cm	77.5 cm
<b>XS</b> 30 - 32	61 - 66 cm	86 - 91 cm	78 cm
<b>S</b> 34 - 36	67 - 72 cm	92 - 97 cm	78.5 cm
<b>M</b> 38 - 40	73 - 78 cm	98 - 103 cm	79 cm
<b>L</b> 42 - 44	79 - 85 cm	104 - 110 cm	79.5 cm
<b>XL</b> 46 - 48	86 - 94 cm	111 - 117 cm	80 cm
<b>2XL</b> 50 - 52	94 - 104 cm	118 - 125 cm	80.5 cm

# TRACKSUITS

## WOMEN'S TRACKSUIT SIZING

Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XXS 26 - 28	73 - 76 cm	57 - 60 cm	82 - 85 cm	77.5 cm
XS 30 - 32	77 - 82 cm	61 - 66 cm	86 - 91 cm	78 cm
S 34 - 36	83 - 88 cm	67 - 72 cm	92 - 97 cm	78.5 cm
M 38 - 40	89 - 94 cm	73 - 78 cm	98 - 103 cm	79 cm
L 42 - 44	95 - 101 cm	79 - 85 cm	104 - 110 cm	79.5 cm
XL 46 - 48	102 - 109 cm	86 - 94 cm	111 - 117 cm	80 cm
2XL 50 - 52	110 - 118 cm	94 - 104 cm	118 - 125 cm	80.5 cm

## MEN'S TRACKSUIT SIZING

Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XS	82 - 87 cm	71 - 75 cm	82 - 86 cm	81 cm
S	88 - 94 cm	76 - 82 cm	87 - 93 cm	81.5 cm
M	95 - 102 cm	83 - 90 cm	94 - 101 cm	82 cm
L	103 - 111 cm	91 - 99 cm	102 - 110 cm	82.5 cm
XL	112 - 121 cm	100 - 109 cm	111 - 119 cm	83cm
2XL	122 - 132 cm	110 - 121 cm	120 - 128 cm	82.5cm
3XL	133 - 144 cm	122 - 134 cm	129 - 138 cm	82 cm



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# YOUTH CLOTHING



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## CLOTHES SIZING BOYS (AGE 5-16)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
5-6 Years 116	111 - 116 cm	58.5 - 60.5 cm	55.5 - 56 cm	62.5 - 64 cm	52 cm
6-7 Years 122	117 - 122 cm	61 - 63 cm	56.5 - 57 cm	64.5 - 66 cm	56 cm
7-8 Years 128	123 - 128 cm	63.5 - 64 cm	57.5 - 59 cm	66.5 - 68 cm	59 cm
8-9 Years 134	129 - 134 cm	64.5 - 67.5 cm	59.5 - 61.5 cm	68.5 - 71 cm	62 cm
9-10 Years 140	135 - 140 cm	68 - 71 cm	62 - 63.5 cm	71.5 - 74.5 cm	65 cm
10-11 Years 146	141 - 146 cm	71.5 - 74.5 cm	64 - 66 cm	75 - 77.5 cm	67 cm
11-12 Years 152	147 - 152 cm	75 - 78 cm	66.5 - 68 cm	78 - 81 cm	70 cm
12-13 Years 158	153 - 158 cm	78.5 - 82 cm	68.5 - 70.5 cm	81.5 - 85 cm	73 cm
13-14 Years 164	159 - 164 cm	82.5 - 86 cm	71 - 73 cm	85.5 - 89 cm	76 cm
14-15 Years 170	165 - 170 cm	86.5 - 89 cm	73.5 - 74.5 cm	89.5 - 91.5 cm	79 cm
15-16 Years 176	171 - 176 cm	89.5 - 91.5 cm	75 - 76.5 cm	92 - 94 cm	82 cm

## CLOTHES SIZING GIRLS (AGE 5-16)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
5-6 Years 116	116 cm	58.5 - 60.5 cm	55.5 - 56 cm	62.5 - 64 cm	52 cm
6-7 Years 122	122 cm	61 - 63 cm	56.5 - 57 cm	64.5 - 66 cm	56 cm
7-8 Years 128	128 cm	63.5 - 64 cm	57.5 - 59 cm	66.5 - 68 cm	59 cm
8-9 Years 134	134 cm	65.5 - 68.5 cm	58.5 - 60 cm	70.5 - 73.5 cm	62.75 cm
9-10 Years 140	140 cm	69 - 71.5 cm	60.5 - 62 cm	74 - 77 cm	65.75 cm
10-11 Years 146	146 cm	72 - 75 cm	62.5 - 63.5 cm	77.5 - 80.5 cm	68.5 cm
11-12 Years 152	152 cm	75.5 - 78 cm	64 - 65.5 cm	81 - 84 cm	71.5 cm
12-13 Years 158	158 cm	78.5 - 80.5 cm	66 - 66.5 cm	84.5 - 86 cm	74.5 cm
13-14 Years 164	164 cm	81 - 82.5 cm	67 - 67.5 cm	86.5 - 88 cm	77.5 cm
14-15 Years 170	170 cm	83 - 87 cm	68 - 70 cm	88.5 - 92 cm	81 cm

# KIDS' FOOTWEAR



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## KIDS' FOOTWEAR SIZE CHART

EUROPE	cm	UK	US
26.5	15.7 cm	9k	9.5
27	16.1 cm	9.5k	10
27.5	16.6 cm	10k	10.5
28	17 cm	10.5k	11
29	17.4 cm	11k	11.5
30	17.8 cm	11.5k	12
30.5	18.3 cm	12k	12.5
31	18.7 cm	12.5k	13
31.5	19.1 cm	13k	13.5
32	19.5 cm	13.5k	1
33	20 cm	1	1.5
33.5	20.4 cm	1.5	2
34	20.8 cm	2	2.5
35	21.2 cm	2.5	3
35.5	21.6 cm	3	3.5
36	22.1 cm	3.5	4
36 2/3	22.5 cm	4	4.5
37 1/3	22.9 cm	4.5	5
38	23.3 cm	5	5.5
38 2/3	23.8 cm	5.5	6
39 1/3	24.2 cm	6	6.5
40	24.6 cm	6.5	7

## INFANT & TODDLER FOOTWEAR SIZING

EUROPE	cm	UK	US
16	8,1 cm	0k	
17	9 cm	1k	1
18	9,8 cm	2k	2.5
19	10,6 cm	3k	3.5
20	11,5 cm	4k	4.5
21	12,3 cm	5k	5.5
22	12,8 cm	5.5k	6
23	13,2 cm	6k	6.5
23.5	13,6 cm	6.5k	7
24	14 cm	7k	7.5
25	14,5 cm	7.5k	8
25.5	14,9 cm	8k	8.5
26	15,3 cm	8.5k	9
26.5	15,7 cm	9k	9.5
27	16.1 cm	9.5k	10

# KIDS' CLOTHING

## CLOTHES KIDS (AGE 0-4)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
<b>0 Months</b> 56	56 cm	38.5 cm	38.6 cm	37 cm	19.1 cm
<b>0-3 Miesiące</b> 62	62 cm	43 cm	43 cm	42 cm	21.75 cm
<b>3-6 Months</b> 68	68 cm	45.5 cm	45 cm	44.75 cm	24.25 cm
<b>6-9 Months</b> 74	74 cm	47 cm	46.5 cm	47.5 cm	27 cm
<b>9-12 Months</b> 80	80 cm	49.5 cm	48.75 cm	50 cm	31.12 cm
<b>12-18 Months</b> 86	86 cm	51 cm	49.75 cm	51.5 cm	34.5 cm
<b>1-2 Years</b> 92	92 cm	52.5 cm	50.5 cm	53 cm	38 cm
<b>2-3 Years</b> 98	98 cm	54.5 cm	52.5 cm	56 cm	41 cm
<b>3-4 Years</b> 104	104 cm	56 cm	54.5 cm	60 cm	45.5 cm

## CLOTHES KIDS (AGE 1-8)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
<b>1-2 Years</b> 92	86 - 92 cm	51.5 - 52.5 cm	50 - 50.5 cm	52 - 53 cm	38 cm
<b>2-3 Years</b> 98	93 - 98 cm	53 - 54.5 cm	51 - 52.5 cm	53.5 - 56 cm	41 cm
<b>3-4 Years</b> 104	99 - 104 cm	55 - 56 cm	53 - 54.5 cm	56.5 - 60 cm	45.5 cm
<b>4-5 Years</b> 110	105 - 110 cm	56.5 - 58 cm	54.5 - 55 cm	60.5 - 62 cm	49.25 cm
<b>5-6 Years</b> 116	111 - 116 cm	58.5 - 60.5 cm	55.5 - 56 cm	62.5 - 64 cm	52 cm
<b>6-7 Years</b> 122	117 - 122 cm	61 - 63 cm	56.5 - 57 cm	64.5 - 66 cm	56 cm
<b>7-8 Years</b> 128	123 - 128 cm	63.5 - 64 cm	57.5 - 59 cm	66.5 - 68 cm	59.25 cm



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# ACCESSORIES



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GLOVES SIZING	
Size	Length (cm)
S	16.5 - 19.1 cm
M	19.1 - 21.6 cm
L	21.6 - 24.1 cm
XL	24.1 - 26.7 cm
2XL	26.7 - 29.2 cm

KEEPER GLOVES SIZING	
Product label	1. HAND
4	13.7
5	13.7 - 15.5 cm
6	15.5 - 17.5 cm
7	17.5 - 19.7 cm
8	19.7 - 21.6 cm
9	21.6 - 24.1 cm
10	24.1 - 26.7 cm
11	26.7 - 29.2 cm
12	29.2 - 31.8 cm

HAT & CAP SIZING	
Product label	1. HEAD
0-2 Year	42 cm
2-6 Year	48 - 50 cm
6-12 Year	52 - 54 cm
12 Year	54 - 60 cm
S	54 - 56 cm
M	56 - 58 cm
L	58 - 60 cm

SHIN GUARD SIZE CHART	
Product label	Height
XS	101.6 - 119.4 cm
S	121.9 - 139.7 cm
M	142.2 - 160 cm
L	162.6 - 180.3 cm
XL	182.9 - 190.5 cm
XXL	193

BASKETBALL BALL SIZES	
Product label	CIRCUMFERENCE
3	56 - 57 cm
5	69 - 71 cm
6	72 - 74 cm
7	75 - 76 cm

FOOTBALL BALL SIZES	
Product label	CIRCUMFERENCE
1 (Mini)	40 - 41.5 cm
2 (Midii)	50 - 51.5 cm
3	59 - 60.5 cm
4 (FIFA Inspected)	63.5 - 66 cm
5 (FIFA Approved)	68.5 - 69.5 cm
5 (FIFA Inspected)	68 - 70 cm