



**ISC TEAMWEAR**

SIZING CHART

**LIVE.  
DREAM.  
PLAY.**

**SUPPORTER LICENSES**

NRL



AFL

ANNUAL LICENSES



NBL

SUPER LEAGUE



### SIZING FAQ

#### How do I choose the right size?

To measure your clothing size, please follow these simple instructions:

#### **A: CHEST/BUST**

Run a flexible tape measure across the fullest area of the chest/bust. Be sure to keep the tape measure horizontal.

#### **B: WAIST**

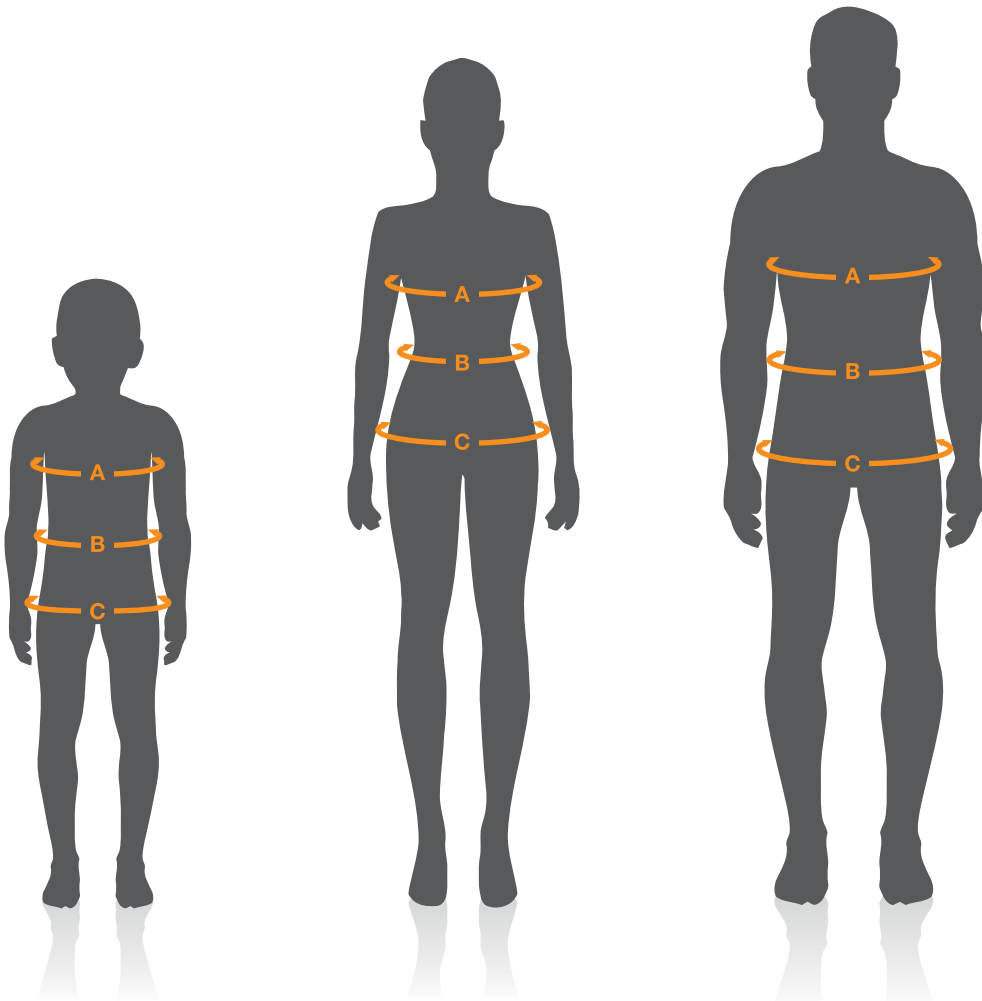
Wrap the tape measure around the narrowest part of the waist. Remember to keep the tape horizontal.

#### **C: HIPS**

Standing feet together, measure around the fullest part of the hips, holding the tape measure horizontally.

#### Between two sizes?

We'll choose the fit that's right for you. Do you like a tight fit? Go for the smaller size. Loving the looser fit? Go for the larger size.



PLEASE NOTE: All measurements displayed are body measurements, not garment.  
Playing Jerseys and Guernseys have been designed as performance garments and as such are tight fitting.

## SIZING CHART

### SIZE CHARTS - MENS

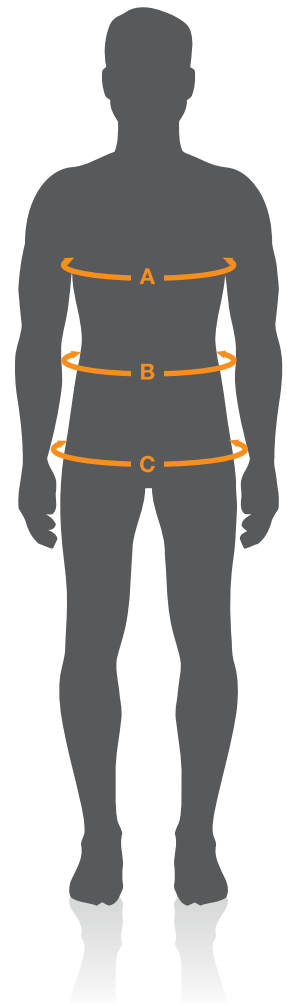
Please note that not all products are available in all listed sizes.

#### MENS TOPS

SIZE	A: CHEST		B: WAIST		C: HIP	
XS	33 - 35"	85 - 90cm	29 - 31"	75 - 80cm	35 - 37"	90 - 95cm
S	35 - 37"	90 - 95cm	31 - 33"	80 - 85cm	37 - 39"	95 - 100cm
M	37 - 39"	95 - 100cm	33 - 35"	85 - 90cm	39 - 41"	100 - 105cm
L	39 - 41"	100 - 105cm	35 - 37"	90 - 95cm	41 - 43"	105 - 110cm
XL	41 - 43"	105 - 110cm	37 - 39"	95 - 100cm	43 - 45"	110 - 115cm
2XL	43 - 45"	110 - 115cm	39 - 41"	100 - 105cm	45 - 47"	115 - 120cm
3XL	45 - 47"	115 - 120cm	41 - 43"	105 - 110cm	47 - 49"	120 - 125cm
4XL	47 - 49"	120 - 125cm	43 - 45"	110 - 115cm	49 - 51"	125 - 130cm
5XL	49 - 51"	125 - 130cm	45 - 47"	115 - 120cm	51 - 53"	130 - 135cm
6XL	51 - 53"	130 - 135cm	47 - 49"	120 - 125cm	53 - 55"	135 - 140cm
7XL	53 - 55"	135 - 140cm	49 - 51"	125 - 130cm	55 - 57"	140 - 145cm

#### MENS BOTTOMS

SIZE	B: WAIST		C: HIP	
XS	29 - 31"	75 - 80cm	35 - 37"	90 - 95cm
S	31 - 33"	80 - 85cm	37 - 39"	95 - 100cm
M	33 - 35"	85 - 90cm	39 - 41"	100 - 105cm
L	35 - 37"	90 - 95cm	41 - 43"	105 - 110cm
XL	37 - 39"	95 - 100cm	43 - 45"	110 - 115cm
2XL	39 - 41"	100 - 105cm	45 - 47"	115 - 120cm
3XL	41 - 43"	105 - 110cm	47 - 49"	120 - 125cm
4XL	43 - 45"	110 - 115cm	49 - 51"	125 - 130cm
5XL	45 - 47"	115 - 120cm	51 - 53"	130 - 135cm
6XL	47 - 49"	120 - 125cm	53 - 55"	135 - 140cm
7XL	49 - 51"	125 - 130cm	55 - 57"	140 - 145cm



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## SIZING CHART

### SIZE CHARTS - WOMENS

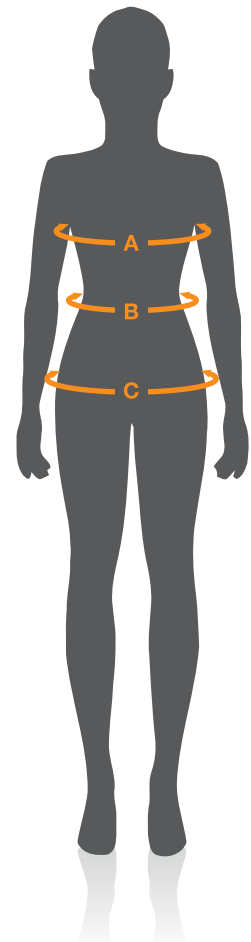
Please note that not all products are available in all listed sizes.

#### WOMENS TOPS

SIZE	A: BUST		B: WAIST		C: HIP	
	INCHES	CM	INCHES	CM	INCHES	CM
8	33 - 35"	83 - 88cm	25 - 27"	63 - 68cm	36 - 38"	89 - 94cm
10	35 - 37"	88 - 93cm	27 - 29"	68 - 73cm	38 - 40"	94 - 99cm
12	37 - 39"	93 - 98cm	29 - 31"	73 - 78cm	40 - 42"	99 - 104cm
14	39 - 41"	98 - 103cm	31 - 33"	78 - 83cm	42 - 44"	104 - 109cm
16	41 - 43"	103 - 108cm	33 - 35"	83 - 88cm	44 - 46"	109 - 114cm
18	43 - 45"	108 - 113cm	35 - 37"	88 - 93cm	46 - 48"	114 - 119cm
20	45 - 47"	113 - 118cm	37 - 39"	93 - 98cm	48 - 50"	119 - 124cm
22	47 - 49"	118 - 123cm	39 - 41"	98 - 103cm	50 - 52"	124 - 129cm

#### WOMENS BOTTOMS

SIZE	B: WAIST		C: HIP	
	INCHES	CM	INCHES	CM
8	25 - 27"	63 - 68cm	36 - 38"	89 - 94cm
10	27 - 29"	68 - 73cm	38 - 40"	94 - 99cm
12	29 - 31"	73 - 78cm	40 - 42"	99 - 104cm
14	31 - 33"	78 - 83cm	42 - 44"	104 - 109cm
16	33 - 35"	83 - 88cm	44 - 46"	109 - 114cm
18	35 - 37"	88 - 93cm	46 - 48"	114 - 119cm
20	37 - 39"	93 - 98cm	48 - 50"	119 - 124cm
22	39 - 41"	98 - 103cm	50 - 52"	124 - 129cm



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## SIZING CHART

### SIZE CHARTS - KIDS

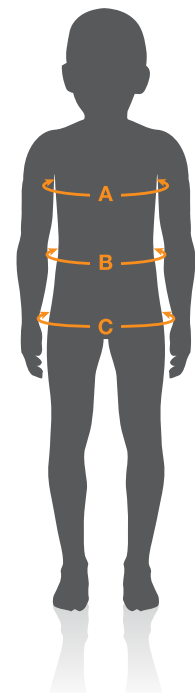
Please note that not all products are available in all listed sizes.

#### KIDS TOPS

SIZE	A: CHEST		B: WAIST		C: HIP	
	INCHES	CM	INCHES	CM	INCHES	CM
6	24.5 - 26"	62 - 66cm	22.5 - 23"	57 - 59cm	26 - 27.5"	66 - 70cm
8	26 - 27.5"	66 - 70cm	23 - 24"	59 - 61cm	27.5 - 29"	70 - 74cm
10	27.5 - 30"	70 - 76cm	24 - 25"	61 - 63cm	29 - 31.5"	74 - 80cm
12	30 - 32"	76 - 82cm	25 - 25.5"	63 - 65cm	31.5 - 34"	80 - 86cm
14	32 - 34.5"	82 - 88cm	25.5 - 26.5"	65 - 67cm	34 - 36"	86 - 92cm
16	34.5 - 37"	88 - 94cm	26.5 - 27"	67 - 69cm	36 - 38.5"	92 - 98cm

#### KIDS BOTTOMS

SIZE	B: WAIST		C: HIP	
	INCHES	CM	INCHES	CM
6	22.5 - 23"	57 - 59cm	26 - 27.5"	66 - 70cm
8	23 - 24"	59 - 61cm	27.5 - 29"	70 - 74cm
10	24 - 25"	61 - 63cm	29 - 31.5"	74 - 80cm
12	25 - 25.5"	63 - 65cm	31.5 - 34"	80 - 86cm
14	25.5 - 26.5"	65 - 67cm	34 - 36"	86 - 92cm
16	26.5 - 27"	67 - 69cm	36 - 38.5"	92 - 98cm



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## SIZING CHART

### SIZE CHARTS - COMPRESSION

Please note that not all products are available in all listed sizes.

#### MENS COMPRESSION LONG SLEEVE TOP / COMPRESSION SHORT SLEEVE TOP / COMPRESSION SLEEVELESS TOP

	CHEST																
CM	86	91	94	96	99	101	104	106	109	112	114	117	119	122	124	127	130
SIZE	S	S	S	M	M	M	L	L	L	XL	XL	XL	2XL	2XL	2XL	3XL	3XL
INCHES	34	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51

#### MENS COMPRESSION LONG TIGHT / COMPRESSION HALF TIGHT

	WEIGHT (KG)																	
		55	60	65	70	75	80	85	90	95	100	105	110	115	120	125		
HEIGHT (CM)	150	S	S	S	M	M	M	L	L	XL	XL	XL	2XL	2XL	2XL	2XL	4'11"	
	155	S	S	S	M	M	M	L	L	XL	XL	XL	2XL	2XL	2XL	2XL	5'1"	
	160	S	S	S	M	M	M	L	L	L	XL	XL	2XL	2XL	2XL	2XL	5'3"	
	165		S	S	S	M	M	M	L	L	L	XL	XL	2XL	2XL	2XL	5'5"	
	170			S	S	M	M	M	L	L	L	XL	XL	2XL	2XL	2XL	5'7"	
	175			S	S	S	M	M	L	L	L	XL	XL	2XL	2XL	2XL	5'9"	
	180			S	S	S	M	M	L	L	L	XL	XL	2XL	2XL	2XL	5'11"	
	185				S	S	M	M	L	L	L	XL	XL	XL	2XL	2XL	6'1"	
	190				S	S	M	M	L	L	L	XL	XL	XL	XL	2XL	6'3"	
	200						M	M	L	L	L	XL	XL	XL	XL	2XL	6'5"	
210								L	L	L	XL	XL	XL	XL	2XL	6'7"		
																	HEIGHT (FT)	

	WAIST																
CM	71	75	78	80	82	84	86	89	92	94	97	100	102	104	106	109	112
SIZE	S	S	S	M	M	M	L	L	L	XL	XL	XL	2XL	2XL	2XL	3XL	3XL
INCHES	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44

#### WOMENS COMPRESSION LONG SLEEVE TOP / COMPRESSION SHORT SLEEVE TOP

	CHEST																	
CM	79	81	84	86	89	91	94	96	99	101	104	106	109	112	114	117	120	123
SIZE	8	8	8	10	10	10	10	12	12	12	14	14	14	16	16	16	18	18
INCHES	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48

#### WOMENS COMPRESSION LONG PANT / COMPRESSION SHORT

	WEIGHT (KG)																	
		40	45	50	55	60	65	70	75	80	85	90	95	100	105			
HEIGHT (CM)	150	8	8	10	10	12	12	14	14	14	16	16	16	18	18	4'11"		
	155	8	8	8	10	12	12	14	14	14	16	16	16	18	18	5'1"		
	160	8	8	8	10	10	12	12	14	14	16	16	16	18	18	5'3"		
	165	8	8	8	10	10	12	12	14	14	14	16	16	18	18	5'5"		
	170		8	8	8	10	12	12	14	14	14	16	16	18	18	5'7"		
	175				8	10	10	12	12	14	14	16	16	18	18	5'9"		
	180					10	10	12	12	14	14	16	16	18	18	5'11"		
	185						10	12	12	14	14	14	16	18	18	6'1"		
																	HEIGHT (FT)	

	WAIST																	
CM	58	61	64	66	69	72	75	78	80	82	84	86	89	92	94	97	100	105
SIZE	8	8	8	10	10	10	12	12	12	14	14	14	16	16	16	18	18	18
INCHES	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

## SIZING CHART

### SIZE CHARTS - COMPRESSION

Please note that not all products are available in all listed sizes.

#### UNISEX CALF SOCK

	CALF				
CM	30-33	34-36	37-39	40-43	44-48
SIZE	XS	S	M	L	XL
INCHES	12-13	14	15-16	18	18-19

#### YOUTH COMPRESSION LONG SLEEVE TOP / COMPRESSION SHORT SLEEVE TOP

	CHEST											
CM	66	68	70	72	74	76	78	80	82	86	90	94
SIZE	8	8	8	10	10	10	12	12	12	14	14	14
INCHES	26	27	27.5	28	29	30	31	31.5	32	34	35.5	37

#### YOUTH COMPRESSION LONG TIGHT / COMPRESSION HALF TIGHT

		WEIGHT (KG)														
		21	24	27	30	33	36	39	42	45	48	51	54	57		
HEIGHT (CM)	120	8	8	8											4'11"	
	125	8	8	8	8										5'1"	
	130	8	8	8	8	10	10								5'3"	
	135		8	8	8	10	10	10							5'5"	
	140			8	8	10	10	10	12	12	12				5'7"	
	145					10	10	10	12	12	12				5'9"	
	150						10	10	12	12	12	14	14	14	5'11"	
	155								12	12	14	14	14	14	6'1"	
	160								12	12	14	14	14	14	6'3"	
165											14	14	14	6'5"		

		WAIST											
CM	60	61	62	63	64	65	66	67	68	69	70	71	
SIZE	8	8	8	10	10	10	12	12	12	14	14	1423.5	
INCHES	23.5	24	24.5	25	25	25.5	26	26.5	27	27	27.5	28	
APPROX. AGE	8-9YRS	8-9YRS	8-9YRS	10-11YRS	10-11YRS	10-11YRS	12-13YRS	12-13YRS	12-13YRS	13-14YRS	13-14YRS	13-14YRS	