

QOC 2023 Jersey Sizing Charts

Inches (Imperial/English)

Unisex (inches)	XS	S	M	L	XL	2-XL	3-XL
Chest	32 -35	35 - 37	37 - 39	39 - 42	42 - 44	44 - 47	47 - 50
Waist	28 - 30	30 - 32	32 - 35	35 - 38	38 - 41	41 - 44	44 - 47
Hip	34 - 36	36 - 39	39 - 41	41 - 43	43 - 46	46 - 49	49 - 52

Women (inches)	XS	S	M	L	XL	2-XL
Chest	31 - 32	32 - 35	35 - 37	37 - 39	39 - 42	42 - 44
Waist	24 - 26	26 - 28	28 - 31	31 - 33	33 - 35	35 - 38
Hip	34 - 35	35 - 38	38 - 40	40 - 43	43 - 45	45 - 47

cm (Metric)

Unisex (cm)	XS	S	M	L	XL	2-XL	3-XL
Chest	82 - 88	88 - 94	94 - 100	100 - 106	106 - 112	112 - 120	120 - 128
Waist	70 - 76	76 - 82	82 - 88	88 - 96	96 - 104	104 - 112	112 - 120
Hip	86 - 92	92 - 98	98 - 104	104 - 110	110 - 116	116 - 124	124 - 132

Women (cm)	XS	S	M	L	XL	2-XL
Chest	78 - 82	82 - 88	88 - 94	94 - 100	100 - 106	106 - 112
Waist	62 - 66	66 - 72	72 - 78	78 - 84	84 - 90	90 - 96
Hip	86 - 90	90 - 96	96 - 102	102 - 108	108 - 114	114 - 120

Where to measure:

Chest - around the chest horizontally at the widest point

Waist - around the narrowest part of your waist

Hips - around the widest part, keeping your feet together

Recommendation: keep **at least** “a finger” of extra room inside the tape measure when measuring, and consider sizing up by one size – these tend to run tight (i.e. small).