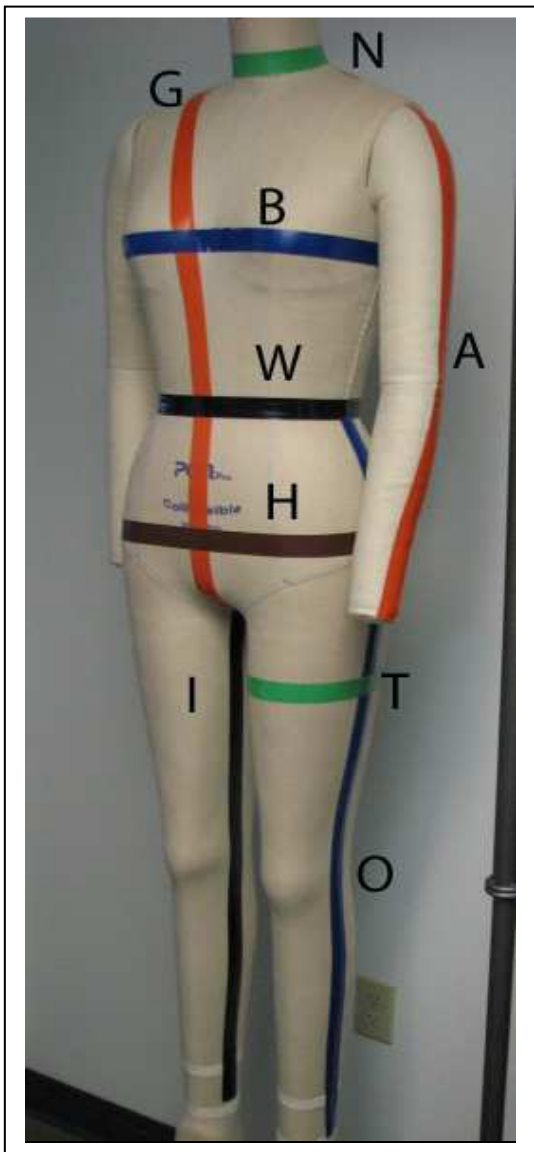




Measuring Guide

Tips for Accurate Measuring:

- Have students wear a leotard or under garments for accuracy. Never wear street clothes as they are too bulky.
- Only one or two adults should measure. Be consistent and measure your whole team at once. Never let Students measure themselves.
- Keep the tape measure flat to the body. Keep the tape snug, but not tight.
- **Please understand we use the measurements you provide to determine which size to put your student in. This does not guarantee a custom fit.** You are responsible for all alterations to fine tune the fit. This includes hemming the pants, skirts, and sleeves, taking in seams where needed, etc. Measure all items on the measuring sheet.



- **Bust (B)** - Measure around the fullest part of the bust, under the arms and around the widest part of the back
- **Waist (W)** - Measure around the natural waistline at the narrowest part of the torso. This is at the bend in the waist
- **Hip (H)** - Measure around the fullest part of the hips at the lower torso. Keeping the tape flat and level
- **Thigh (T)** - Measure around the thickest part of the thigh, keeping the tape flat and level
- **Outseam (O)** - Measure from the natural waistline at the smallest part of the upper torso, to the ankle bone
- **Inseam (I)** - Measure from the crotch down to the ankle bone on the inside of the leg
- **Arm (A)** - Measure arm slightly bent from the top of the shoulder to the wrist
- **Neck (N)** - Measure around the neck
- **Girth (G)** - Measure from the front of one shoulder and down through the crotch and up the back to the back of the opposite shoulder. **This is the most important measurement!** If you fall in between sizes, the girth will determine the size.

After recording your measurements on the Avant Guard Measuring Form, review your measurements with the enclosed size chart and assign each student a costume size.

You are responsible for the garment size you choose. Please Measure Carefully!!