

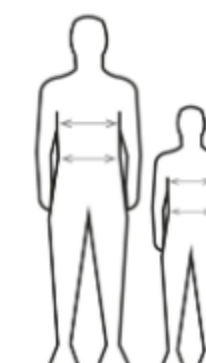


Find the right size for your textiles easily with the uhlsport size charts

Are you unsure which size to order in our uhlsport shop? No problem. With our guide on how to measure your clothing size, we will help you find the right size for your [uhlsport football shirt](#), deine [uhlsport trousers](#) or [uhlsport training jacket](#). Our size charts also help you convert your size if you only know it in another unit.

How do I measure my size for football shirts, trousers and jackets?

To find out your size, measure the circumference of your chest and waist. For accurate results, we recommend that you measure yourself in just your underwear. Place the tape measure loosely around your chest and measure the circumference at your widest point. To find your waist circumference, measure the circumference of your stomach at the narrowest point. You can now look for these measurements on our size chart to determine your size.



uhlsport Textiles Size Chart

Your uhlsport size	104	116	128	140	152	164/XS	S	M	L	XL	XXL	3XL
Chest circumference in cm	54-58	59-62	63-66	67-72	73-78	79-84	85-92	93-99	100-105	106-111	112-117	118-122
Waist circumference in cm	51-53	54-55	56-58	59-62	63-68	69-74	75-80	81-88	89-98	99-107	108-115	116-120
Chest circumference in inches	20-22	23-26	27-28	29-30	31-32	33-36	36-37	38-40	41-44	45-48	49-52	53-55
Waist circumference in inches	18-20	21-24	25-26	26	27-28	29-30	30	31-32	33-36	37-38	39-40	41-44

uhlsport Textiles Conversion Chart

Your uhlsport size	104	116	128	140	152	164/XS	S	M	L	XL	XXL	3XL
USA	XXXXXS	XXXS	XXS	XXS/XS	XS	S	S	M	L	XL	XXL	3XL
UK	4-5Y	6-7Y	8-9Y	10-11Y	12-13Y	13-14Y	36	38/40	42/44	46/48	50/52	54/56
France	4a	6a	8a	8a/10a	10a/12a	14a	162	168/174	180/186	192/198	204	210