

Sizing Charts

Garment sizing will vary from garment to garment. The below sizing charts should be used as general guides.

We cannot be held responsible for custom garments not sized properly. Customized items cannot be returned or exchanged.

How to Measure:

- **Chest:** Measure around the fullest part of the chest
- **Waist:** Measure around waist and over body, right below the belly button (not over shirts or slacks).
- **Hips:** Measure around body at fullest part.
- **Pant Inseam:** Measure inside of leg to desired pants length.

Ion Cheer Uniforms

Shell	Size	Chest	Waist	Skirts	Size	Waist	Hips	Length
Youth	XS	24	23	Youth	XS	19	25	10 1/2
	S	26	25		S	21	26	11 1/2
	M	28	27		M	23	28	12
	L	30	29		L	25	30	13
Adult	XS	31	30	Adult	XS	28	34	13 1/2
	S	33	32		S	30	36	14
	M	35	34		M	32	38	14 1/2
	L	37	36		L	34	40	15
	XL	39	38		XL	37	43	15 1/4
	2XL	42	41		2XL	40	46	15 1/2