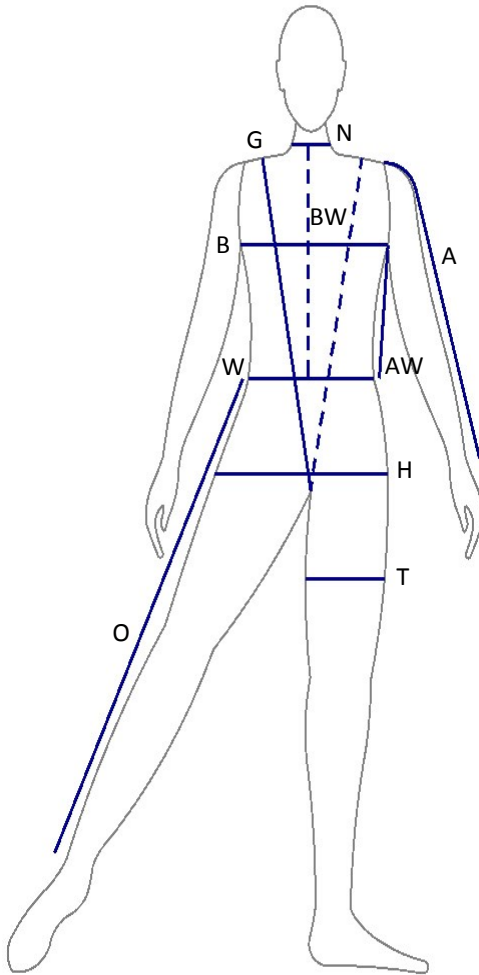




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## Color Guard Measuring Guidelines



**BUST (B)** - Measure around the fullest part of the chest.

**WAIST (W)** - Measure around the natural waist at the belly button level.

**HIPS (H)** - Measure around the fullest part of the hip.

**GIRTH (G)** - Measure from the middle of the shoulder in the front through the crotch to the middle of the opposite shoulder in the back.

**OUTSEAM (O)** - Measure from the side of the natural waistline (at belly button level) down to the desired length at the hemline. All pant length are made longer and will require hemming by the customer.

**BACK TO WAIST (BW)** - Measure from the base of the neck at the prominent bone down to the natural waist line.

**ARMPIT TO WAIST (AW)** - Measure from the armpit to the natural waist line.

**ARM (A)** - Measure a slightly bent arm from the top of the shoulder( NOT the shoulder blade) to the wrist.

**NECK (N)** - Measure around the neck allowing one finger between the neck and the tape measure.

**SKIRT LENGTH** - Measure from the waist seam to the desired length of the skirt at the hemline.

### TIPS FOR MEASURING YOUR PERFORMERS

- \* Have students wear the undergarments they plan to wear underneath for accuracy. Street clothes are too bulky.
- \* Have 1 or 2 adults do all of the measuring for the team. Never allow students to measure themselves.
- \* Have the student stand at attention and look straight ahead. Looking down changes the measurement's accuracy.
- \* The tape measure flat and level to the body. Keep the tape snug, but not tight.
- \* DO NOT add inches to your measurements for extra room. This makes for poor fitting garments.
- \* Please understand we use the measurements you provide to determine which size to put your students in. This does not guarantee a custom fit. You are responsible for all alterations to "fine tune" the fit. This includes all hemming to pants, skirts and sleeves and taking in the seams where needed. Measure ALL items on the measuring sheet.