



HELPFUL SIZING INFORMATION

REGULAR CLOTHING

ADULT SIZE CHART			
SIZE	CHEST (IN)	WAIST (IN)	HIPS (IN)
XS	33-36	26-28	33-36
SM	36-38	31-32	35-37
MD	38-40	32-34	37-41
LG	42-44	34-36	42-46
XL	46-49	36-40	44-48
2XL	50-54	42-46	46-50
3XL	54-58	47-52	52-58

YOUTH SIZE CHART			
SIZE	CHEST (in)	WAIST (in)	Hip (in)
SM	30	23 - 26	28 - 30
MD	34	25 - 28	30 - 32
LG	36	26 - 29	32 - 34

SINGLETs

SIZING (includes Youth Sizing equivalents)					
SIZE		WAIST (in)	CHEST (in)	LENGTH (in)	APPROX. WEIGHT (lbs.)
3XS	YS	20	22	25	45 - 60
2XS	YM - YL	24.5	22.25	27	59 - 80
XS	YL - YXL	27	24.5	30.25	79 - 105
SM	YXL	29.5	26.75	32	106 - 135
MD		32	29	33.5	136 - 160
LG		34.5	31.25	33.5	161 - 195
XL		37	33.5	34	196 - 225
2XL		39.5	35.75	35	226 - 260+

SHOES

There are a few key qualities to look for when sizing and purchasing wrestling shoes including weight (light), flexibility, sole grip and also ankle support. The higher the quality, the higher the price. As beginners, don't be concerned with the best shoes ever, focus on the best shoes for your current skill level.

Shoes should snug, however our youths have growing feet, so leaving some wiggle room is a good idea.

Most brands suggest sizing up between 1/2 to a full size from your regular street shoe.

<https://core.rudis.com/the-best-wrestling-shoes-find-your-fit/>