



**PLEASE TAKE THE TIME TO ACCURATELY MEASURE THE PLAYER REQUIRING KIT!**

**AS A RULE OF THUMB: MACRON RUNS A SIZE SMALLER TO MAINSTREAM BRANDS SUCH AS NIKE AND ADIDAS FOR EXAMPLE IF YOU WEAR AN ADULT SMALL NIKE TOP YOU WOULD FIT A ADULT MEDIUM MACRON TOP**

**ANOTHER EXAMPLE IS YOU ARE A YOUTH XL IN NIKE YOU'D BE AN ADULT SMALL IN MACRON**

**WHEN YOU RECEIVE YOUR KIT, PLEASE ENSURE THAT YOU ARE SATISFIED WITH THE SIZING BEFORE REMOVING THE TAGS. IF THE TAGS ARE REMOVED, THE REPLACEMENT OF THAT ITEM WILL INCUR THE FEE OF THAT RESPECTIVE ITEM.**

**ONCE YOU HAVE SUBMITTED YOUR REGISTRATION AND PAID OUR TEAM WILL BAG-UP YOUR UNIFORM TO GET TO YOU AS SOON AS POSSIBLE AT ONE OF YOUR DESIGNATED TRAINING SESSIONS. FOR ANY QUERIES, EMAIL: [KIT@FOOTBALLEVOLUTIONTRAINING.COM](mailto:KIT@FOOTBALLEVOLUTIONTRAINING.COM)**

**ALL MACRON EU SIZES (UNLESS STATED OTHERWISE)**

**PLEASE CHECK DIMENSIONS**

## JUNIOR USUALLY UP TO 13 YEARS OF AGE

## UNISEX

	TOP / JUMPER				SHORTS / TRACKSUIT BOTTOMS			
	HEIGHT		CHEST		WAIST		HIP	
	cm	inch	cm	inch	cm	inch	cm	inch
3XS	120 - 132	3FT11 - 4FT4	64 - 72	25 - 28	59 - 64	23 - 25	70 - 76	27.5 - 30
XXS	133 - 145	4FT4 - 4FT9	72 - 80	28 - 31.5	64 - 69	25 - 27	76 - 82	30 - 32
XS	146 - 158	4FT9 - 5FT2	80 - 88	31.5 - 34.5	69 - 74	27 - 29	82 - 88	32 - 34.5
S	159 - 171	5FT2 - 5FT7	88 - 96	34.5 - 38	74 - 82	29 - 33	88 - 95	34.5 - 38

## SOCKS

UNISEX		
XS	UK 11C - 1	US 12.5C - 3Y
S	UK 2.5 - 5	US 5C - 7Y
M	UK 6 - 8	US 8 - 10.5
L	UK 9 - 11	US 11 - 13
XL	UK 12 - 14	US 14 - 16

## ADULT

## UNISEX

	TOP / JUMPER				SHORTS / TRACKSUIT BOTTOMS			
	HEIGHT		CHEST		WAIST		HIP	
	cm	inch	cm	inch	cm	inch	cm	inch
M	172 - 177	5FT7 - 5 FT10	96 - 100	38 - 39.5	82 - 88	33 - 34.5	95 - 100	38 - 39.5
L	178 - 183	5FT10 - 6 FT	100 - 104	39.5 - 41	88 - 92	34.5 - 36	100 - 104	39.5 - 41
XL	184 - 189	6FT - 6 FT2	104 - 108	41 - 42.5	92 - 96	36 - 38	104 - 108	41 - 42.5
XXL	190 - 195	6FT2 - 6 FT5	108 - 112	42.5 - 44	96 - 100	38 - 39	108 - 112	42.5 - 44

### HOW TO MEASURE YOURSELF

Using a tape measure, take the measurements against your body.

- CHEST** Measure around the widest part of your chest.
- WAIST** Measure around your waist level with your navel.
- HIPS** Measure around the widest part of your hips.
- HEIGHT** Measure your height from the top of your head to the floor while standing straight.

