



Recommended Sizing and Team Distribution Formulas

	Y3	YXXS	YXS	YS	YM	YL	AXS	AS	AM	AL	AXL	A2XL	A3XL
Player Age	Up to 3 Years	3-4 years	5-6 years	7-8 years	9-10 years	11-12 years	13-14 years						
Player Weight (Lbs)							120-150	150-170	170-190	190-210	210-230	230-250	250+
Height (Feet/Inches)							5'3-5'5	5'6-5'8	5'9-5'11	6'-6'2	6'3-6'4	6'5+	
Chest Width (CM)	35	38	41	44	47	50	52	54	56	58	61	64	66
Length (CM)	50	54	57	62	66	70	71	73	76	79	81	83	85
Shorts (Outseam) CM	36	37	38	39	41	44	46	49	51	53	55	56	57
Shorts (Inseam) CM	10	10.5	11	11.5	12	14	15	17	19	20	21	21	21
Shorts (Waist Stretched) CM	40	42	44	46	47	49	51	53	55	57	59	62	65
Age Group	Y3	YXXS	YXS	YS	YM	YL	AXS	AS	AM	AL	AXL	A2XL	A3XL
U3	80%	20%											
U4	20%	60%	20%										
U5		40%	40%	20%									
U6		20%	60%	20%									
U7			40%	40%	20%								
U8			20%	60%	20%								
U9				40%	40%	20%							
U10				20%	60%	20%							
U11					40%	40%	20%						
U12					20%	60%	20%						
U14						20%	60%	20%					
U16								20%	60%	20%			
U17-18								20%	30%	30%	20%		
Ladies							20%	30%	30%	20%			
Mens								10%	30%	40%	20%		
Mens Over 40									20%	30%	30%	20%	

	3 - 5 Years	5 - 8 Years	9 - 12 Years	13-15 years		
Practice Vests	YXS	YS	YL	AS	AL	AXL
Chest Width (CM)	34	40	49	55	61	66
Length (CM)	42	50	60	67	72	77

GK Glove Size			3	4	5	6	7	8	9	10	11	12	12
Player Age	Up to 3 Years	3-4 years	5-6 years	7-8 years	9-10 years	11-12 years	13-14 years						
Player Weight (Lbs)							120-150	150-170	170-190	190-210	210-230	230-250	250+

Avanti PT Soccer Jerseys	YXS	YS	YM	YL	AS	AM	AL	AXL	A2XL
Chest Width (CM)	36	39	43	47	52	57	62	67	72
Length (CM)	51	55	59	65	73	76	79	81	82

Performance Training Jerseys	YXS	YS	YM	YL	YXL	AXS	AS	AM	AL	AXL	A2XL	A3XL	A4XL
Chest Width (CM)	39	41	43	46	50	47	51	55	58	62	66	71	76
Length (CM)	51	55	58	64	69	69	71	74	76	79	81	83	84