

LACROSSE UNIFORM SIZE CHART

Last Updated: May 2025

JERSEYS

Classic Fit - Designed For Easy Unrestricted Movement

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SIZE	S	М	L	XL	2XL	3XL	4XL
LENGTH	75 - 77.5	77.5 - 80	80 - 82.5	82.5 - 85	85 - 87.5	87.5 - 90	90 - 92.5
CHEST	89 - 95	95 - 104	104 - 112	112 - 123	123 - 136	136 - 147.5	147.5 - 160

WOMEN

SIZE	WXS	WS	WM	WL	WXL	W2XL	W3XL
U.S. SIZE	0/2	4/6	8/10	12/14	16/18	20	22
LENGTH	65 - 67.5	67.5 - 69	69 - 71	71 - 73	73 - 75	75 - 77.5	77.5 - 80
BUST	75 - 82.5	82.5 - 90	90 - 96.5	96.5 - 104	104 - 113	113 - 123	134 - 143.5

YOUTH

SIZE	YXS	YS	YM	YL	YXL
U.S SIZE	6/7	7/8	10/12	14/16	18/20
AGE (YRS.)	6-7	8 - 9	10 - 11	12 - 13	14+
HEIGHT	119 - 129	129 - 139	139-150	150-160	160-170
LENGTH	51.5 - 54.5	55 - 58.5	59 - 63	63 - 68	63 - 74
CHEST	68.5 - 76	76 - 84	85 - 91	91 - 100	93 - 108

INFANT & TODDLER

SIZE	2T	3T	4T
AGE (YRS.)	1 - 2	2-3	3 - 4
HEIGHT	84 - 89	91.5 - 96.5	99 - 104
LENGTH	38.5	40.5	42.5
CHEST	63.5	66	68.5
HIPS	38	40.5	42.5
WEIGHT (LBS)	30 - 32	32 - 36	36 - 40



All sizes are in centimeters*

SHORTS

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MEN

SIZE	5	M	L	XL	2XL	3XL	4XL
WAIST	71 -76	81 - 86	91 - 96.5	101.5 - 106.5	111.5 - 116.5	121.5 - 127	132 - 137
INSEAM	20 - 22	22.5	23	24	24.5	25	26.5
OUTSEAM	48 - 50.5	50.5 - 54.5	55.5	57	58	59.5	59.5

WOMEN SIZE

WAIST	59.5 - 66	66 - 73.5	73.5 - 80	80 - 87.5	87.5 - 97.5	97.5 - 107.5	118.5 - 127.5
INSEAM	7.5	8	8.5	9.5	10	10.5	11
OUTSEAM	30 - 31.5	31.5 - 34	34 - 36.5	36.5 - 39	39 - 40.5	40.5 - 41.5	40.5 - 41.5
OUTSEAM	30 - 31.5	31.5 - 34	34 - 36.5	36.5 - 39	39 - 40.5	40.5 - 41.5	40.5 - 41.5

YOUTH

NUMERIC	6-7	8-9	10 - 12	14 - 16	18 - 20
AGE (YRS.)	6-7	8 - 9	10 - 11	12 - 13	14+
HEIGHT	119 - 129.5	129.5 - 139.5	139.5 - 149.5	149.5 - 160	160 - 170
WAIST	59.5 - 60.5	60.5 - 63.5	63.5 - 68.5	68.5 - 71	71 - 74.5
INSEAM	16.5	17.5	19	20	21.5
OUTSEAM	33.5 - 35.5	35.5 - 38	38.5 - 40.5	40.5 - 43	43.5 - 45.5

WAIST



How To Measure **CHEST/BUST:** Wrap the tape around the fullest part of your chest, keeping it level.

LENGTH: Measure from the top of your shoulder down to your desired length.

WAIST: Find the narrowest part of your waist (where you bend) and measure around it.

OUTSEAM: Measure from the waist down the outside of the leg to the desired length. **INSEAM:** Measure from the crotch down the inside of the leg to the desired length.

If you cannot decide between two sizes, please choose the smaller size for a tighter fit or the larger size for a looser fit.