

PAL Soccer League Uniform Sizing Chart

Jerseys: Measure around the widest part of the chest, just under the arms and around the shoulder blades, keeping the tape firm and level to determine men and boys sizes.

	Boys (Youth)	Girls (Youth)	Men (Adult)	Women (Adult)
XS	24" – 26"	4/6	--	--
S	28" – 30"	6/8	38" – 40"	6/8
M	32" – 34"	8/10	42" – 44"	10/12
L	34" – 36"	12/14	46" – 48"	14/16
XL	--	--	48" – 50"	18/20
XXL	--	--	52" – 54"	22/24

Shorts: Keeping the measuring tape slightly loose and level, measure all the way around the waist. Shorts are unisex and sizes are based on inches of waist.

(Inseam length: YXS – 5"; YS, YM, YL – 6"; AS, AM, AL – 6.5"; AXL – 7")

	XS	S	M	L	XL
Youth	18" – 20"	22" – 24"	26" – 28"	28" – 30"	--
Adult	--	30" – 32"	34" – 36"	38" – 40"	42" – 44"

Socks: Match sock size with corresponding shoe size from chart.

Sock size	Youth	Junior	Adult
Shoe size	12.5 – 4	4.5 – 7.5	8 – 12.5