

Standard body measurements – women’s sizing, 4 cm and 6 cm increments

This chart, constructed for women’s standard sizing, differs from the size chart on page 12; it reflects a mature figure with increased measurements for the waist, hips and also front shoulder to waist measure in the larger sizes. It is based on 4 cm and 6 cm bust increments between the size codes and is compliant with the body measurement size chart given in the standard BS EN 13402-3. Despite variations in body sizes, the general trend is for body size to increase with height. See the special table below for short or tall women.

Women of medium height, 160–172cm (5ft 3in–5ft 7½, in)											
Size code	6	8	10	12	14	16	18	20	22	24	26
bust	76	80	84	88	92	96	100	104	110	116	122
waist	60	64	68	72	76	80	84	88	94	100	106
low waist	70	74	78	82	86	90	94	98	104	110	116
hips	84	88	92	96	100	104	108	112	117	122	127
back width	31.4	32.4	33.4	34.4	35.4	36.4	37.4	38.4	39.8	41.2	42.6
chest	28.8	30	31.2	32.4	33.6	34.8	36	37.2	39	40.8	42.6
shoulder	11.5	11.75	12	12.25	12.5	12.75	13	13.25	13.6	13.9	14.2
neck size	34	35	36	37	38	39	40	41	42.4	43.8	45.2
dart	5.2	5.8	6.4	7	7.6	8.2	8.8	9.4	10	10.6	11.2
top arm	24.8	26	27.2	28.4	29.6	30.8	32	33.2	35.2	37.2	39.2
wrist	14.5	15	15.5	16	16.5	17	17.5	18	18.7	19.4	20.1
ankle	22.5	23	23.5	24	24.5	25	25.5	26	26.7	27.4	28.1
high ankle	19.5	20	20.5	21	21.5	22	22.5	23	23.7	24.4	25.1
nape to waist	39.8	40.2	40.6	41	41.4	41.8	42.2	42.6	43	43.4	43.8
front shoulder to waist	39.8	40.2	40.6	41	41.4	42.3	43.2	44.1	45	45.9	46.8
armscye depth	19.8	20.2	20.6	21	21.4	21.8	22.2	22.6	23.2	23.8	24.4
waist to knee	57	57.5	58	58.5	59	59.5	60	60.5	61	61.5	62
waist to hip	19.7	20	20.3	20.6	20.9	21.2	21.5	21.8	22.1	22.4	22.7
waist to floor	101	102	103	104	105	106	107	108	109	110	111
body rise	25.9	26.6	27.3	28	28.7	29.4	30.1	30.8	31.8	32.8	33.8
sleeve length	57	57.5	58	58.5	59	59.5	60	60.25	60.5	60.75	61
sleeve length (jersey)	53	53.5	54	54.5	55	55.5	56	56.25	56.5	56.75	57
Extra measurements (garments)											
cuff size shirts	20.5	21	21	21.5	21.5	22	22.5	23	23.5	24	24.5
cuff size, two-piece sleeve	13	13.25	13.5	13.75	14	14.25	14.5	14.75	15	15.25	15.5
trouser bottom width	20.5	21	21.5	22	22.5	23	23.5	24	24.5	25	25.5
jeans bottom width	18	18.5	18.5	19	19	19.5	19.5	20	20	21	21

Tall and short women

Size charts for tall or short women have each of the following vertical measurements adjusted as shown in the size chart.

	Short women (cm)	Tall women (cm)
	(152–160cm (5ft–5ft 3 in))	(172–180cm (5ft 7½in–5ft 10½, in))
nape to waist	-2	+2
scye depth	-0.8	+0.8
sleeve length	-2.5	+2.5
waist to knee	-3	+3
waist to floor	-5	+5
body rise	-1	+1