



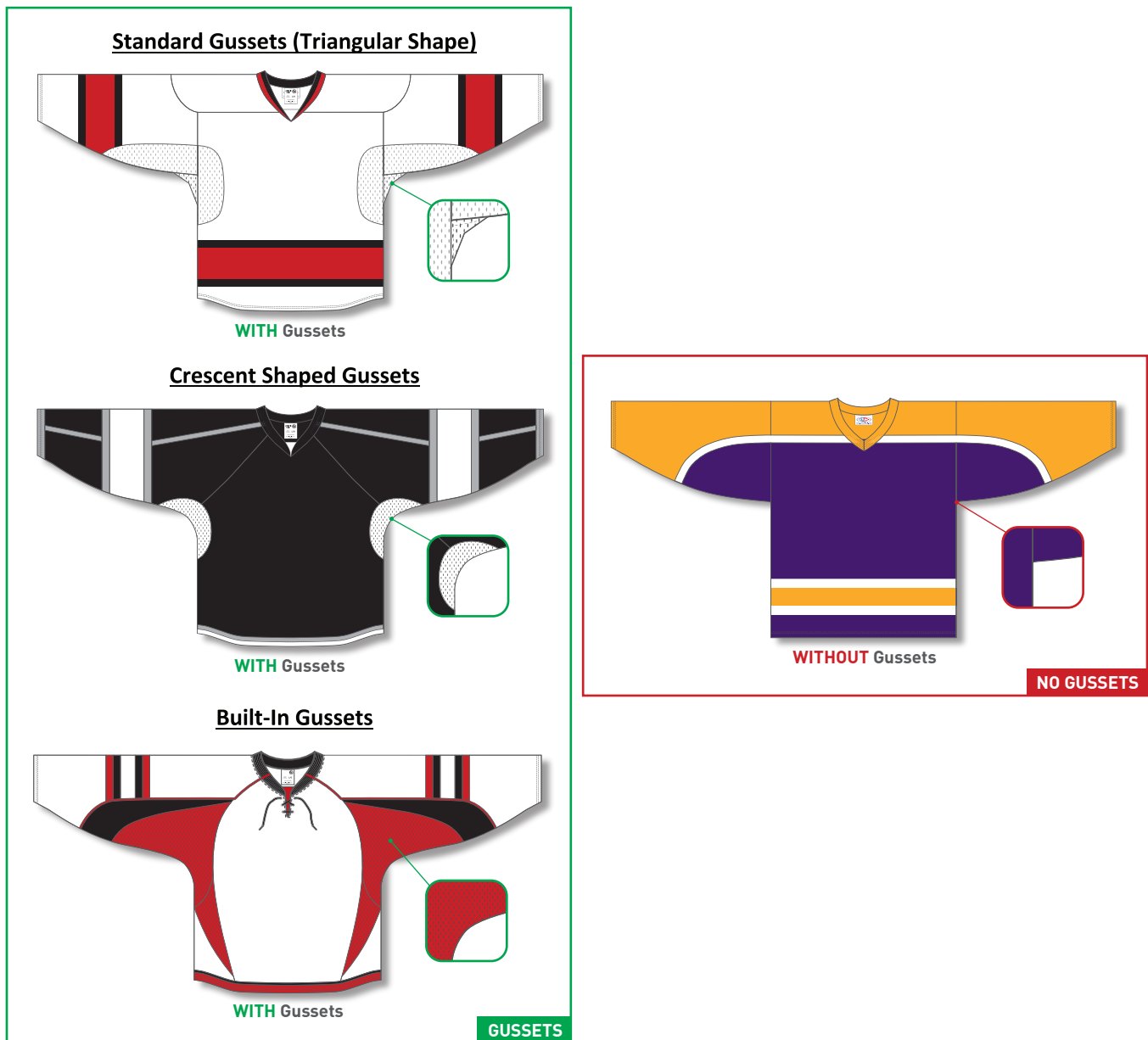
HOW TO SIZE FOR AN AK HOCKEY JERSEY

This **How-To** guide will explain how to properly size for an Athletic Knit hockey jersey using the current jersey you have.

1. **Identify the construction type of the jersey you are measuring**
 - a. Does the jersey have gussets?
 - b. If yes, which gusset type was utilized.

There are three types of Gussets that may be incorporated into an Athletic Knit jersey. The gusset can be sewn in (standard/triangle or crescent shape) or it can be built into the jersey. The purpose is to add room to the underarm area.

Below are images of the different types of gussets as well as a jersey that does not contain gussets.





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2. Measure Your Existing Jersey

How to Properly Measure Your Hockey Jersey WITHOUT Gussets

- i. Turn the jersey inside out.
- ii. Lay the jersey on a flat surface.
- iii. Make sure the jersey is completely flat before measuring.
- iv. Lay a measuring tape across the chest. Measurement should be taken from about 1" below the sleeve opening and on the inside of the seam/stitches.
- v. Take the measurement across the chest (25" in the photo example below) and multiply that number by 2 (because there are two sides of the jersey – front and back). This will give you your total chest measurement (50" in this example)



How to Properly Measure Your Hockey Jersey WITH Gussets

- i. Turn the jersey inside out.
- ii. Lay the jersey on a flat surface.
- iii. Make sure the jersey is completely flat before measuring.
- iv. Lay a measuring tape across the chest, just below the curve in the underarm area. The measurement should be from the edge of the left gusset to the right gusset and should be taken from the **inside** of the seam/stitches.
- v. Take the measurement across the chest (25" in the photo example below) and multiply that number by 2 (because there are two sides of the jersey – front and back). This will give you your total chest measurement (50" in this example)



HOW TO SIZE FOR AN AK HOCKEY JERSEY

Standard "Triangle" Gusset



Crescent Shaped Gusset





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Built-In Gusset



3. Reference the AK Sizing Chart To Find The Right Size

- i. Now that you have confirmed the chest measurement of your current jersey, refer to the AK Hockey Sizing Chart below and use your measurement to find the appropriate size AK jersey.
- ii. Make sure to reference the correct sizing chart (sport and garment type) – in this case HOCKEY – JERSEY.
- iii. Using the example above of a 50” chest measurement, look up 50” on the size chart. We see that the measurement fits into the 49” - 51” range, making the proper size an Adult Large (L) in AK sizing.

HOCKEY								
JERSEY								
SIZING - CHEST	S	M	L	XL	2XL	3XL	4XL	5XL
ADULT	41"-43"	45"-47"	49"-51"	53"-55"	55"-57"	57"-59"	59"-61"	61"-63"
YOUTH	36"-38"	38"-40"	40"-42"	42"-44"				
PANT SHELLS								
SIZING - WAIST	S	M	L	XL	2XL	3XL	4XL	5XL
ADULT	28"-30"	32"-34"	36"-38"	40"-42"	44"-46"	48"-50"	52"-54"	56"-58"
YOUTH	21"-23"	23"-25"	25"-27"	27"-29"				
REFEREE JERSEY								
SIZING - CHEST	S	M	L	XL	2XL	3XL	4XL	5XL
ADULT	38"-40"	41"-43"	44"-46"	47"-49"	50"-52"	53"-55"	56"-58"	59"-61"

Note: you can access the sizing charts for all sports on the AK website - www.athleticknit.com/sizing-chart



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Important Notes

Now that you have found the AK Sizing for your jersey, please keep the following in mind:

- Players are still growing! If you are ordering jerseys with an extended delivery time, order your size accordingly by anticipating changes in growth.
- If the player is tall, consider going up a size to accommodate the extra length. Note that the chest size will increase as well.
- If you are unsure about the size to order, always order the bigger size. Nothing is worse than a tight jersey, or one that does not fit at all.
- In the size chart, measurements are stated by range per size. The target measurement per size is the number in the middle, with a 1" allowance/tolerance on the larger end, and a 1" tolerance on the smaller end of the spectrum. For example, the range for a size Adult Large is 49" – 51", where the target measurement for production for that size is 50", but actual size may be anywhere between 49" to 51"
 - Using the same example, if your jersey measured in at 50 ½" – 51", you may want to consider moving up to a size Extra Large (XL) to ensure you do not have an issue with the jersey being too tight (because your AK jersey could measure out on the low end of the range).