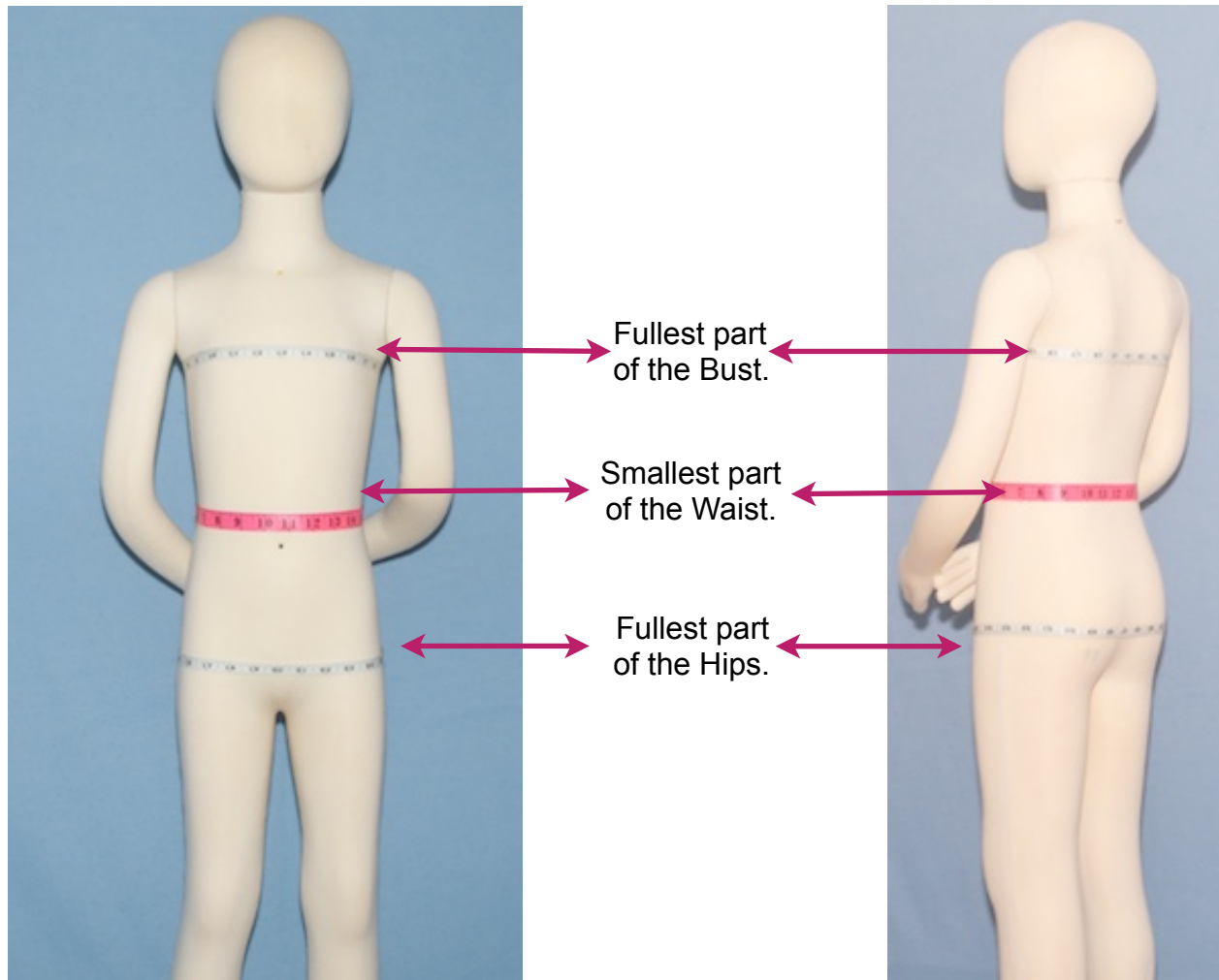# Measuring Guide
For Girls and the Mature Dancer

A leotard works fine as a body covering to measure the undeveloped figure.
For the mature dancer a thin T shirt with leggings are best as a body covering.
A leotard can flatten and distort the bust.

Fullest part
of the Bust.

Smallest part
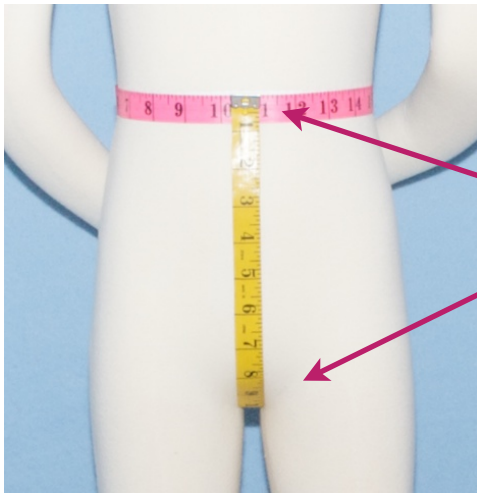of the Waist.

Fullest part
of the Hips.

Helpful Hint:

A quick, easy method to get a stable placement for measuring.

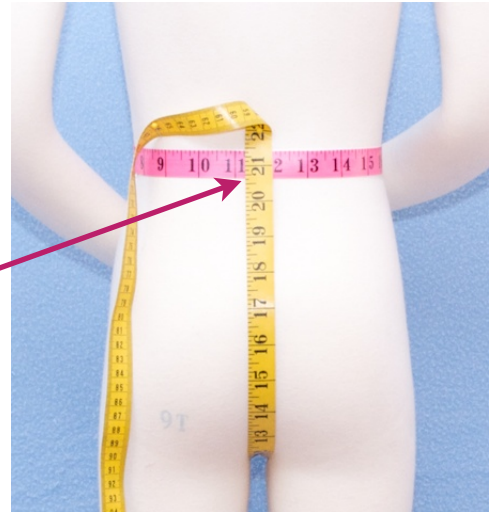Make up 2 circles of 3/4 or 1" elastic.

Place one around the waist.

Place the other around the fullest part of chest or hips.

Determine if you are going to use the top or the bottom of the waist elastic as your starting point and always use that point.

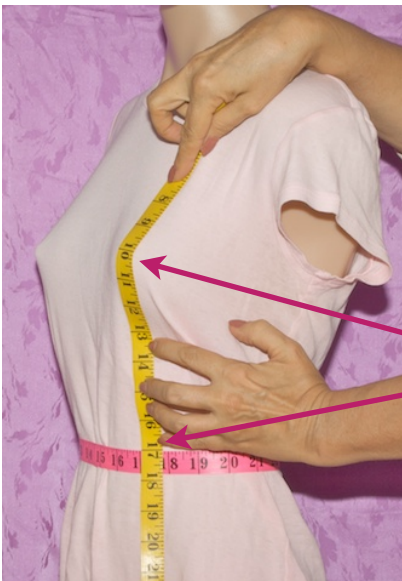Waist at front through crotch to waist at back.

Bust Point to Waist

Needed for fitting purposes.

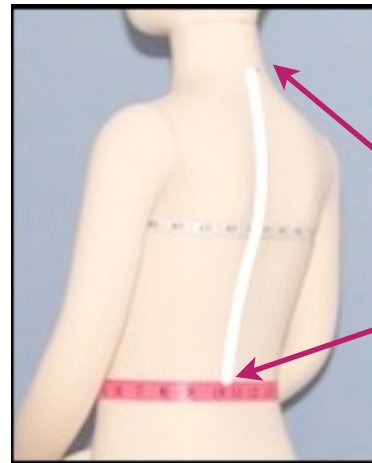As this is an intimate measurement, the best way to deal with it, is to place the tape measure with the 10" mark at the bust point. Take the measurement and subtract 10.

You can also have the person help hold the tape for you.

Back Length

From the bust point to the waist. Follow the contour of the body.

From the prominent bone at the base of the back neck to the waist. Follow the contour of the body.

Size Chart

Inches	Girls						Adult					
Size	**Y4**	**Y5**	**Y6**	**Y7**	**Y8**	**Y9**	**A1**	**A2**	**A3**	**A4**	**A5**	**A6**
Bust	24	26	28	30	32	34	30	32	34	36	38	40
Waist	22	23	24	25	26	27	22	24	26	28	30	32
Hips	26	28	30	32	34	36	32	34	36	38	40	42
Crotch Length	20 1/2	21 3/4	23	24 1/4	25 1/2	26 3/4	25 1/2	26 1/4	27	27 3/4	28 1/2	29 1/4
Back Length	10 3/4	11 1/2	12 1/4	13	13 3/4	14 1/2	14 7/8	15 1/4	15 5/8	16	16 3/8	16 3/4

Metric cm	Girls						Adult					
Size	**Y4**	**Y5**	**Y6**	**Y7**	**Y8**	**Y9**	**A1**	**A2**	**A3**	**A4**	**A5**	**A6**
Bust	61	66	71	76	81	86	76	81	86	91	97	102
Waist	56	58	61	64	66	69	56	61	66	71	76	81
Hips	66	71	76	81	86	91	81	86	91	97	102	107
Crotch Length	52	55	58	62	65	68	65	67	69	70	72	74
Back Length	27	29	31	33	35	37	37.6	38.6	39.6	40.6	41.6	42.6

If your dancer's measurements do not match the charts exactly use the following guidelines.

Bodice: purchase pattern by bust measurement.

Tutu: purchase pattern by crotch length.

All patterns have instructions for adjustments