

# Measurement Instructions

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## Helpful hints;

While you are measuring your dancer, make sure that they do not look down or at you. They need to stand in parallel and pulled up.

It is important that all of the circumference measurements are as close to parallel to the ground as much as possible.

When taking your dancers measurements, always keep the tape right to the body. Do not add ease! Please do not take the measurements yourself. They will never be accurate.

## IMPORTANT: Before you begin!!!

Tie a ribbon or elastic around their natural waist. This is where the dancer bends to the side naturally. This will be an important point of reference for a few measurements. Leave this on for all of the measurements.

These instructions are numbered in order to follow the measurement charts.

1. Head - Measure around fullest part of cranium (typically just above the ears) (Ladies & Men)
  2. Neck - Measure around throat (Ladies) or Adam's apple (Men)
  3. Collar - Measure around the base of the neck (Men)
  3. Upper Bust - Measure the circumference around the torso just under the armpit. (Ladies)
  4. Chest/ Bust - Measure around upper torso across nipples. (Ladies #4) Relaxed and expanded. (Men #4)
  5. Under Bust - Measure around the rib cage, right under the breast. (Ladies)
  6. Chest Width - Measure from one side of the rib cage starting at the side seam across the nipple line to the other side seam, in the front of the body and the back of the body. (Ladies & Men)
- Tip; Use the side seam of a leotard or tight t-shirt. These two measurements should equal the chest/ bust measurement. (Ladies & Men)
7. Bust Point to Bust Point - Measure nipple to nipple. (Ladies)
  8. Shoulder to Bust Point - Measure from the middle of the shoulder vertically to the nipple. Start from the meat of the shoulder muscle. Typically in line with your leotard strap. (Ladies)
  9. Bust Point to Waist - Measure from the nipple vertically to the waist. With a fuller bust, make sure the meas. Tape stays flush to the body. (Ladies)
  10. Bust point to top of bodice - Measure the nipple up to your chosen finished length of top of bodice. (Ladies)
  7. & 11. Underarm to Waist (Ladies #11 & Men #7) - Measure the bottom of the armscye to the side waist. Starting approx. 2 inches under the bend at armpit. Tip; measure with arm in A La Seconde.
  8. & 12. Waist (Ladies #12 & Men #8) - Measure around the center of the torso at the point where the body bends naturally. This is where you previously tied your elastic or ribbon. **Note:** It does not necessarily land where the belly button is.

## Measurement Instructions Cont.

13. High Hip - Measure around the upper part of the hip. Tie a piece of elastic around this point to take this and the next measurement. Make sure the measuring tape stays parallel to the ground the entire hip circumference.

**Note:** Having a Basque that is too long could create an illusion that your legs are shorter than they are. You must visually place the elastic at an aesthetically pleasing point and make sure it is in an appropriate place for partnering. This is typically 1 inch lower than the hipbone. (Ladies)

14. Basque Depth Measurement - Measure vertically between the waist elastic and the high hip elastic. Center front, side and center back. (Ladies)

9. (Men) Waist to tunic hem. Measure vertically from the waist to the length of the hemline that is aesthetically pleasing to your eye.

10. (Men) Tunic Hem Circumference - This measurement is the circumference taken at the hemline that you select for your tunic from the waistline.

11. & 15. Low Hip (Ladies #15 & Men #11) - Measure around the largest part of the buttocks (feet together). Make sure the measuring tape stays parallel to the ground around the entire hip circumference.

12. & 16. Side Neck to Shoulder (Ladies #16. & Men #12) - Measure starting at the base of the side of the neck to the outside edge of the shoulder bone.

13. & 17. Armscye (Ladies #17 & Men #13) - This measurement determines the armhole of your costume. This is the circumference of the shoulder joint where the arm meets the shoulder bone and armpit. Start with the arm in A La Seconde, wrap the tape around the shoulder joint then slowly let the arm hang down while allowing the tape to grow slightly. The measurement is noted with the arm is down. **Note:** Make sure that the tape stays close to the skin.

14. Center Back Neck to Shoulder - Measure from the base of the back of the neck where the most prominent bone sticks out to the edge of the shoulder bone. (Men)

15. & 18. Shoulder to Elbow (Ladies #18 & Men #15) - Measure starting at the outside edge of shoulder bone where you left off at the previous measurement to the base of the elbow bone. (Arm slightly bent)

16. & 19. Elbow to Wrist (Ladies #19 & Men #16) - Measure starting at the elbow bone to 1" below the bottom of the wrist bone. (Arm slightly bent)

17. & 20. Bicep (Ladies #20 & Men #17) - Measure around the largest part of the bicep of your dominant arm. **Note:** Bicep flexed for Men.

18. & 21. Elbow (Ladies #21 & Men #18) - Measure around a slightly bent elbow.

19. & 22. Wrist (Ladies #22 & Men #19) - Measure around the wrist bone.

20. & 23. Shoulder to Shoulder (Ladies #23 & Men #20) - Measure across torso from the outside of one shoulder bone to the other, front and back.

21. & 24. Neck to Waist (Ladies #24 & Men #21) - Measure from the base of the neck (Front, hollow where collarbones meet. Back, most prominent bone at base of neck) straight down to center front and back to the waist.

22. Shoulder to Waist - Measure from the middle of the shoulder muscle vertically over the nipple to the straight down to the waist. (Men)

23. & 25. Girth (Ladies #25 & Men #23) - Measure from the middle of the shoulder muscle taking the tape down the front of the body, between the legs and meeting at the same point at the shoulder in the back. **Note:** make sure the tape stays flush to the body at the small of the back.

24. & 26. Half Girth (Ladies #26 & Men #24) - Measure from the center front at the waist where you originally placed the elastic then take the tape through the legs and finishing at the center back waist.

Measurement Instructions Cont.

25. & 27. Outseam (Ladies #27 & Men #25) - Measure from the side waist to knee top, then knee top to the bottom of the anklebone.
26. & 28. Inseam (Ladies #28 & Men #26) - Measure the crotch to knee top, then knee top to the bottom of the anklebone. **Note:** Have the dancer place the tape at the highest point of the crotch. But, make sure that they keep the tape straight. If they curve the top of the tape just slightly, it could add 1/2" to the measurement.
27. & 29. Thigh (Ladies #29 & Men #27) - Measure the circumference of the fullest part of thigh.
28. & 30. Knee (Ladies #30 & Men #28) - Measure the circumference of the middle of the knee.
29. & 31. Calf (Ladies #31 & Men #29) - Measure the circumference of the fullest part of the calf.
30. & 32. Ankle (Ladies #32 & Men #30) - Measure the circumference of the fullest part of the anklebone.
33. Leotard Leg line - Measure the circumference around the leg line. (ballet cut leg of leotard)