

SOCCER SIZING GUIDE

DESIGN YOUR LOOK. CHANGE YOUR GAME.





STIMULUS

SIZE GUIDE

SUMMARY — SOCCER 2025

HOW TO FIND YOUR BEST FIT!

We make it simple to find your size—even if it's your first time ordering. Here's how:



1. Use a similar item you already own—something that fits you well.



2. Lay it flat on a table or smooth surface.



3. Measure across the chest from armpit to armpit.



4. Measure the length from the top of the shoulder to the bottom hem.

Important:

All sizes in this chart are based on flat garment measurements (in inches), not body measurements. For shorts and pants, keep in mind that our stretch fabric and elastic waistbands allow each size to fit a wide range comfortably.

If you're between sizes:

- (-) Size down for a more fitted feel.
- (+) Size up for a looser, more relaxed fit.

Need help?

Email us anytime at orders@stimulusathletic.com — we've got your back.

Watch the full video here:

[Stimulus Sizing Guide](#)



SIZING GUIDE: CUSTOM SOCCER UNIFORMS

QUICK SIZING TIP: Based on customer feedback, our adult jerseys for both men and women have a looser fit and typically run one size larger than major brands. Youth sizes are either comparable or slightly smaller in fit.

If you have any questions or concerns about our sizing or need assistance, our dedicated customer service team is always available to help you.

Email: orders@stimulusathletic.com

Measurement = Inches

MEN'S JERSEY			
SIZE	CHEST	SLEEVE	LENGTH
XS	19.7	8.7	26.4
S	20.5	9.1	27.6
M	21.3	9.4	28.7
L	22	9.8	29.9
XL	24.4	10.2	31.1
2XL	25.6	10.6	32.3
3XL	26.8	11	33.5

WOMEN'S JERSEY			
SIZE	CHEST	SLEEVE	LENGTH
XS	18.2	6.3	25.2
S	20.5	7.1	26.4
M	22	7.1	27.4
L	23.2	7.4	28.9
XL	24	7.6	29.9
2XL	24.8	7.9	30.5
3XL	25.6	8.3	31.5

YOUTH JERSEY			
SIZE	CHEST	SLEEVE	LENGTH
20 (XS)	15	5.9	18.5
22 (S)	15.7	6.3	20.1
24 (M)	16.5	6.7	21.7
26 (L)	17.3	7.1	23.2
28 (XL)	18.1	7.5	18.1
30 (2XL)	18.9	7.9	18.9
NA	NA	NA	NA

MEN'S SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	16.3	12.6	6
S	17.1	13.4	6.5
M	17.9	14.2	7
L	18.7	15	7.5
XL	19.5	15.7	8
2XL	20.3	16.5	8.25
3XL	21.1	17.3	8.25

WOMEN'S SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	14	13.4	4.5
S	14.2	14.2	5
M	15.6	15	5
L	16.5	15.7	5.5
XL	17.4	16.5	5.5
2XL	18.1	17.3	6
3XL	18.9	18.1	6

YOUTH SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
20 (XS)	14.2	14.2	5
22 (S)	15.6	15	5.5
24 (M)	16.5	15.7	5.5
26 (L)	17.4	16.5	5.5
28 (XL)	18.1	18.1	6
30 (2XL)	18.9	18.9	6
NA	NA	NA	NA



SIZING GUIDE: IN-STOCK UNIFORMS

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Measurement = Inches

MEN'S JERSEY		
SIZE	CHEST	LENGTH
XS	18.7	26.2
S	19.3	27.6
M	20.1	28.3
L	20.9	29.1
XL	21.7	29.9
2XL	22.4	30.7
3XL	23.2	31.5

WOMEN'S JERSEY		
SIZE	CHEST	LENGTH
XS	17.7	24.6
S	18.7	26.2
M	19.3	27.6
L	20.1	28.3
XL	20.9	29.1
2XL	21.7	29.9
3XL	22.4	30.7

YOUTH JERSEY		
SIZE	CHEST	LENGTH
20 (XS)	NA	NA
22 (S)	14.8	19.9
24 (M)	15.7	21.5
26 (L)	16.7	23
28 (XL)	17.7	24.6
30 (2XL)	18.7	26.2
NA	NA	NA

MEN'S SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	14.6	12.6	6
S	15.4	13	6.5
M	16.1	13.4	7
L	16.9	13.8	7.5
XL	17.7	14.2	8
2XL	18.5	14.6	8.25
3XL	19.3	15	8.25

WOMEN'S SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	14	12.2	4.5
S	14.6	12.6	5
M	15.4	13	5
L	16.1	13.4	5.5
XL	16.9	13.8	5.5
2XL	17.7	14.2	6
3XL	18.5	14.6	6

YOUTH SHORTS			
SIZE	LENGTH	WIDTH	INSEAM
20 (XS)	NA	NA	NA
22 (S)	12.2	11	5.5
24 (M)	12.8	11.4	5.5
26 (L)	13.4	11.8	5.5
28 (XL)	14	12.2	6
30 (2XL)	14.6	12.6	6
NA	NA	NA	NA



SIZING GUIDE: SOCCER

QUICK SIZING TIP: Based on customer feedback, our adult jerseys for both men and women have a looser fit and typically run one size larger than major brands. Youth sizes are either comparable or slightly smaller in fit.

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Measurement = Inches

MEN'S KIT



SIZE	S	M	L	XL
HEIGHT	5'9"	6'1"	6'3"	6'4"
WEIGHT	152 lbs	160 lbs	174 lbs	215 lbs

WOMEN'S KIT



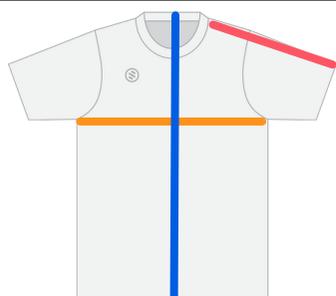
SIZE	XS	S	M	L
HEIGHT	5'1"	5'2"	5'4"	5'5"
WEIGHT	115 lbs	122 lbs	130 lbs	172 lbs

YOUTH KIT



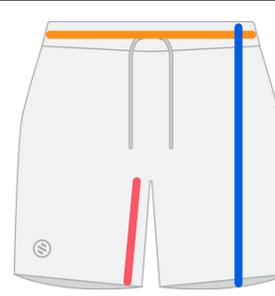
SIZE	S - 22	M - 24	L - 26	XL - 28
HEIGHT	4'1"	4'6"	4'7"	4'11"
WEIGHT	50 lbs	66 lbs	80 lbs	92 lbs

HOW TO MEASURE JERSEYS



CHEST	MEASURE FROM ARMPIT TO ARMPIT
SLEEVE	MEASURE FROM COLLAR TO FULLEST LENGTH OF SLEEVE
LENGTH	MEASURE FROM TOP OF COLLAR TO BOTTOM HEM

HOW TO MEASURE SHORTS



LENGTH	MEASURE FROM TOP OF WAISTBAND TO BOTTOM OF HEM
WIDTH	MEASURE UNSTRETCHED WAIST BAND FROM ONE SIDE TO THE OTHER
INSEAM	MEASURE INNER SEAM TO BOTTOM HEM



SIZING GUIDE: SOCCER

QUICK SIZING TIP: This chart shows flat garment measurements (in inches), not body sizes. For shorts and pants, stretchy fabric and elastic waists offer a flexible fit. Between sizes? Size down for a snug fit or up for a relaxed feel.

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Measurement = Inches

MEN'S JACKET			
SIZE	CHEST	SLEEVE	LENGTH
XS	19.5	29.5	26.5
S	20.5	30	27.5
M	21	31	28.5
L	22	31.5	29.5
XL	23	32.5	30.5
2XL	23.5	32.5	31.5
3XL	24.5	33.5	32.5

WOMEN'S JACKET			
SIZE	CHEST	SLEEVE	LENGTH
XS	18.1	26.5	23.5
S	18.5	27.5	24.5
M	19.5	28.25	25.25
L	20.5	29	26.25
XL	21.25	30	27.25
2XL	22	30.5	28.25
3XL	22.5	31.5	29.25

YOUTH JACKET			
SIZE	CHEST	SLEEVE	LENGTH
20 (XS)	16	20	18
22 (S)	16.5	20.5	19
24 (M)	17.5	23	21
26 (L)	18.5	24.25	22.25
28 (XL)	18.75	26	24
30 (2XL)	19.75	27.5	25.5
NA	NA	NA	NA

MEN'S PANTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	39	12.5	28.25
S	40	13.25	28.75
M	41	14	29.5
L	42	15	30
XL	43	15.75	30.75
2XL	44	16.5	31
3XL	45	17.25	31.75

WOMEN'S PANTS			
SIZE	LENGTH	WIDTH	INSEAM
XS	37.5	12.5	26.75
S	38.5	13.3	27.5
M	39.5	14.1	28
L	40.5	14.9	28.75
XL	41.5	15.7	29.5
2XL	42.5	16.5	30
3XL	43.5	17.3	30.75

YOUTH PANTS			
SIZE	LENGTH	WIDTH	INSEAM
20 (XS)	29.5	10	20.25
22 (S)	31	10.25	21.5
24 (M)	32	11	22.5
26 (L)	33.5	11.5	24
28 (XL)	36.5	12	26.5
30 (2XL)	38.25	12.5	27.5
NA	NA	NA	NA



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Measurement = Inches

MEN'S TRACK SUIT

SIZE	S	M	L	XL
HEIGHT	5'9"	6'1"	6'3"	6'4"
WEIGHT	152 lbs	160 lbs	174 lbs	215 lbs

WOMEN'S TRACK SUIT

SIZE	XS	S	M	L
HEIGHT	5'1"	5'2"	5'4"	5'5"
WEIGHT	115 lbs	122 lbs	130 lbs	172 lbs

YOUTH TRACK SUIT

SIZE	S - 22	M - 24	L - 26	XL - 28
HEIGHT	4'1"	4'6"	4'7"	4'11"
WEIGHT	50 lbs	66 lbs	80 lbs	92 lbs

HOW TO MEASURE JACKETS

CHEST	MEASURE FROM ARMPIT TO ARMPIT
SLEEVE	MEASURE FROM COLLAR TO FULLEST LENGTH OF SLEEVE
LENGTH	MEASURE FROM TOP OF COLLAR TO BOTTOM HEM

HOW TO MEASURE PANTS

LENGTH	MEASURE FROM TOP OF WAISTBAND TO BOTTOM OF HEM
WIDTH	MEASURE UNSTRETCHED WAIST BAND FROM ONE SIDE TO THE OTHER
INSEAM	MEASURE INNER SEAM TO BOTTOM HEM



SIZING GUIDE: SOCCER SOCKS

IMPORTANT: We recommend selecting a size **Small** for **Youth-sized** uniforms and **Medium** for **Adult-sized** uniforms. Our socks crafted from a soft cotton fabric. Designed to stretch perfectly, we ensure an excellent fit for athletes of all heights..

Measurement = Inches

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SOCKS		
SIZE	SHOE SIZE	
SMALL	YOUTH UP TO MEN SIZE 2-5	WOMEN SIZE 3-6
MEDIUM	MEN SIZE 6 - 10+	WOMEN SIZE 7- 9+