

## COSTUME MEASUREMENTS

Due to Covid, this year we are having our families measure their dancer for costumes.

We are providing you with a measuring tape that you are welcome to keep.

Bust, Waist, Hips, inseam, and Girth. The Girth is the MOST IMPORTANT!

Please add 2-3 inches to the girth for growing space.

Please measure with the following guidelines.

(Do not hesitate to ask if you need help)



### Getting the Measurements:

- **Girth** – Girth is the most important measurement when determining size! To measure girth, place a tape measure at the top of the shoulder where a leotard strap sits, then down through the crotch and back to the same shoulder. Measuring tape should be close to the body but not tight.
- **Bust/Chest** – Measure over the fullest part of your chest with your arms relaxed at your sides.
- **Waist** – Measure around where your waist naturally indents. Keep your finger between the tape and your belly.
- **Hips** – Measure around the fullest part of the hips and buttocks while standing with your heels together.
- **Inseam** – Measure from the crotch to the bottom. The inseam length is the number of inches, to the nearest half-inch.

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Please return the bottom portion of this form with your measurements or email us at [debbie@feltondance.com](mailto:debbie@feltondance.com)

Dancer Name: \_\_\_\_\_

Classes: \_\_\_\_\_

Bust/Chest \_\_\_\_\_ Waist \_\_\_\_\_ Hips \_\_\_\_\_ Inseam \_\_\_\_\_ Girth \_\_\_\_\_