

BASIC MEASUREMENTS

IMPORTANCE OF ACCURACY

Accurate measurements are crucial for a great fit—your dancewear should feel like a second skin!

For the best possible fit and accuracy, we recommend scheduling an in-person appointment to take your measurements if local, or virtual appointment. Please note that the basic measurements listed may not be all that's required for your custom dancewear, additional might be needed depending on the design.

EQUIPMENT

- ☐ An accurate vinyl or plastic tape measure (used for sewing/fashion). Avoid fabric tape measures, which can stretch and be inaccurate, or metal ones from hardware stores, which don't wrap around the body properly. Ensure the vinyl tape measure isn't old, frayed, cut, or warped.
- ☐ A trusted person to assist with measuring (you should not measure yourself).
- ☐ A sheet of paper and a pen or pencil or you can download solo or team form.
- ☐ A string to tie around your waist or a piece of elastic.

TIPS AND TRICKS

- ☐ Wearing what you normally wear under your costume (i.e. tights and a supportive non padded bra) or a fitted leotard or a bathing suit, is the best.
- ☐ You should **NOT** measure yourself!!! When one measures themselves, they tend to screw up their posture and get inaccurate measurements.
- ☐ Make sure you're reading from the right side of the tape. It may seem like a silly thing to bring up, but make sure you're starting at the "0" end and reading out from it.
- ☐ The tape should be snug against the body, without tightness but also without additional freedom.

- ☐ Make sure that the measuring tape goes straight around the body, no scooping or dipping anywhere, and that it doesn't twist.
- ☐ You will want to stand up straight, feet flat on the floor, and the shoes you will wear to dance in.
- ☐ Measure everything twice, to be sure
- ☐ Report your actual current measurements as you read them. (If you want something tighter or looser for a future date it is best to discuss any variances with me.)
- ☐ If you're taking measurements for a team order, have one person take all the measurements.
- ☐ Report all measurements in inches.

QUESTIONS

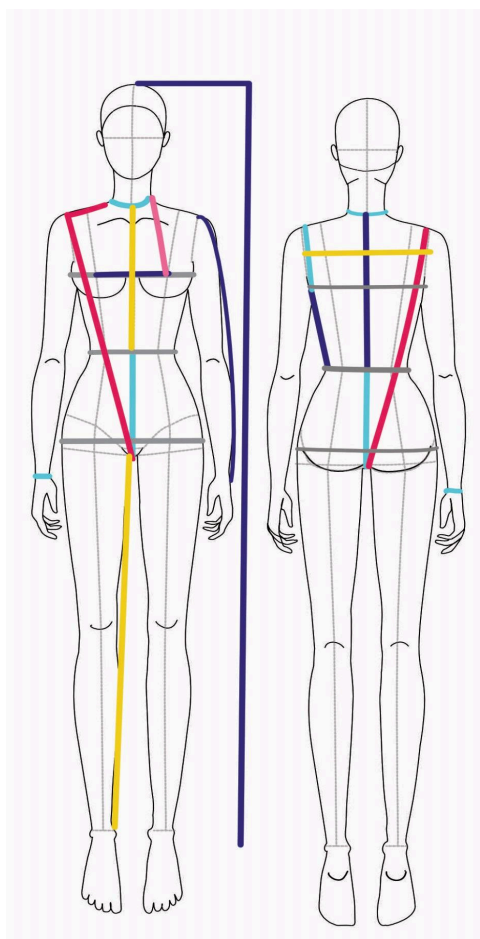
If there are questions, take a picture of the tape measure. It is very important to be exact and accurate. It is better to photograph/video tape the process — it will allow me to correct values of the inexact measurements. We are more than glad to set an appointment time for measured locals and a virtual appointment for those that aren't local.

EXTRA NOTES

To initiate any order processing, accurate measurements are essential; production timelines begin only upon receipt. As custom orders and individuals have unique sizing needs, specific measurement requirements will differ. This document provides comprehensive information on all potential measurements. Upon placing an order, the precise measurements needed for pattern creation will be communicated to you.

TEAM BASIC MEASUREMENT SPREADSHEET

SOLO BASIC MEASUREMENT FORM



- ☐ **HEIGHT**
- ☐ **WEIGHT**
- ☐ **AGE**
- ☐ **DRESS SIZE IN READY TO WEAR**
- ☐ **LEOTARD SIZE**
- ☐ **BRA SIZE AND CUP SIZE**
- ☐ **NECK** start at narrowest point of the neck and go around the circumference of the neck
- ☐ **BUST** taken around the fullest part of the bust, typically at the nipple line. The person being measured should hold their arms out to the side, while the person measuring ensures the tape goes straight across the back, without dipping under.
- ☐ **WAIST** refers to the smallest part of your torso. If you do not have an obvious waistline, bend to one side. The

point at which you bend over is your waistline. Please note, this is generally higher than where most people wear their pants. And this is wear you will want to secure a string, or elastic for some future references.

- ☐ **HIP** Measurements for hip refers to the fullest measurement around your butt-NOT at your hipbone line. Again measure straight around the body, ensuring the measuring tape doesn't dip or scoop down at any point.
- ☐ **GIRTH** girth or torso length is taken around the entire torso. Hold the '0' end of the measuring tape at the top of one shoulder in the middle (think where a bra straps sits), Run the tape down the front of the torso between the legs and the back ending at the beginning point on the shoulder for a full, closed loop. It is taken from right shoulder to right shoulder.
- ☐ **INSEAM** should be measured while the person being measured stands with their leg straight. Hold the start of zero of the measuring tape so the measuring begins right under the bottom of the crotch measuring straight down to the inside of the leg ending in the middle of the ankle bone.
- ☐ **SHOULDER LENGTH** Start at the neck and measure to your shoulder bone.
- ☐ **ACROSS CHEST WIDTH** measure about 4 inches down from the shoulders from armsy to armsy
- ☐ **BACK WIDTH** Measure from one shoulder to the other across the widest part of the back (that is normally about 6 inches down from shoulders and across the scapulas).
- ☐ **FRONT LENGTH** from the hollow of your neck to your waist (to the string around your natural waist be).
- ☐ **CROTCH LENGTH OR ½ GIRTH** from waist to waist between the legs.
- ☐ **BACK LENGTH** measurement is from the prominent vertebra in the neck, down the back to the waistline. When taking the back-waist measurement, have the person being measured stand with their back to the person taking measurements. They should stand straight and bend their head down to the front - WITHOUT leaning forward. The bone that sticks out in the base of the neck is referred to as the "prominent vertebra". The Back-waist is measured from this bone, down to the back of their waistline. If the person taking measurements is new to doing so, they should put a belt on / tie something around the waistline of the person being measured. This will prevent guessing as to where the waist actually is.

- ☐ **ARMSCYCE** starts the measurement at the top of your shoulder, where it meets the neck. Wrap the tape measure around your armpit and shoulder, ensuring it's snug but not too tight. Until you reach the starting point, record that measurement.
- ☐ **ARMSCYCE TO WAIST SIDE LENGTH** about 2 inches down from arm pit to waist.
- ☐ **OUTSIDE ARM LENGTH** extend your arm slightly bent out to the side, palm facing the floor. Measure from the high point of the shoulder joint to the wrist bone.
- ☐ **INSIDE OF ARM LENGTH** Extend your arm straight out to the side, palm facing the floor. Measure from armpit to wrist, along the underside of your arm.
- ☐ **INSIDE OF ARM TO ELBOW** Extend your arm straight out to the side, palm facing the floor. Measure from armpit to inside of elbow, along the underside of your arm.
- ☐ **BICEP MEASUREMENT** widest point of upper arm take a 360° measurement
- ☐ **ELBOW** wrap the measuring tape around your wrist and take a 360° measurement.
- ☐ **FOREARM** wrap the measuring tape around the thickest part of your forearm and take a 360° measurement.
- ☐ **WRIST** wrap the measuring tape around your wrist and take a 360° measurement.
- ☐ **HIGH BUST** taken high under the arms. The person being measured should hold their arms out to the side, while the person measuring ensures the tape goes straight across the back, without dipping under.
- ☐ **UNDER BUST** taken around bust, typically at the bra band line. The person being measured should hold their arms out to the side, while the person measuring ensures the tape goes straight across the back, without dipping under.
- ☐ **APEX MEASUREMENT** measure from apex to apex or nipple to nipple
- ☐ **LENGTH SHOULDER TO APEX** Measure from the side of your neck where it joins the shoulder down to the bust apex.
- ☐ **HIGH HIP** Measuring, at the top point of your hip. Take a 360° measurement, with your feet together, typically this is 3.5-4 inches below the waist.
- ☐ **WAIST TO HIGH HIP** this is the basque depth
- ☐ **CROTCH DEPTH** for this measurement it is necessary to sit on a chair, the measurement is taken

on a sideline from string on the waist to the chair surface.

- ☐ **BIKINI PANTY MEASUREMENT** (Bikini Girth Line) Measure from between hip bones in front to between hip bones in back through crotch (should be from bottom edge of basque in center front to bottom edge of basque in center back)
- ☐ **TOP OF THIGH** wrap the measuring tape around the thigh, with legs straight. This should be right at the panty line. Take a 360° measurement of one leg/thigh
- ☐ **THIGH MEASUREMENT** wrap the measuring tape around the thickest part of your thigh, with legs straight. This should be right under your booty. Take a 360° measurement of one leg/thigh
- ☐ **BELOW KNEE MEASUREMENT** wrap the measuring tape around the ankle bone to take a 360° measurement of one ankle
- ☐ **CALF MEASUREMENT** wrap the measuring tape around the thickest part of your calf, with legs straight. take a 360° measurement of one leg/thigh
- ☐ **ANKLE MEASUREMENT** wrap the measuring tape around the ankle bone to take a 360° measurement of one ankle
- ☐ **WAIST TO KNEE** should be measured while the person being measured stands with their leg straight. Taking the measurement on the **side** from waist to knee
- ☐ **WAIST TO FLOOR** should be measured while the person being measured stands with their leg straight. Taking the measurement on the **side** from waist to knee
- ☐ **INSEAM TO KNEE** should be measured while the person being measured stands with their leg straight. Hold the start of zero of the measuring tape so the measuring begins right under the bottom of the crotch measuring straight down to the inside of the leg ending at knee
- ☐ **AROUND HEAD** just above the ears
- ☐ **EAR TO EAR** over the head
- ☐ **WRIST TO MIDDLE FINGER**
- ☐ **SKIRT LENGTHS**

