

This size chart, constructed for women’s standard sizing, differs from the size chart on page 10. It is based on 4cm and 6cm bust increments between the size codes, and is compliant with the body measurement charts given in the standard BS EN 13402-3. The size chart, particularly the *new size coding*, reflects the larger average size of mature women today. It also reflects the shape of the mature figure; with increases in the waist, hips, and the front shoulder to waist measurements.

Despite the variations in body sizes, the general trend is for body size to increase with height. See the special table below for short or tall women.

4 cm and 6 cm increments

Women of medium height, 160–172 cm (5ft 3 in–5ft 7½ in)										
Size code	6	8	10	12	14	16	18	20	22	24
bust	80	84	88	92	96	100	104	110	116	122
waist	64	68	72	76	80	84	88	94	100	106
low waist (5cm below natural waist)	74	78	82	86	90	94	98	104	110	116
hips	88	92	96	100	104	108	112	118	124	132
back width	32.4	33.4	34.4	35.4	36.4	37.4	38.4	39.8	41.2	42.6
chest	30	31.2	32.4	33.6	34.8	36	37.2	39	40.8	42.6
shoulder	11.75	12	12.25	12.5	12.75	13	13.25	13.6	13.9	14.2
neck size	35	36	37	38	39	40	41	42	43	44
dart	5.8	6.4	7	7.6	8.2	8.8	9.4	10	10.6	11.2
top arm	26	27.2	28.4	29.6	30.8	32	33.2	35	36.8	38.6
wrist	15	15.5	16	16.5	17	17.5	18	18.7	19.4	20.1
ankle	23	23.5	24	24.5	25	25.5	26	26.7	27.4	28.1
high ankle	20	20.5	21	21.5	22	22.5	23	23.7	24.4	25.1
nape to waist	40.2	40.6	41	41.4	41.8	42.2	42.6	43	43.4	43.8
front shoulder to waist	40.2	40.6	41	41.4	42.3	43.2	44.1	45	45.9	46.8
armscye depth	20.2	20.6	21	21.4	21.8	22.2	22.6	23.2	23.8	24.4
waist to knee	57.5	58	58.5	59	59.5	60	60.5	61	61.5	62
waist to hip	20	20.3	20.6	20.9	21.2	21.5	21.8	22.1	22.4	22.7
waist to floor	102	103	104	105	106	107	108	109	110	111
body rise	26.6	27.3	28	28.7	29.4	30.1	30.8	31.8	32.8	33.8
sleeve length	57.5	58	58.5	59	59.5	60	60.25	60.5	60.75	61
sleeve length (jersey)	53.5	54	54.5	55	55.5	56	56.25	56.5	56.75	57
Extra measurements (garments)										
cuff size shirts	21	21	21.5	21.5	22	22.5	23	23.5	24	24.5
cuff size, two-piece sleeve	13.25	13.5	13.75	14	14.25	14.5	14.75	15	15.25	15.5
trouser bottom width	21	21.5	22	22.5	23	23.5	24	24.5	25	25.5
jeans bottom width	18.5	18.5	19	19	19.5	19.5	20	20	21	21

From: Metric Pattern Cutting for Women, 6th Ed. by Winifred Aldrich

Tall and short women

Size charts for tall or short women have each of the following vertical measurements adjusted as shown in the size chart.

	Short women (cm) (152–160 cm (5 ft–5 ft 3 in))	Tall women (cm) (172–180 cm (5 ft 7½ in–5 ft 10½ in))
nape to waist	-2	+2
scye depth	-0.8	+0.8
sleeve length	-2.5	+2.5
waist to knee	-3	+3
waist to floor	-5	+5
body rise	-1	+1