

SIZE GUIDE

We don't want you to choose the wrong size when you order. So, to make things easier for you we created a simple, easy-to-read size chart to help find your right size. Not the right size? No problem! Return your items within 30 days of order date. For more information see our [returns policy](#)

General guidelines - For best fit determine your size based on measurements. With arms relaxed on your sides, measure around your chest at the armpits, over the widest part of your chest. Compare with **chest measurement** in size chart below.

Please note – Size can vary dependent on the age of the shirt as well as the manufacturer. For more information about possible variations see 'Size Variation' at the bottom of this page.

	UK	CHEST	WAIST		UK	CHEST	WAIST		UK	CHEST	WAIST
Adidas (Mens)	XS	31 - 33"	27 - 29"	Macron (Mens)	XS	30 - 32"	26 - 28"	Womens	XS	30 - 32"	24 - 26"
	S	34 - 37"	30 - 32"		S	34 - 36"	30 - 32"		S	33 - 35"	27 - 28"
	M	37 - 40"	32 - 35"		M	38 - 40"	32 - 34"		M	36 - 37"	29 - 31"
	L	40 - 44"	35 - 39"		L	42 - 44"	34 - 36"		L	38 - 40"	32 - 34"
	XL	44 - 48"	39 - 43"		XL	44 - 46"	36 - 38"		XL	41 - 43"	35 - 37"
	XXL	48 - 52"	43 - 47"		XXL	46 - 48"	40"		XXL	44 - 46"	38 - 41"
	3XL	43 - 58"	48 - 53"		3XL	48 - 50"	42"		3XL	46 - 48"	42-44"

	UK	CHEST	WAIST		UK	CHEST	WAIST		SIZE	YEARS	CHEST
Nike (Mens)	XS	31-33"	27-29"	Puma (Mens)	XS	31 - 33"	27 - 29"	Boys	Youths (176cm)	14-16	34-36"
	S	34 - 37"	28 - 31"		S	34 - 37"	30 - 32"		YXL (164cm)	13/14	32 - 34"
	M	37 - 40"	31 - 35"		M	37 - 40"	32 - 35"		YL (152cm)	11/12	30 - 32"
	L	40 - 44"	35 - 38"		L	40 - 44"	35 - 39"		YM (140cm)	9/10	28 - 30"
	XL	44 - 48"	38 - 42"		XL	44 - 48"	39 - 43"		YS (128cm)	7/8	26 - 28"
	XXL	48 - 52"	42 - 47"		XXL	48 - 52"	43 - 47"		YXS (116cm)	5/7	24 - 26"
	3XL	53 - 58"	47 - 52"		3XL	43 - 58"	48 - 53"	YXXS (104cm)	4/6	22 - 24"	

Size Variation –

Shirt age – Since production began of replica shirts in the 1970s the size and fit of shirts has varied throughout the decades. Shirts from the 70s and 80s were typically produced with a slimmer fit. In the 90s many manufacturers including Nike, Adidas and Umbro began producing shirts with a looser fit. Since the early 00s shirts have tended have a more standard fit. The table below highlights some of these variations over time.

SHIRT	SIZE	BRAND	CHEST	SHIRT	SIZE	BRAND	CHEST
Man United 1975 Home	Medium	Adidas	36"	Arsenal 1978 Away	Medium	Umbro	38"
Man United 1984 Home	Medium	Adidas	36"	Arsenal 1988 Home	Medium	Adidas	38"
Man United 1996 Home	Medium	Umbro	42"	Arsenal 1996 Home	Medium	Nike	42"
Man United 2006 Home	Medium	Nike	40"	Arsenal 2005 Home	Medium	Nike	40"
Man United 2015 Home	Medium	Adidas	40"	Arsenal 2014 Home	Medium	Puma	40"

Player issue shirts – These shirts are designed to match the specifications of shirts worn by players, and as such they will have slightly different features to replica shirts. Since 2010 some manufacturers have produced player issue shirts with a tighter/slimmer fit. On the website these shirts will contain 'player issue' in the product name. **On both 'Techfit' and 'ACTV' player issue shirts we recommend opting for 2 sizes higher than your usual size if looking for a standard fit.** The table below highlights some of these variations with the corresponding player issue 'brand' e.g. 'Techfit' Adidas.

	UK	CHEST	WAIST		UK	CHEST	WAIST		UK	CHEST	WAIST
Adidas 'Techfit'	S (4)	33"	29"	Adidas 'Adizero'	S	34"	30 - 32"	Puma 'ACTV' Fit	S	33"	28"
	M (6)	35"	31"		M	38"	32 - 35"		M	35"	31"
	L (8)	38"	34"		L	42"	35 - 39"		L	38"	34"
	XL (10)	42"	37"		XL	46"	39 - 43"		XL	42"	37"
	XXL (12)	47"	43"		XXL	48"	43 - 47"		XXL	44"	43"

Tight-fitting designs – Some shirt manufacturers over time have produced replica shirts with tight-fitting designs. Notably Kappa who in 2000 released the “Kombat” design, an extremely tight fitting range of shirts which covered several teams including Italy, Tottenham, Roma and Wales. ***If you are looking to buy a Kappa shirt from this period (2000-present) we recommend opting for at least 1 size higher your usual size if looking for a standard fit.*** The table below highlights the variation.

Kappa 'Gara/Kombat'	S	M	L	XL	XXL
CHEST	34"	36"	40"	42"	44"

Please note – Due to the huge variation in age/brand of shirts available on the site there will be differences to sizing not listed on this size guide.

For more information about a specific shirt available on the site please [contact us](#)