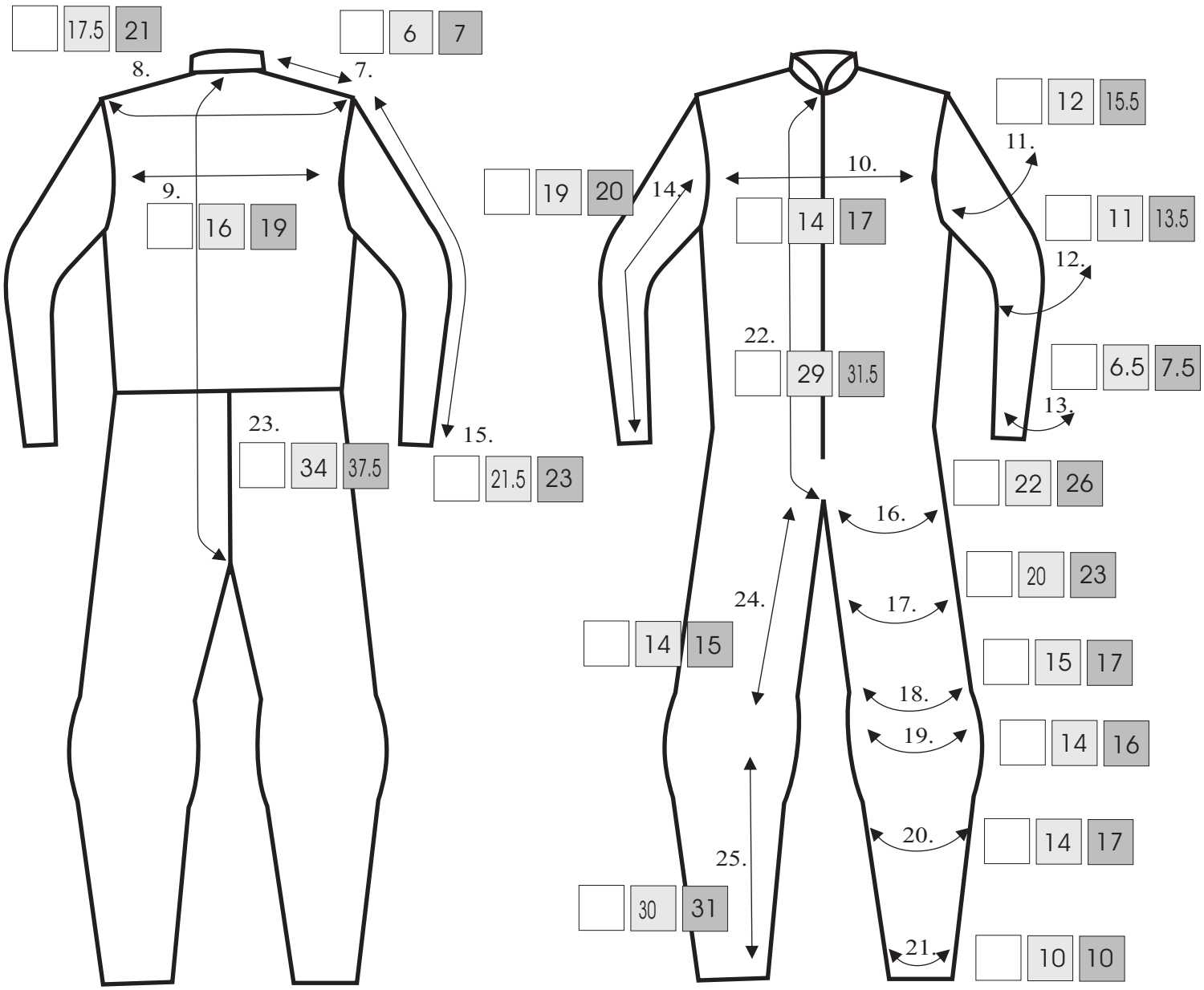
Name
&
Phone number _____



1. Height		5'8"	6'1"
2. Weight		150	220
3. Chest		37	46.5
4. Waist		32	38
5. Hips		34	42
6. Neck		16	17.5

Suit type-

Were you measured wearing a back protector?

What do you wear under your suit?

Follow the NJK measuring form using these instructions.

All measurements should be done wearing exactly what the rider plans to wear under the suit. So, if you plan to wear a back protector, knee braces, boots, etc., make sure that you are wearing them for the measuring.

Keep in mind that there are example measurements included in the form. There are three boxes next to each required measurement. The left box is blank and is where your measurement goes. The middle box is shaded light gray and is the typical measurement for a rider who stands 5'8" tall and weighs 150 pounds. The right measurements are the standard for a rider who is 6'1" tall weighing 220 pounds. If you are near these sizes, your measurements are likely similar and you can use these as guidelines. The arrows on the form are fairly accurate placement on the body.

1. Height- How tall are you?

2. Weight- How much do you weigh?

3. Chest- This is full circumference of your chest. Measure all the way around the chest, taking a deep breath.

4. Waist- This is full circumference, all the way around the belly button part of your waist. This is a bit higher than most of us wear our pants.

5. Hips- This is the full circumference of the largest area below waistline- including butt area.

6. Neck- circumference of neck.

7. Length of top of shoulder- Measure along top of shoulder from the base of neck to where the arm and shoulder meet.

8. Yoke- Measure from tip of one shoulder across to tip of other shoulder.

9. Width of back- Measure from the top of the crease that comes from arm pit area to the opposite side crease top. The arrow is very accurate on the form.

10. Width of chest- Measure from the top of the crease that comes from arm pit area to the opposite side crease top. The arrow is very accurate on the form.

11. Biceps- With the riders arm slight lifted and slightly bent, measure circumference of biggest part of upper arm. Flex all you like guys!

12. Forearm- With the riders arm slight lifted and slightly bent, measure circumference of biggest part of forearm.

13. Wrist- Measure circumference of wrist.

14. Length of front of arm- With the riders arm slight lifted and slightly bent, measure length of front of arm from top of arm pit crease, to the center of the front of elbow, all the way to the base of wrist.

15. Length of top of arm- With the riders arm straight and by their side, measure from the top of the shoulder, along top of arm, all the way to the base of wrist.

16-21. Leg circumference measurements- These are circumference of leg starting at the top and working down. 16- Upper thigh, 17- middle of thigh, 18- just above knee, 19- center of knee, 20- largest part of calf, 21 ankle.

22-25. Torso and Inseam- all originate in the same spot, dead center in the crotch. The rider will hold the tape in the exact same spot for all three of these measurements. As a reference, if you were wearing the worlds tightest jeans, the spot we are looking for would be where the four seams comes together in the middle. 22 is from the center of the crotch to the base of the neck in the front standing up straight. 23 is from the center of the crotch to the base of the neck in the back standing up straight. Make sure to not pull the tape up the butt crack on 23. 24 goes from the center of the crotch to the center of the knee on the inside. Slightly bend the knee to best locate the center. 25 is the full length from the center of crotch to middle of the knee to ankle bone.

If you are uncomfortable with these numbers, always contact us for advice and help. We can almost always offer video help via FaceTime, Skype, Facebook Messenger, Zoom, etc.