



### HOW TO MEASURE:

**Chest** - The tape should be placed under the arms level across back muscles and chest. Have the person take a deep breath when reading the measurement.

**Waist** - The tape should be placed around the waist above the top of the hip bone. It should be positioned approximately where the person wears a belt.

### NOTES:

1. Always use a cloth tailor's tape when taking body measurements. Place the index finger and middle finger between tape and body while holding the tape with thumb.
2. For circumference measurements of the body, the tape measure should not be pulled too tight.
3. For garment size, use the tape measurement to the next largest inch.
4. Garment sizing is determined from the actual body measurements. A specific size garment, e.g. size 42, is designed to fit a body with a chest measurement of 42".

The actual size of the pattern and garment will be determined by:

- a. Requirements of the sport (designed for loose or tight fit).
- b. Type of fabric intended for the garment design.
- c. Special garment styles or designs. When the above adjustments have been factored into the pattern, the garment should fit the proper size body as indicated on the size label of garment.
- d. The type and size of pads worn by the player

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<u>Jerseys Size</u>	<u>Kids Chest</u>	<u>Youth Chest</u>	<u>Adult Chest</u>
Small	18-21	27-29	36-38
Medium	22-23	30-32	40-42
Large	24-25	32-34	42-44
X-Large	26-27	34-36	44-46
2X-Large	-	-	46-48
3X-Large	-	-	48-50
4X-Large	-	-	50-52
5X-Large	-	-	52-54
6X-Large	-	-	56-58
7X-Large	-	-	58-60
<u>Pants Size</u>	<u>Kids Waist</u>	<u>Youth Waist</u>	<u>Adult Waist</u>
Small	14-16	22-24	31-33
Medium	16-18	24-26	34-36
Large	18-20	26-28	37-39
X-Large	20-22	28-30	40-42
2X-Large	-	-	43-44
3X-Large	-	-	45-47
4X-Large	-	-	48-50
5X-Large	-	-	52-54

All verbal changes or cancellations must be followed up and confirmed via fax or email to Ultimate Sportswear Customer Service of what is to be changed or cancelled. Ultimate Sportswear will then reconfirm via fax or email that the change or cancellation was accepted and/or processed.

Email: [csr@ussportswear.org](mailto:csr@ussportswear.org)

Or

Fax: 480-525-9979

## WASHING GUIDE

The following recommendations for cleaning and storing your uniforms will enhance the appearance of your team and extend the life of your garments.

### LAUNDERING PREPARATION

- Garments should be washed separately before initial use.
- For best results and maximum wear, uniforms should be laundered immediately after each game, in cold water.
- The rinse cycle should likewise be set for cold water.
- Garments that cannot be cleaned promptly after wearing should be hung individually on rust-proof hangers or hooks. Perspiration fading may occur if wet garments are left in a pile.
- After a game, inspect uniforms for snags, tears, etc. and make repairs before washing to prevent further damage.
- Remove all contrast color items, such as belts, from garments before laundering and wash them separately.
- Before laundering a load of new uniforms, a sample garment should be washed according to care label instructions.
- Prior to washing, turning the garments inside out will help preserve the twill or perma-print lettering.
- We recommend a detergent similar to Tide® for cold water.
- Do not wash uniforms with other items, such as towels.

### SOAKING

- Heavily soiled garments should be soaked in lukewarm water with a protein release agent for a maximum 45 minutes.
- Spray on products such as Spray'n Wash® or Shout® and leave on 15 minutes to absorb before washing.
- Products such as Stick Stain® or Shout Gel® can be rubbed on stubborn stains and left overnight for washing the next day as well.
- For blood stains, it is best to rinse in cold water as soon as possible, and if necessary, soak in cold water before washing. One of the above pre-treatments can also be used, or an oxygen based laundry booster such as Oxy Clean® can also be used for blood stains.
- An oxygen based laundry booster such as Oxy Clean® can also be used to eliminate odor.
- For ink stains, use hair spray. Simply spray on and rub until the ink is gone, then wash as normal.
- Immediately after soaking, garments should be run through a normal wash cycle.

### MATCHING COLORS:

There is no known process which can positively regulate the final results when cotton, polyester or nylon yarns or cloth are dyed in both yarns and fabrics. Even though the finest dyes are used, each lot may absorb the color in a different manner and vary in shading when finished. Every possible effort is made to match colors as closely as the peculiarities in dyes and dye action will permit, but the situation is not

### WASHING

- Do not overload washer.
- Do not wash white and colored garments together.
- All garments should be washed in cold water, 98° for blood stains. Rinse water temperature should not vary more than a few degrees from wash water temperature.
- Use a mild detergent (ph under 10.0) for washing uniforms.
- The water level in the washing machine should be kept high to hold down mechanical action. Only when uniforms are extremely soiled should the water level be lowered to increase mechanical action.
- Avoid overloading the machine as this causes shrinkage and impedes the cleaning process.
- Use an anti-static agent such as Bounce® Dryer Sheets, especially on garments to be tumble dried, to minimize lint attraction and spark discharge.

### BLEACH

- Never use a chlorine bleach on any garments as it fades colors and weakens some materials.

### DRYING

- For best results, garments (particularly those containing spandex) should be hung to drip dry.
- **Do not dry uniforms on high heat.**
- If you must use a dryer, use a damp dry or air dry setting. High heat can cause shrinkage, Perma-Print® ink to crack, twill to wrinkle etc.
- When tumble drying, use the lowest temperature or "air" setting. The uniforms will stick together, especially those with Perma-Print® ink.
- Remove garments promptly from dryer.

### DRY CLEANING

- Do not dry clean any of your uniforms.

### STORING

- Garments should be completely dry before storing.
- Store uniforms in a cool, dry area protected from sunlight and fluorescent light. This will prevent mildew and yellowing.

controllable. All orders are handled by us with the understanding that the purchaser realizes these conditions and accepts the responsibility for any variations within standard tolerances. Fabric of 100% polyester or polyester blends in dark shades contain dyes that may tint light colors of Perma-Print ink. Ultimate Sportswear will not assume responsibility should this occur