

MensBalletCostumes

Male Measurement Instructions

Helpful hints;

While you are measuring your dancer, make sure that their feet are in 6th position and they look forward. (Not down or at you.)

It is important that all of the circumference measurements are parallel to the ground.

When taking your dancers measurements, always keep the measuring tape right to the dancers body. But, don't pull the tape so tight that it changes the shape of their flesh. Never take measurements on yourself.

Before you begin!!!

Tie a ribbon or elastic around their natural waist. *Note: To find the natural waist, have your dancer bend to the side. The dent in their side while bent is the natural waist.* Leave the ribbon or elastic on for all of the measurements. It is an important point of reference for a few measurements.

The instructions below are numbered in order to follow the same numbers on the measurement chart.

1. Head - Measure around fullest part of cranium (typically just above the ears).
2. Neck - Measure around Adam's apple.
3. Collar - Measure around the base of the neck.
4. Chest – Measure the circumference around upper torso across nipple line. *Note: Make sure that your measuring tape is Parallel to the floor.*
5. Expanded Chest - Measure (#4) again taking a deep breath in allowing the tape to expand.
6. Chest Width - Measure from one side of the rib cage starting at the side seam across the nipple line to the other side seam, in the front of the body and the back of the body. These two measurement should add up to the chest circumference.
Tip; Use the side seam of a leotard or tight t-shirt. These two measurements should equal the chest (#4) measurement.
7. Underarm to waist- Measure the side of the body starting 2 inches down from the armpit to the natural waist. *Note; position your arms in Ala Seconde, start the beginning of the measuring tape 2 inches below the bend of the armpit ending at the natural waist.*
8. Waist - Measure the circumference around the dancers waist. *This is where you previously tied your elastic or ribbon.*
9. Waist to tunic hem. Measure vertically from the natural waist down to the length of the hemline that is aesthetically pleasing to your eye.
10. Tunic Hem Circumference - This measurement is the circumference taken at the hemline that you selected (in #9) for your tunic from the waistline.
11. Low Hip - Measure around the largest part of the buttocks (*feet together*). Make sure the measuring tape stays parallel to the ground around the entire hip circumference.
12. Side Neck to Shoulder - Measure starting at the base of the side of the neck to the outside edge of the shoulder bone. *Note; don't continue out to the top of your arm bone. This measurement needs to stop right where the shoulder and arm meet at the shoulder joint.*

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Measurement Instructions Cont.

13. Armscye- This measurement determines the armhole of your costume. This is the circumference of the shoulder joint where the arm meets the shoulder bone and around to the armpit.

Start with the arm in A La Seconde, wrap the tape around the shoulder joint, then slowly let the arm hang down while allowing the tape to grow slightly. The measurement is noted when the arm is down. **Note:** Make sure that the tape stays close to the skin.

14. Center Back Neck to Shoulder - Measure from the base of the back of the neck where the most prominent bone sticks out to the edge of the shoulder bone. **Note;** *Shoulder bone described in #12.*

15. Shoulder to Elbow - Measure starting at the edge of shoulder bone where you left off at the previous measurement to the base of the elbow bone. *(Arm slightly bent)*

16. Elbow to Wrist - Measure the distance between the elbow (#15) to the wrist starting at the base of the elbow bone to the bottom of the wrist bone. *(Arm slightly bent)*

17. Bicep - Measure around the largest part of the bicep of your dominant arm. **Note:** *Bicep flexed.*

18. Elbow - Measure around a slightly bent elbow.

19. Wrist - Measure around the wrist bone.

20. Shoulder to Shoulder - Measure across torso from the outside of one shoulder bone (*Shoulder bone is noted in #12*) to the other, front and then back.

21. Neck to Waist - Measure from the base of the throat down to the waist elastic. Front measurement starts at the hollow where collarbones meet. Back measurement starts at the most prominent bone at base of neck, straight down the back to the waist elastic.

22. Shoulder to Waist - Measure from the middle of the shoulder muscle vertically over the nipple to the straight down to the waist elastic.

23. Girth - Measure from the middle of the shoulder muscle taking the measuring tape down the front of the body, between the legs and meeting at the same point at the shoulder in the back. **Note:** *make sure the tape stays flush to the body at the small of the back.*

24. Half Girth - Measure from the center front at the waist elastic, then take the tape through the legs finishing at the center back waist elastic. **Note:** *Do not allow the tape to go between the buttocks.*

25. Out-seam - Measure the side of the leg starting at the waist elastic down to top of kneecap and then top of kneecap to the bottom of the anklebone.

26. Inseam - Measure the crotch to top of kneecap, then top of kneecap to the bottom of the anklebone. **Note:** *Have your dancer place the measuring tape at the highest point of their crotch. Make sure that they keep the tape straight. If they curve the top of the tape just slightly, this could add 1/2" to the length of the measurement.*

27. Thigh - Measure the circumference of the fullest part of thigh.

28. - Measure the circumference of the middle of the knee over the kneecap.

29. - Measure the circumference of the fullest part of the calf.

30. Ankle - Measure the circumference of the fullest part of the anklebone.