

SIZE CHARTS

APPAREL

Men's (metric)

Size (cm)	S	M	L	XL	XXL	XXXL
Chest	88-96	96-104	104-112	112-124	124-136	136-148
Waist	73-81	81-89	89-97	97-109	109-121	121-133
Hip	88-96	96-104	104-112	112-120	120-128	128-136
Regular Inseam	92.5	93	93.5	94	94.5	95
Short Inseam	77.5	78	78.5	79	79.5	80
Long Inseam	87.5	88	88.5	89	89.5	90

Women's (metric)

Size (cm)	XS	S	M	L	XL	XXL
Bust	76-83	83-90	90-97	97-104	104-114	114-124
Waist	60-67	67-74	74-81	81-88	88-98	98-108
Hip	84-91	91-98	98-105	105-112	112-120	120-128
Regular Inseam	79.5		80		80.5	
Short Inseam	74.5		75		75.5	
Long Inseam	84.5		85		85.5	

Kids' (metric)

Size (cm)	XS	S	M	L	XL
Chest	64.5-66	66-69	69-75	75-81.5	81.5-88.5
Waist	59.5-61.5	61.5-65	65-69	69-72.5	72.5-76.5
Hip	68.5-71	71-74.5	74.5-79.5	79.5-84.5	84.5-89.5
EMEA Height	122-128	128-137	137-147	147-158	158-170

SOCKS

Men's & Women's (unisex)

Size	XS	S	M	L	XL	XXL
Europe Shoe	30-34	34-38	38-42	42-46	46-50	50-54
UK Shoe	12-2	2-5	5.5-7.5	8-11	11-14.5	14.5-18
Men's US Shoe	12.5C-2.5Y	2.5Y-5.5Y	6-8.5	8.5-12	12-15.5	15.5-19
Women's US Shoe		3.5-7	7-10	10-13.5		
cm	18.5-21.5	21.5-24	24-26.5	27-30	30-33.5	33.5-37

FOOTWEAR

Men's

EU	38.5	39	40	40.5	41	42	42.5	43	44	44.5	45	45.5	46	47	47.5	48	48.5	49	49.5	50	50.5	51	51.5	52	52.5	53.5	54.5	55.5	56.5
US	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	19	20	21	22
UK	5.5	6	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	18	19	20	21
CM	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	37	38	39	40

Women's

EU	34.5	35	35.5	36	36.5	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5	45	45.5	46	47	47.5	48	48.5	49
US	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16
UK	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5
CM	21	21.5	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32	32.5	33

NIKE FIT SYSTEM



DRI-FIT
STAY COOL

DRI-FIT: Pulls away sweat to help keep you dry and comfortable.

DRI-FIT SPHERE: 3-D construction helps keep you dry and reduces cling from sweat.



THERMA-FIT
STAY WARM

THERMA-FIT: Helps keep you warm and insulated.



STORM-FIT
STAY DRY

STORM-FIT 1: Helps keep you dry and comfortable in moderate weather conditions.

STORM-FIT 5, 10 & 20: Helps keep you comfortable and dry in rain, sleet and snow.

The seam-sealed, breathable fabric completely blocks wind and rain penetration at:

STORM-FIT 5: up to 5,000 mm of water pressure

STORM-FIT 10: up to 10,000 mm of water pressure

STORM-FIT 20: up to 20,000 mm of water pressure

WASH INSTRUCTIONS



CARE INSTRUCTIONS FOR NIKE TEAM SPORTS APPAREL PRODUCT

Care for jerseys promptly. The sooner you pre-treat and launder the stained clothes, the better your results will be. Don't allow mud or stains to set.

Do not leave wet or dirty jerseys in football or gym bags, where smells and permanent stains can develop.

If a stain is not removed in washing:

1. Do not dry it. Dryer heat will set the stain.
2. Soak the stain in a pre-wash. In the case of severe staining it may be necessary to apply a stain remover directly to the affected area. Then launder again.
3. Do not dry a garment until the stain is removed because dryer heat will set the stain.

Once stain is removed launder as per usual custom.

CARE DEFINITIONS

Pre-treat heavily soiled spots. Apply undiluted laundry detergent with a bleach alternative.

Pre-soak heavy stains. Soak stained items in a plastic bucket or laundry tub with the warmest water safe for the fabric and a good laundry detergent for one to three hours. Sensitive stains should be rinsed in cold water, and then washed with a non-chlorine bleach product.

Pre-wash: Used for heavily soiled garments. Run through the pre-wash cycle with the recommended amount of detergent. When wash cycle is complete, drain the pre-wash solution and launder in the hottest water recommended by the manufacturer.

DISCLAIMER

This NIKE TEAM Football catalogue has been created to offer a comprehensive view of products available for sale to teams. Whilst the information provided in this catalogue has been gathered and assembled with every effort made to ensure the accuracy of the content, Nike does not make any warranty in respect of this information.

Nike reserves the right to change items in the product line or their individual specification at any time.