



Standard Terminology Relating to Body Dimensions for Apparel Sizing¹

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1. Scope

1.1 This standard is a compilation of terminology related to the body dimensions for necessary apparel sizing.

1.2 For definitions of other textile terms, refer to Terminology D 123

1.3 The terms are listed in alphabetical order regardless of whether they are horizontal or vertical measurements.

2. Referenced Documents

2.1 *ASTM Standards:*

D 123 Terminology Relating to Textile Materials²

2.2 *ISO Standards:*³

ISO 3635–1981 Size Designation of Clothes, Definitions and Body Measurement Procedures

ISO 8559 Garment Construction and Anthropometric Surveys—Body Dimensions

3. Terminology

abdominal extension, n—see **front high-hip**.

acromion, n—*in anatomy*, that part of the shoulder blade located at the end of the spine which articulates with the collar bone. (See also **shoulder joint**.)

across shoulder, n—*in body measurements*, the distance from shoulder joint to shoulder joint across the back.

ankle, n—*in anatomy*, the joint between the foot and the lower leg. (See Fig. 1.)

ankle girth, n—*in body measurements*, the circumference of the leg over the greatest prominence of the ankle.

ankle height, n—*in body measurements*, with the subject standing barefoot, the distance from the center of the prominent outside ankle bone to the floor.

arm length, n—*in body measurements*, with the arm bent at 90° and the clenched fist placed on the hip, the distance from the shoulder joint along the outside of the arm over the elbow to the greatest prominence on the outside of the wrist. (See Fig. 2.)

armhole, n—*in garment construction*, the area of a garment

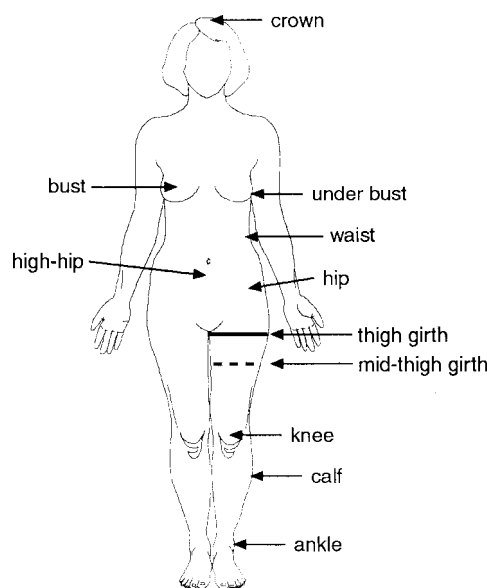


FIG. 1 Body Landmarks

through which the arm passes or into which a sleeve is fitted. (Compare **armscye**.)

DISCUSSION—The armhole is not necessarily the same shape or location as the armscye.

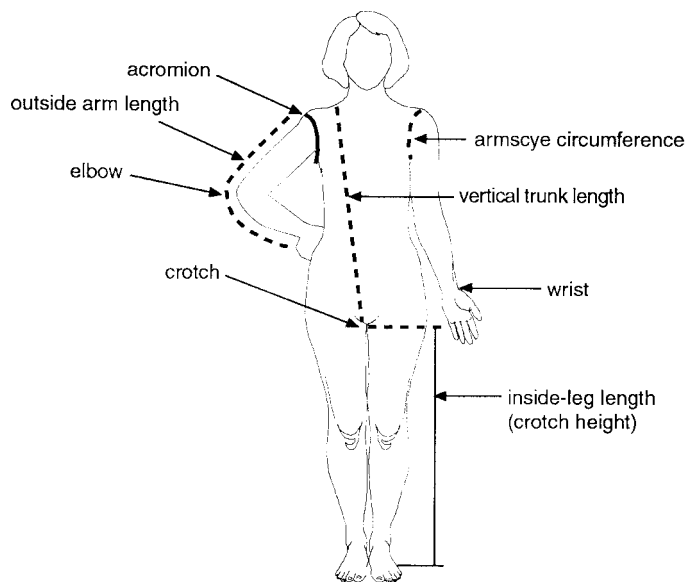


FIG. 2 Body Measurements

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² Annual Book of ASTM Standards, Vol 07.01.

³ Available from American National Standards Institute, 11 West 42nd Street, 13th Floor, New York, NY 10036.

armpit, *n*—*in anatomy*, the hollow under the junction of the arm and the shoulder.

armscye, *n*—*in garment construction*, the opening in a garment for the attachment of a fitted sleeve. (Compare **arm-hole**.)

DISCUSSION—Armscye is a tailor's term for armhole. The opening follows a line passing over the shoulder joint, front- and back-break points and armpit area.

armscye circumference, *n*—*in body measurements*, with the arm hanging down, the distance from the shoulder joint through the front-break point, the armpit, the back-break point, and to the starting point. (See Fig. 2.)

back-break point, *n*—*in anatomy*, the location on the back of the body where the arm separates from the body.

back width, *n*—*in body measurements*, the distance from back-break point to back-break point. (Syn. *cross back width*.) (See Fig. 3.)

body dimension, *n*—*in garment construction*, a body measurement which can be used to build a sizing system or to select an appropriately sized garment. (See also **sizing system**.)

body measurements, *n*—*in anthropometry*, a standardized distance between two specified points on the human anatomy.

DISCUSSION—Body measurements generally are based on standardized values from statistical studies of large populations.

body weight, *n*—*in body measurements*, mass in kilograms (pounds).

DISCUSSION—The term, weight, is used in reference to organisms and to objects used to apply a force on tension. In each case, the "weight" has a mass.

bust—see **bust girth**.

bust girth, *n*—*in body measurements*, the circumference of the body over the fullest part of the breasts and parallel to the floor. (Syn. **bust**, **full-bust girth**.) (Compare **upper chest girth**, **under bust girth**) (See Fig. 4.)

bust point to bust point, *n*—*in body measurements*, the distance across the front from the apex of one breast to the apex of the other. (See Fig. 5.)

calf girth, *n*—*in body measurements*, the maximum circumference around the leg between the knee and ankle, parallel to the floor.

center back waist length, *n*—*in body measurements*, the vertical distance along the spine from the cervicale to the waist.

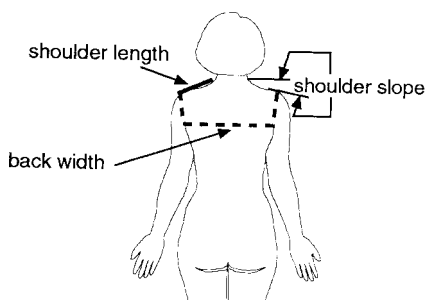


FIG. 3 Upper Body Measurements

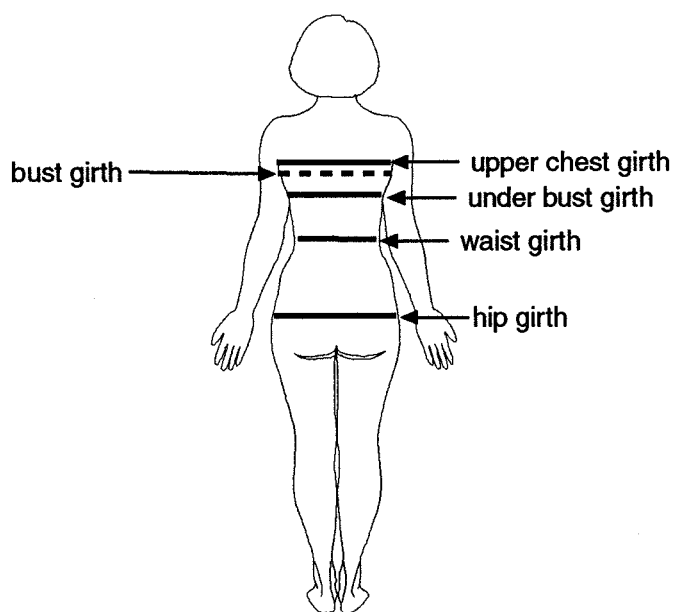


FIG. 4 Horizontal Measurements

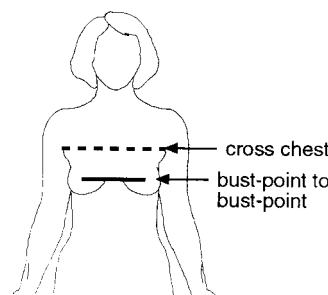


FIG. 5 Front Horizontal Body Measurements

center front waist length, *n*—*in body measurements*, the vertical distance from the neck baseline at the center front to the waist level.

cervicale, *n*—*in anatomy*, the prominent point of the seventh or lowest neck vertebra at the back of the body.

DISCUSSION—The cervicale is identified by being more prominent when the head is bent forward; however, cervicale height measurements are made only when the head is erect.

cervicale to bust point, *n*—*in body measurements*, the distance from the cervicale around the base of the neck and down to the bust point.

cervicale to wrist, *n*—*in body measurements*, with the arm bent, the distance from the cervicale to the shoulder joint, along the outside of the arm, over the elbow to the greater prominence on the outside of the wrist.

cross-back width—see **back width**.

cross-chest width, *n*—*in body measurements*, the distance from front-break point to front-break point. (See Fig. 5.)

croch, *n*—*in anatomy*, the body area adjacent to the vertex of the included angle between the legs. (See Fig. 2.)

croch depth—see **true rise**.

croch height—see **inside-leg length**.

crow, *n*—*in anatomy*, the top of the head. (See Fig. 1.)

drop, *n*—*in body measurements*, the difference between the chest girth and the waist girth.

elbow, *n*—*in anatomy*, the joint which articulates between the upper arm and the lower arm.

elbow girth, *n*— *in body measurements*, with the arm bent at 90° and the clenched fist placed on the hip, the circumference of the elbow. (See Fig. 2.)

foot length, *n*— *in body measurements*, with the subject standing barefoot, the distance from the most prominent part of the heel where it touched the floor to the end of the most prominent toe (see Fig. 6).

foot width, *n*—*in body measurements*, with the subject standing barefoot, the distance from the one side of the foot to the other at the widest part at the bottom.

front-break point, *n*— *in anatomy*, the location on the front of the body where the arm separates from the body.

full-bust girth—see **bust girth**.

front high-hip, *n*— *in body measurements*, the distance from one imaginary side seam to the other imaginary side seam at the high-hip level. (Syn. **abdominal extension**.)

head circumference— see **head girth**.

head girth, *n*—*in body measurements*, the maximum circumference of the head above the ears.

DISCUSSION—In the industry, the term head circumference is preferred.

heel-ankle circumference, *n*—*in body measurements*, with the subject standing barefoot, the distance around the foot from the point where the back of the heel contacts the floor and over the juncture of the foot and leg at the front of the ankle and back to the starting point.

height, *n*—*in body measurements*, the vertical distance from the crown of a standing subject to the soles of the feet. (Syn. **stature**)

DISCUSSION—For persons unable to stand, height is measured while they are lying down.

high-bust girth—see **chest girth**.

high-hip girth, *n*— *in body measurements*, the circumference of the body at a point approximately 7.5 cm (3 in.) below the waist and parallel to the floor. (Compare **hip girth**.)

hip, *n*—*in anatomy*, the laterally projecting region formed by the lateral parts of the pelvis and the upper part of the femur together with the flesh covering them. (See Fig. 1.)

hip girth, *n*—*in body measurements*, the maximum circumference of the body at the level of maximum prominence of the buttocks. (See Figs. 1 and 4.)

inside-leg length, *n*— *in body measurements*, the vertical distance from the crotch to the soles of the feet. (Syn. **crotch height**.) (See Fig. 2.)

knee, *n*—*in anatomy*, the joint between the lower and upper leg. (See Fig. 1.)

knee girth, *n*—*in body measurements*, with the leg straight, the

circumference of the knee over the knee cap and parallel to the floor.

mid-neck girth, *n*— *in body measurements*, the circumference of the neck approximately 25 mm (1 in.) above the neck base. (Compare **neck base girth**.)

mid-thigh girth, *n*— *in body measurements*, the circumference of the upper leg between the hip and the knee. (See Fig. 1.)

neck base girth, *n*— *in body measurements*, the circumference of the neck over the cervicale at the back and at the top of the collarbone at the front.

outside-leg length, *n*— *in body measurements*, the distance from the side waist to the soles of the feet, following the curve of the body.

scye depth, *n*—*in body measurements*, the distance from the cervicale to a point level with the armpit. (See Fig. 7.)

shoulder circumference, *n*— *in body measurements*, with arms down at sides, the maximum distance around the shoulders at the top of the arms.

shoulder joint, *n*— *in anatomy*, the juncture of the collarbone and the shoulder blade. (See also **acromion**.)

DISCUSSION—The outer end of the collarbone or clavicle pivots against the acromion which in turn pivots against the humerus or upper arm bone in the arm. These bones form the shoulder girdle.

shoulder length, *n*— *in body measurements*, the distance from the side neck base to the armscye line at the shoulder joint. (See Fig. 3.)

shoulder slope, *n*— *in body measurements*, the angle formed when the slant of the shoulder line deviates from the horizontal line that originates at the side neck base. (See Fig. 3.)

sitting spread, *n*— *in body measurements*, with the subject seated on a rigid flat surface and the thighs together, the distance around the hips (diagonally) from the point where the back of the buttocks contacts the sitting surface and over the widest part of the hips. (see Fig. 8).

sizing system, *n*— *in garment construction*, a method of designating garment sizes.

stature—see **height**.

thigh girth, *n*— *in body measurements*, the maximum circumference of the upper leg close to the crotch. (Compare **mid-thigh girth**.) (See Fig. 1.)

total crotch length, *n*— *in body measurements*, the distance from the waist level at center front through the crotch to the waist level at center back. (See Fig. 9.)

total vertical trunk length, *n*—*in body measurements*, the distance from the right shoulder line midway between the neck base and the shoulder joint, down the back through the crotch and over the projection of the right breast to the

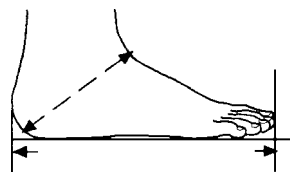


FIG. 6 Foot Length Measurement

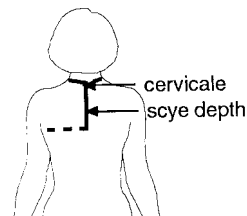


FIG. 7 Scye Depth Measurement

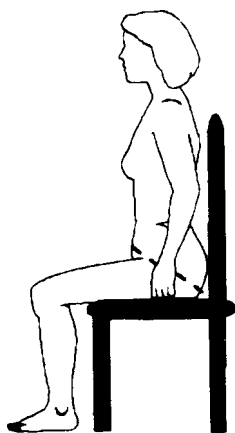


FIG. 8 Sitting Spread Measurement

starting point. (See Fig. 2.)

true rise, *n*—*in body measurements*, the vertical distance (plumb line) from the waist level at the side to the crotch. (Syn. **crotch depth**.)

underarm length, *n*—*in body measurements*, with arm hanging down, the distance from the armpit to the inner wrist bone.

underbust girth, *n*—*in body measurements*, the circumference of the body under the breasts and parallel to the floor. (See Fig. 4.)

upper-arm girth, *n*—*in body measurements*, the maximum circumference of the arm usually midway between the elbow and the shoulder joint.

upper-arm length, *n*—*in body measurements*, with the arm

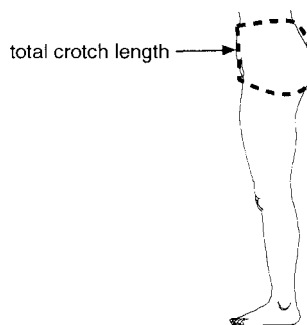


FIG. 9 Total Crotch Length Measurement

bent, the distance from the shoulder joint along the outside of the arm to the prominence of the elbow.

upperchest girth, *n*—*in body measurements*, the circumference of the body over the shoulder blades, under the arms and across the upper chest. (Syn. **high-bust girth**.) (Compare **bust girth**.) (See Fig. 4.)

waist, *n*—*in anatomy*, the part of the body at the location between the lowest rib and hip identified by bending the body to the side. (See Fig. 1.)

waist girth, *n*—*in body measurements*, the circumference of the waist immediately below the lowest rib. (See Fig. 4.)

wrist, *n*—*in anatomy*, the joint which articulates between the end of the lower arm and the hand. (See Fig. 2.)

wrist girth, *n*—*in body measurements*, the circumference over the prominence of the inner and the outer forearm bones. (See Fig. 2.)

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