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**INTERNATIONAL STANDARD**



**3635**

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INTERNATIONAL ORGANIZATION FOR STANDARDIZATION • МЕЖДУНАРОДНАЯ ОРГАНИЗАЦИЯ ПО СТАНДАРТИЗАЦИИ • ORGANISATION INTERNATIONALE DE NORMALISATION

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**Size designation of clothes – Definitions and body measurement procedure**

*Désignation des tailles de vêtements – Définitions et procédés de mesurage du corps*

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## FOREWORD

ISO (the International Organization for Standardization) is a worldwide federation of national standards institutes (ISO member bodies). The work of developing International Standards is carried out through ISO technical committees. Every member body interested in a subject for which a technical committee has been set up has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work.

Draft International Standards adopted by the technical committees are circulated to the member bodies for approval before their acceptance as International Standards by the ISO Council.

International Standard ISO 3635 was developed by Technical Committee ISO/TC 133, *Sizing systems and designations for clothes*, and was circulated to the member bodies in October 1975.

It has been approved by the member bodies of the following countries :

Australia	Iran	South Africa, Rep. of
Brazil	Israel	Spain
Canada	Italy	Sweden
Chile	Japan	Switzerland
Denmark	Mexico	Turkey
Finland	Netherlands	United Kingdom
France	New Zealand	U.S.A.
Hungary	Poland	U.S.S.R.
India	Romania	Yugoslavia

The member body of the following country expressed disapproval of the document on technical grounds :

Germany

# Size designation of clothes – Definitions and body measurement procedure

## 0 INTRODUCTION

In the size designation of clothes, certain measurements have been so prescribed that, when taken in accordance with a standard procedure using standard terms and definitions, they will define a body size. This body size is shown on the label, on the swing ticket, or on both, so that the correct selection of a garment may be made according to the appropriate personal measurements, irrespective of current fashion or garment style.

This International Standard is intended as a reference document to be consulted in conjunction with the International Standard for the size designation of clothes applicable to the garment under consideration.

## 1 SCOPE AND FIELD OF APPLICATION

This International Standard defines body dimensions and specifies a standard procedure for measuring the body.

## 2 DEFINITIONS

For the purposes of this International Standard, the following definitions shall apply :

**2.1 control dimensions :** Those body measurements, in centimetres, on which a sizing system is built, and that are used to assign an appropriately sized garment to a wearer.

**2.2 standard pictogram :** A pictorial symbol used to indicate the position on the body of the relevant control dimensions.

**2.3 special pictogram :** A pictorial symbol representing the upper part of the standard pictogram and on which the position of the breasts is indicated by two inverted arcs and which is used specifically to indicate the position of the underbust girth control dimension.

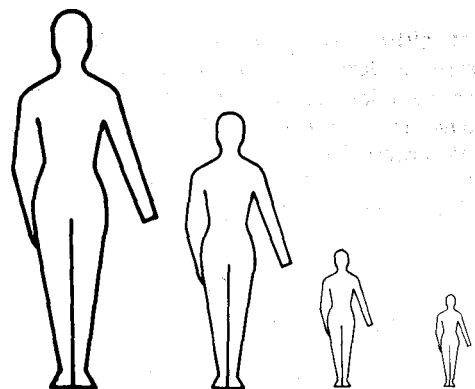
## NOTES

1 The standard pictogram and the special pictogram are shown below in their basic forms, i.e. without the numerals used for labelling. For uniformity of presentation, girth measurements should be shown on the left-hand side and length measurements on the right-hand side of pictograms.

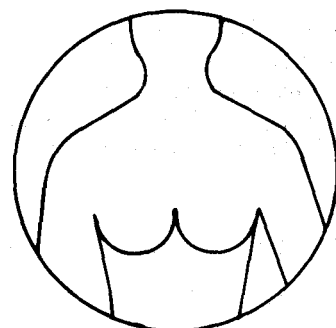
2 The minimum size of the pictogram is not specified but it should be large enough to convey immediate understanding and to allow the use of readily legible numerals.

3 The recommended type for use on pictograms is UNIVERS No. U-59, as used in the relevant size designation International Standards.

Standard pictogram



Special pictogram

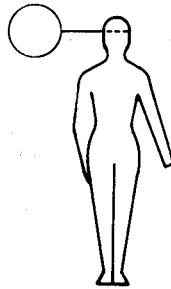


DEFINITION

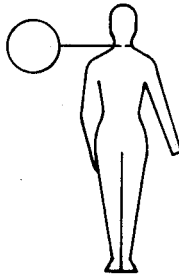
PICTOGRAM

MEASURING POSITION

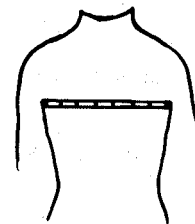
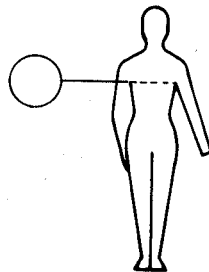
**2.4 head girth:** The maximum horizontal girth of the head measured above the ears.



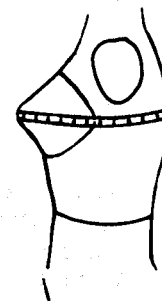
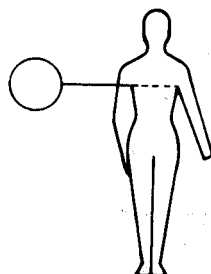
**2.5 neck girth:** The girth of the neck measured with the tape-measure passed 2 cm below the Adam's apple and at the level of the 7th cervical vertebra.



**2.6 chest girth:** The maximum horizontal girth measured during normal breathing with the subject standing erect and the tape-measure passed over the shoulder blades (scapulae), under the armpits (axillae), and across the chest.



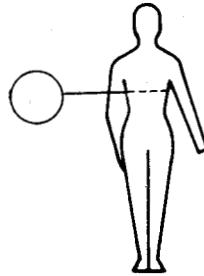
**2.7 bust girth:** The maximum horizontal girth measured during normal breathing with the subject standing erect and the tape-measure passed over the shoulder blades (scapulae), under the armpits (axillae), and across the bust prominence.



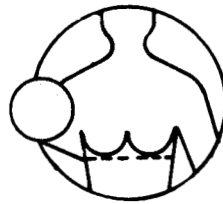
DEFINITION

**2.8 underbust girth :** The horizontal girth of the body just below the breasts.

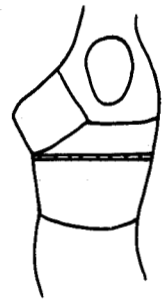
PICTOGRAM



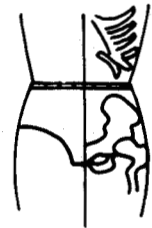
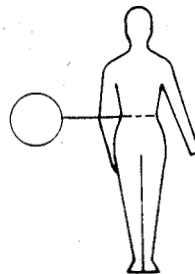
or, as appropriate,



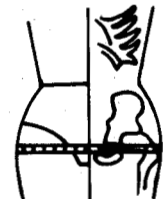
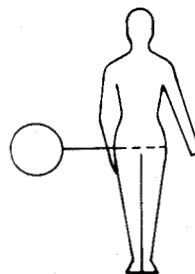
MEASURING POSITION



**2.9 waist girth :** The girth of the natural waist-line between the top of the hip bones (iliac crests) and the lower ribs, measured with the subject breathing normally and standing erect with the abdomen relaxed.



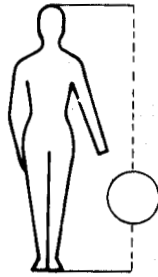
**2.10 hip girth :** The horizontal girth measured round the buttocks at the level of maximum circumference.



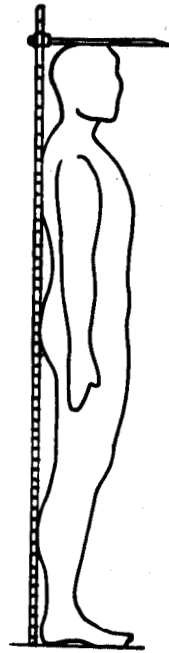
DEFINITION

**2.11 height (subjects other than infants) :** The vertical distance between the crown of the head and the soles of the feet, measured with the subject standing erect without shoes and with the feet together.

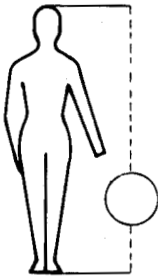
PICTOGRAM



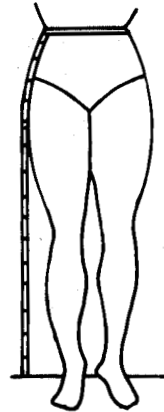
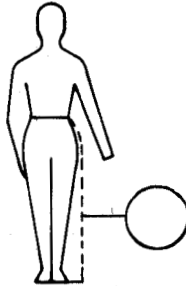
MEASURING POSITION



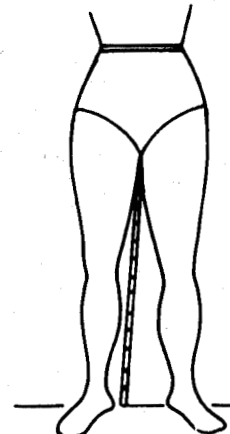
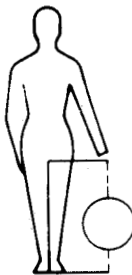
**2.12 height (infants, not yet able to stand upright) :** The length of the body measured in a straight line from the crown of the head to the soles of the feet.



**2.13 outside leg length :** The distance from the waist to the ground, measured with the tape-measure following the contour of the hip.



**2.14 inside leg length :** The distance between the crotch and the soles of the feet, measured in a straight line with the subject erect, feet slightly apart, and the weight of the body equally distributed on both legs.



### 3 MEASUREMENT OF BODY DIMENSIONS

#### 3.1 Apparatus

**3.1.1 Measuring stand** (anthropometer, somatometer), consisting essentially of a rule, graduated in centimetres, vertically mounted and with a movable arm (cursor).

**3.1.2 Dimensionally stable tape-measure**, of width approximately 15 mm and accurately graduated in centimetres.

#### 3.2 Procedure

If practicable, measure the body in the unclothed state. If this is impracticable (for example, if measurements are made at the point of sale), ensure that the measurements are taken over as few clothes as possible and that these garments do not seriously affect the body shape

or interfere with the taking of accurate measurements. When determining bust girth, measure over an unpadded brassiere that fits exactly, is of thin material, and does not contain metal or other supports.

Use the measuring stand (3.1.1) to measure the height of all persons other than infants not yet able to stand upright.

Use the tape-measure (3.1.2) to measure all other dimensions as well as the height of infants not yet able to stand upright. Apply moderate tension to the tape-measure (but ensure that the body is not constricted by the tape) and take each measurement "rounded up" to the next centimetre.

Take measurements of all the control dimensions specified in the International Standard for the size designation of the garment concerned.

NOTE — Other methods of measuring the body, such as biostereometry and photogrammetry, may be used, provided they are at least as accurate as the method prescribed.