



SOLAR UNIFORM SIZING INFORMATION

****IMPORTANT****

PLEASE READ INFORMATION BELOW BEFORE PROCEEDING

We hope that this sizing information is helpful in choosing your child's uniform size. We must avoid large gatherings for uniform sizing events during the COVID-19 Pandemic and the following information is the solution to the group sizing.

Please be aware that the images with height and weight ranges are merely suggestions. The better gauge is to use a tape measure and choose the size that is a bit LARGER than what your child actually measures. If they have a 32" chest, they do not need a jersey that measures as 32" around because the jersey will be too small and they need to last for a 2 year cycle. It's better to go a bit larger, rather than too small!

Please also keep in mind that these uniforms are mass produced and there will be slight variances within a size. Comparing fit and/or measuring your uniform from last year should help in the decisions you make when ordering your uniforms.

UNIFORM ITEMS THAT ARE NUMBERED/PERSONALIZED IN ANY WAY CANNOT BE RETURNED OR EXCHANGED. SO PLEASE TAKE YOUR TIME IN DECIDING ON UNIFORM SIZES!
Uniforms need to last for a 2 year cycle so it's always better to go a bit larger, rather than too small.

THANK YOU!



WHITE GAME JERSEY



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



Height: 4'1"

Weight: 52

Height: 4'6"

Weight: 71.9

Height: 4'8"

Weight: 73.8

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

YOUTH JERSEY

JERSEY MEASUREMENTS	YS	YM	YL
CHEST	31"	34"	37"
LENGTH	20"	22"	24"



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



Height: 5'6"

Weight: 153

Height: 5'10"

Weight: 162

Height: 5'11"

Weight: 193.5

Height: 5'10"

Weight: 215

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

ADULT JERSEY

JERSEY MEASUREMENTS	AS	AM	AL	AXL
CHEST	38"	41"	44"	48"
LENGTH	28"	28.5"	29.5"	30"



BLACK GAME JERSEY



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



Height: 4'4" Height: 4'11" Height: 5'2"
Weight: 56 Weight: 82 Weight: 95

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

YOUTH JERSEY

JERSEY MEASUREMENTS	YS	YM	YL
CHEST	31"	34"	37"
LENGTH	20"	22"	24"



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



Height: 5'8" Height: 5'11" Height: 6'2" Height: 5'11"
Weight: 138 Weight: 153 Weight: 184 Weight: 203

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

ADULT JERSEY

JERSEY MEASUREMENTS	AS	AM	AL	AXL
CHEST	38"	41"	44"	48"
LENGTH	28"	28.5"	29.5"	30"

WHITE & BLACK GAME SHORTS



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

YOUTH SHORTS



Height: 4' 4"
Weight: 56

Height: 4' 11"
Weight: 82

Height: 5' 2"
Weight: 95

SHORTS MEASUREMENTS	YS	YM	YL
WAIST SIZE	22"-24"	24"-26"	26"-28"
HIPS	32"	35"	38"
LENGTH	14"	15.5"	17"
INSEAM	6"	6.5"	7"



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

ADULT SHORTS



Height: 5' 8"
Weight: 138

Height: 5' 11"
Weight: 153



Height: 6' 2"
Weight: 184

Height: 5' 11"
Weight: 203

SHORTS MEASUREMENTS	AS	AM	AL	AXL
WAIST SIZE	28"-30"	32"-34"	34"-36"	36"-38"
HIP	40"	43.5"	46"	48"
LENGTH	17"	17.5"	18"	18.5"
INSEAM	7"	7"	7"	7"

PRACTICE SHORTS



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

YOUTH SHORTS



Height: 4' 2" Height: 5' 1" Height: 5' 2" Height: 5' 5"
Weight: 54 Weight: 88 Weight: 95 Weight: 116

SHORTS MEASUREMENTS	YS	YM	YL	YXL
WAIST SIZE	22"-24"	24"-26"	26"-28"	28"-30"
HIPS	32"	34.5"	38"	40"
LENGTH	14"	15.5"	17"	17"
INSEAM	6.5"	6.5"	7"	7"



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

ADULT SHORTS



Height: 5' 8" Height: 5' 10" Height: 6' 1" Height: 6' 5"
Weight: 140 Weight: 160 Weight: 180 Weight: 202

SHORTS MEASUREMENTS	AS	AM	AL	AXL
WAIST SIZE	28"-30"	32"-34"	34"-36"	36"-38"
HIP	40"	43.5"	46.5"	50"
LENGTH	16"	16.5"	17"	17.5"
INSEAM	6.5"	6.5"	6.5"	6.5"

WOMENS SHORTS



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

GAME SHORTS



Height: 5'2"
Weight: 112

Height: 5'7"
Weight: 128

Height: 5'9"
Weight: 148

MEASUREMENTS	WXS	WS	WM	WL	WXL
WAIST	26"-28"	28"-30"	30"-32"	32"-34"	36"-38"
HIPS	39"	40"	42.5"	45.5"	48.5"
INSEAM	5"	5"	5"	5"	5"
LENGTH	13.5"	14"	14"	14.5"	15.5"



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.

PRACTICE SHORTS



Height: 5'5"
Weight: 110

Height: 5'7"
Weight: 146

Height: 5'10"
Weight: 158

MEASUREMENTS	WXS	WS	WM	WL	WXL
WAIST	26"-28"	28"-30"	30"-32"	32"-34"	36"-38"
HIPS	39"	40"	42.5"	45.5"	48.5"
INSEAM	5"	3.5"	3.5"	3.5"	3.5"
LENGTH	13.5"	13"	13.5"	14.5"	15"



PRACTICE JERSEY



Height: 4'0" Height: 4'8" Height: 4'9" Height: 5'3"
 Weight: 43.5 Weight: 76.1 Weight: 91.4 Weight: 113.8

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

MEASUREMENTS	YS	YM	YL	YXL
CHEST	30"	31"	34"	37"
LENGTH	20"	22"	24"	26"

YOUTH JERSEY



Height: 5' 8.5" Height: 5' 8" Height: 5'11" Height: 6' 0"
 Weight: 142 Weight: 158 Weight: 150 Weight: 190

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

MEASUREMENTS	AS	AM	AL	AXL
CHEST	36"	39"	43"	46"
LENGTH	28"	28.5"	28"	29.5"

ADULT JERSEY

CHEST MEASUREMENT
 Take tape measure all the way
 around chest/back
 just under armpits.

LENGTH MEASUREMENT
 Take tape measure from top of
 shoulder, down to hem of shirt.

YOUTH TRAINING JACKET



Height: 4'3"
Weight: 57

Height: 4'9"
Weight: 79

Height: 4'11"
Weight: 78

MEASUREMENTS	YS	YM	YL	YXL
CHEST	31"	34"	37"	39"
LENGTH	21"	23"	25"	27"

ADULT TRAINING JACKET



Height: 5'6"
Weight: 144

Height: 5'7"
Weight: 172

Height: 6'1"
Weight: 171

Height: 6'2"
Weight: 222

MEASUREMENTS	AS	AM	AL	AXL
CHEST	41"	45"	48"	52"
LENGTH	26.5"	28"	29"	30"

YOUTH TRAINING PANTS



Height: 4'3"
Weight: 57



Height: 4'8"
Weight: 78



Height: 5'8"
Weight: 118

MEASUREMENTS	YS	YM	YL	YXL
WAIST	22"-24"	24"-26"	25"-27"	26"-28"
HIPS	33"	35.5"	38"	40"
INSEAM	23"	24"	26"	27.5"
LENGTH	32.5"	35.5"	39"	41.5"

ADULT TRAINING PANTS



Height: 5'6"
Weight: 144



Height: 5'7"
Weight: 172



Height: 6'1"
Weight: 171



Height: 6'2"
Weight: 222

MEASUREMENTS	AS	AM	AL	AXL
WAIST	26"-28"	28"-30"	32"-34"	32"-34"
HIPS	39"	42.5"	45.5"	49"
INSEAM	30"	30"	30.25"	30.5"
LENGTH	40"	40.5"	41"	41.5"



GOALKEEPER JERSEYS



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



YOUTH JERSEY

JERSEY MEASUREMENTS	YS	YM	YL
CHEST	30.5"	33"	36.5"
LENGTH	21"	23"	25"



CHEST MEASUREMENT

Take tape measure all the way around chest/back just under armpits.

LENGTH MEASUREMENT

Take tape measure from top of shoulder, down to hem of shirt.



Height: 5'9"
Weight: 139

Height: 5'8"
Weight: 168

Height: 5'10"
Weight: 173

Height: 6'2"
Weight: 213

****THESE WEIGHT & HEIGHT IMAGES ARE FOR PERSPECTIVE ONLY.****
FOR EXAMPLE: IF YOU FALL ON THE TALL SIDE, NEED LOWER WEIGHT.
BEST TO ACTUALLY MEASURE AND COMPARE!

ADULT JERSEY

JERSEY MEASUREMENTS	AXS	AS	AM	AL	AXL
CHEST	35"	37"	40"	43"	47"
LENGTH	30"	30.5"	31.5"	32"	33"

GOALKEEPER SHORTS



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.



SHORTS MEASUREMENTS	YM	YL
WAIST SIZE	24"-26"	26"-28"
HIPS	35"	38"
LENGTH	15.5"	17"
INSEAM	6.5"	7"

YOUTH SHORTS



WAIST MEASUREMENT

Take tape measure all the way around waist - where you would wear the waist of your shorts.

LENGTH MEASUREMENT

Take tape measure from top of waist, down to hem of short.

HIP MEASUREMENT

Take tape measure all the way around the widest area below your waist

INSEAM MEASUREMENT

Take tape measure from crotch down to hem of short.



Height: 5' 9" Height: 5' 8" Height: 5' 10" Height: 6' 2"
Weight: 139 Weight: 168 Weight: 173 Weight: 213

ADULT SHORTS

SHORTS MEASUREMENTS	AS	AM	AL	AXL
WAIST SIZE	28"-30"	32"-34"	34"-36"	36"-38"
HIP	40"	43.5"	46"	48"
LENGTH	17"	17.5"	18"	18.5"
INSEAM	7"	7"	7"	7"