

<b>MYHOUSE SPORTS GEAR</b>
<b>NFHS 2018 Wrestling Uniform Option Size Chart</b>

Weight lb	Singlet	Comp Short	Comp Shirt	Fight Short	FIT
35-50	YXS	NA	YXS	YXS	4-5
50-60	YS	YS	YXS YS	YS	6-7
60-70	YM	YM	YS YM	YM	8-10
75-90	YL YXL	YL YXL	YM YL	YL YXL	10-12
90-120	YXL	YXL AXS	YL YXL	YXL AXS	12-14
85-110 thin	AXS	AXS AS	YL YXL	AXS	
105-135	AS	AS	AXS AS	AXS AS	
130-160	AM	AM	AS AM	AS AM	
160-190	AL	AL	AM AL	AM AL	
190-235	AXL	AXL AXXL	AL AXL	AL AXL	
230-275	AXXL	AXXL	AXL AXXL	AXL AXXL	
270-325	AXXL AXXXL	AXXXL	AXXL AXXXL	AXXL AXXXL	

**CHOOSE ONLY ONE SIZE FROM EACH COLUMN**

These Sizes are approximated only, most everyone will fit into two sizes, If you are on the smaller to medium end of the weight chart, order the smaller size in each column, if you are on the larger end of the size chart, order the larger size in each column.

The compression gear is meant to fit close to the body. All of the shirts are long enough to size down if necessary and they all have the NFHS 3" tail. Body shape and mass play into this chart as well. If you are more fat than muscle, you may want to order the larger size, If you are more lean muscle, you may want to order the smaller size in that column. We always recommend requesting a size run when outfitting a full team due to difference in body types.