



Standard Table of Body Measurements for Misses Maternity Sizes Two to Twenty-Two (2-22)¹

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1. Scope

1.1 This standard table lists the body measurements of pregnant women from misses size two to twenty-two. Although these are body measurements, they can be used in designing apparel for women in this size range when such factors as fabric type, ease of body movement, styling, and fit are taken into account.

1.2 The values stated in either SI units or in inch-pound units shall be regarded separately as standard. The values stated in each system may not be exact equivalents; therefore, each system must be used independently of the other, without combining values in any way.

2. Referenced Documents

2.1 *ASTM Standards*:²

[D123 Terminology Relating to Textiles](#)

[D5219 Terminology Relating to Body Dimensions for Apparel Sizing](#)

2.2 *ISO Standard*:

[Size Designation of Clothes, Definitions and Body Measurements Procedures for Apparel Sizes](#)³

3. Terminology

3.1 *Definitions*:

3.1.1 Refer to Terminologies [D123](#) and [D5219](#).

4. Significance and Use

4.1 The use of the body measurement information in [Table 1](#) will assist manufacturers in the development of patterns and garments that are consistent with the current anthropometric characteristics of the population of interest. This practice in

¹ This table is under the jurisdiction of ASTM Committee [D13](#) on Textiles and is the direct responsibility of Subcommittee [D13.55](#) on Body Measurement for Apparel Sizing.

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² For referenced ASTM standards, visit the ASTM website, www.astm.org, or contact ASTM Customer Service at service@astm.org. For *Annual Book of ASTM Standards* volume information, refer to the standard's Document Summary page on the ASTM website.

³ Available from American National Standards Institute (ANSI), 25 W. 43rd St., 4th Floor, New York, NY 10036.

turn should reduce or minimize consumer confusion and dissatisfaction related to apparel sizing. (Also refer to ISO Size Designation standards.)

5. Apparatus

5.1 All apparatus are calibrated for accuracy.

5.2 *Tape Measure*, dimensionally stable and approximately 1.5 cm ($\frac{1}{2}$ in.) wide and graduated accurately in centimetres ($\frac{1}{16}$ in.).

5.3 *Scale (Calibrated for Standard Body Weight)*.

6. Procedures Used for Taking Measurements

6.1 *General Procedure*:

6.1.1 For all vertical and most horizontal measurements, subject is to be standing erect without shoes and with feet approximately 15 cm (6 in.) apart.

6.1.2 Take measurements over basic undergarments normally worn.

6.1.3 For consistency, take all measurements except torso circumferences, height, and weight on the same side of the body.

6.1.4 Refer to Terminology [D5219](#) for the location of all points to be measured (see Section 2).

6.2 *Body Measurements*:

6.2.1 *Across Back Shoulder Width*—Measure the horizontal distance across the back from the top of one shoulder joint to the top of the other shoulder joint taken with the arms hanging down.

6.2.2 *Ankle Girth*—Measure the maximum horizontal circumference of the ankle taken over the greatest prominence of the ankle bones.

6.2.3 *Ankle Height*—Measure the vertical distance from the prominence of the outer ankle bone to the floor taken with the subject standing and without shoes.

6.2.4 *Arm Length (Cervicale to Wrist)*—Measure from the distance from the cervicale over the top of the shoulder joint, along the outside of the arm over the elbow to the prominent wrist bone taken with the arm bent 1.57 radius (at 90°) and the hand placed on the hip.

6.2.5 *Arm Length (Shoulder to Elbow)*—Measure from the top of the shoulder to the elbow.

TABLE 1 New ASTM Maternity Measurement Table

MISSES MATERNITY
(SIZES 2–22)

SIZES	VARIATION FROM MISSES REG	GIRTH MEASUREMENTS (CENTIMETERS)										
		2	4	6	8	10	12	14	16	18	20	22
CHEST/BUST	7.62	86.90	91.44	93.98	96.52	98.06	102.87	106.68	110.48	115.57	120.65	125.23
WAIST	22.86	83.82	88.36	89.90	91.44	93.98	97.79	101.60	105.41	110.49	115.57	120.85
HIGH HIP (APPROX 4 IN. BELOW WAIST)	21.59	101.60	104.14	106.65	109.22	111.78	116.57	119.36	125.19	128.27	133.35	138.43
SEAT (HIP)	10.16	97.79	100.33	102.87	105.41	107.95	111.78	115.57	119.38	124.48	129.54	134.62
MID-NECK	0.00	30.62	33.68	34.29	34.68	35.58	36.51	37.47	38.42	39.69	40.98	42.29
NECK BASE	0.00	34.29	34.93	35.58	36.20	36.83	37.78	38.74	39.69	40.96	42.23	48.50
ARMSCYE	1.91	38.10	39.85	40.01	40.96	41.91	43.80	45.09	46.87	48.56	50.48	51.12
UPPER ARM	4.13	29.53	30.16	30.39	31.43	32.07	33.62	33.97	34.98	36.51	38.10	39.05
ELBOW	1.91	25.72	28.04	26.36	26.67	26.99	27.52	28.28	29.09	29.85	30.80	31.12
WRIST	0.00	14.61	14.92	15.24	15.56	15.98	16.19	16.51	16.83	17.15	17.48	17.76
THIGH-MAX	4.45	53.98	56.52	59.05	61.60	64.14	68.68	69.22	72.89	75.25	78.11	81.26
THIGH-MIN	3.18	46.26	50.89	53.34	55.88	56.42	59.05	63.50	66.68	69.22	72.30	75.57
KNEE	0.00	33.02	34.29	35.86	36.53	38.10	39.37	40.84	41.91	43.13	44.45	45.72
CALF	0.95	31.75	33.02	34.29	35.58	36.83	38.10	39.37	40.84	41.91	43.16	44.45
ANKLE	0.64	21.91	22.54	23.59	23.81	24.45	25.08	25.72	26.35	26.99	27.62	28.26
TRUNK (TOTAL TRUNK, TORSO)	12.70	157.48	161.29	165.10	168.91	170.13	176.53	180.34	184.15	187.09	191.77	195.58
TOTAL CROTCH	11.43	78.11	80.01	81.92	83.52	85.73	87.88	89.54	91.44	93.35	95.25	97.16

SIZES	VARIATION FROM MISSES REG	VERTICAL MEASUREMENTS (CENTIMETERS)										
		2	4	6	8	10	12	14	16	18	20	22
CERVICAL HEIGHT	0.00	136.43	138.70	140.97	142.24	143.51	144.78	146.06	147.32	148.59	149.80	151.13
WAIST HEIGHT	2.54	102.24	102.87	103.51	104.14	104.78	105.41	106.05	106.88	107.22	107.95	108.59
HIP HEIGHT	0.00	79.38	80.01	80.65	81.28	81.92	82.55	83.19	83.62	84.46	85.09	86.73
CROTCH HEIGHT (INSEAM)	0.00	74.93	74.93	74.93	74.93	74.93	74.93	74.93	74.93	74.93	74.93	74.93
KNEE HEIGHT	0.00	44.77	45.09	45.40	45.72	46.04	46.36	46.67	46.99	47.31	47.83	47.94
ANKLE HEIGHT	0.00	6.99	6.99	6.99	6.99	6.99	6.99	6.99	6.99	6.99	6.99	6.99
CENTER FRONT WAIST LENGTH	0.64	34.59	35.56	38.20	38.63	37.47	38.10	38.74	39.37	40.01	40.64	41.38
CENTER BACK WAIST LENGTH	0.64	40.01	40.64	41.25	41.91	42.65	43.18	43.82	44.48	46.09	46.72	46.95
TRUE RISE	0.00	24.77	25.40	26.04	26.87	27.31	27.94	28.56	29.21	29.55	30.48	31.12

SIZES	VARIATION FROM MISSES REG	WIDTH & LENGTH MEASUREMENTS (CENTIMETERS)										
		2	4	6	8	10	12	14	16	18	20	22
ACROSS SHOULDER (POINT TO POINT)	1.27	37.76	38.42	39.05	39.69	40.32	40.96	41.59	42.23	42.88	43.50	44.13
ACROSS BACK 5" DOWN	1.27	36.81	37.16	37.78	38.42	39.05	39.89	40.32	40.85	41.91	43.18	44.46
ACROSS CHEST 4" DOWN	2.64	35.24	35.88	36.61	37.15	37.78	38.74	39.09	40.64	41.91	43.19	44.46
SHOULDER LENGTH	0.00	12.04	12.70	13.02	13.34	13.65	13.97	14.29	14.61	14.92	15.34	15.55
ARM LENGTH-SHOULDER TO WRIST	0.00	59.21	59.53	59.85	60.17	60.80	61.12	61.80	62.07	62.55	63.02	63.50
ARM LENGTH-SHOULDER TO ELBOW	0.00	33.97	34.29	34.01	34.93	35.24	35.58	35.88	36.20	36.51	36.63	37.15
ARM LENGTH-CERVICAL TO WRIST	0.95	77.47	77.79	78.42	79.69	80.38	81.50	82.39	83.60	84.77	85.73	86.68
BUST POINT TO HIPS	0.00	24.45	25.40	26.35	27.31	28.26	29.21	30.46	31.43	33.02	34.93	35.83

FOOTNOTE: Approx. 7 Months XX SMALL TO XX LARGE STATURE (HEIGHT)	VARIATION FROM MISSES REG	XX-SMALL	X-SMALL	SMALL	SMALL	MEDIUM	MEDIUM	LARGE	LARGE	X-LARGE	X-LARGE	XX-LARGE
		0	160.66	162.56	163.83	165.10	166.37	167.64	168.91	170.16	171.45	172.72

MISSES MATERNITY
(SIZES 2–22)

TABLE 1 Continued

MISSES MATERNITY
(SIZES 2-22)

GIRTH MEASUREMENTS (CENTIMETERS)
GIRTH MEASUREMENTS (INCHES)

SIZES	VARIATION FROM MISSES REG	GIRTH MEASUREMENTS (CENTIMETERS)										
		2	4	6	8	10	12	14	16	18	20	22
CHEST/BUST	3	35	36	37	38	39	40½	42	43½	45½	47½	49½
WAIST	9	33	34	35	36	37	38½	40	41½	43½	45½	47½
HIGH HIP (APPROX 4 IN. BELOW WAIST)	8½	40	41	42	43	44	45½	47	48½	50½	52½	54½
SEAT (HIP)	4	38½	39½	40½	41½	42½	44	45½	47	49	51	53
MID-NECK	0	13	13¼	13½	13½	14	14¾	14¾	15½	15¾	16½	16¾
NECK BASE	0	13½	13¾	14	14¼	14½	14¾	15¼	15½	16½	16¾	17½
ARMSCYE	¾	15	15¾	15¾	16½	16½	17½	17¾	18¾	19½	19¾	20½
UPPER ARM	1½	11½	11¾	12½	12¾	12¾	13	13¾	13¾	14¾	15	15¾
ELBOW	¾	10½	10¼	10¾	10½	10½	10¾	11½	11½	11¾	12½	12¼
WRIST	0	5¾	5¾	6	6½	6¼	6¾	6½	6¾	6¾	6¾	7
THIGH-MAX	1¾	21¼	22¼	23¼	24¼	25¼	26¼	27¼	28½	29¾	30¾	32
THIGH-MIN	1¼	19	20	21	22	23	24	25	26¼	27¼	28½	29¾
KNEE	¾	13	13½	14	14½	15	15½	16	16½	17	17½	18
CALF	¾	12½	13	13½	14	14½	15	15½	16	16½	17	17½
ANKLE	¼	8½	8¾	9¼	9¾	9¾	10½	10½	10¾	10¾	10¾	11½
TRUNK (TOTAL TRUNK, TORSO)	5	62	63½	65	66½	67	69½	71	72½	74	75½	77
TOTAL CROTCH	4½	30¾	31½	32¼	33	33¾	34½	35¼	36	36¾	37½	38¼

VERTICAL MEASUREMENTS (INCHES)

SIZES	VARIATION FROM MISSES REG	VERTICAL MEASUREMENTS (INCHES)										
		2	4	6	8	10	12	14	16	18	20	22
CERVICALE HEIGHT	0	54½	55	55½	56	56½	57	57½	58	58½	59	59½
WAIST HEIGHT	1	40¼	40½	40¾	41	41¼	41½	41¾	42	42¼	42½	42¾
HIP HEIGHT	0	31¼	31½	31¾	32	32¼	32½	32¾	33	33¼	33½	33¾
CROTCH HEIGHT (INSEAM)	0	29½	29½	29½	29½	29½	29½	29½	29½	29½	29½	29½
KNEE HEIGHT	0	17¾	17¾	17¾	18	18½	18¼	18¾	18½	18¾	18¾	18¾
ANKLE HEIGHT	0	2¾	2¾	2¾	2¾	2¾	2¾	2¾	2¾	2¾	2¾	2¾
CENTER FRONT WAIST LENGTH	¼	13¾	14	14¼	14½	14¾	15	15¼	15½	15¾	16	16¼
CENTER BACK WAIST LENGTH	¼	15¾	16	16¼	16½	16¾	17	17¼	17½	17¾	18	18¼
TRUE RISE	0	9¾	10	10¼	10½	10¾	11	11¼	11½	11¾	12	12¼

WIDTH & LENGTH MEASUREMENTS (INCHES)

SIZES	VARIATION FROM MISSES REG	WIDTH & LENGTH MEASUREMENTS (INCHES)										
		2	4	6	8	10	12	14	16	18	20	22
ACROSS SHOULDER (POINT TO POINT)	½	14¾	15½	15¾	15¾	15¾	16½	16¾	16¾	16¾	17½	17¾
ACROSS BACK 5" DOWN	½	14¾	14¾	14¾	15½	15¾	15¾	15¾	16½	16½	17	17½
ACROSS CHEST 4" DOWN	1	13¾	14½	14¾	14¾	14¾	15¼	15¾	16	16½	17	17½
SHOULDER LENGTH	0	4½½	5	5½	5¼	5¾	5½	5¾	5¾	5¾	6	6½
ARM LENGTH-SHOULDER TO WRIST	0	23¾½	23¾½	23¾½	23¾½	23¾½	24¼½	24¼	24¼½	24¾	24¾½	25
ARM LENGTH-SHOULDER TO ELBOW	0	13¾	13½	13¾	13¾	13¾	14	14½	14¼	14¾	14½	14¾
ARM LENGTH-CERVICALE TO WRIST	¾	30½	30¾	30¾	31¾	31¾	32½	32¾	32¾½	33¾	33¾	34½
BUST POINT TO HIPS	0	9¾	10	10¾	10¾	11½	11½	12	12¾	13	13¾	14¾

FOOTNOTE:
XX SMALL TO XX LARGE
STATURE (HEIGHT)

VARIATION FROM MISSES REG	STATURE (HEIGHT)										
	XX-SMALL	X-SMALL	SMALL	SMALL	MEDIUM	MEDIUM	LARGE	LARGE	X-LARGE	X-LARGE	XX-LARGE
0	63¼	64	64½	65	65½	66	66½	67	67½	68	68½

6.2.6 *Arm Length (Shoulder to Wrist)*—Measure the distance from the top of the shoulder joint along the outside of the arm over the elbow to the prominent wrist bone taken with the arm bent (1.57 radius or 90°) and the hand placed on the hip.

6.2.7 *Armscye Girth*—Measure the circumference taken from the shoulder joint through the front break point, the arm pit, the back break point, and to the starting point with the arms hanging down.

6.2.8 *Back Width*—Measure the horizontal distance across the back from the back breakpoint to the back break point over the shoulder blades taken with the arms down.

6.2.9 *Body Weight*—The weight of the subject on the calibrated body weight scale.

6.2.10 *Bust Point to Hips*—Measure the vertical distance from bust apex to the hip height.

6.2.11 *Calf Girth*—Measure the maximum horizontal circumference of the lower leg between the knee and the ankle.

6.2.12 *Cervicale Height*—Measure the vertical distance from the cervicale to a point to the floor taken with subject standing and without shoes.

6.2.13 *Chest/Bust Girth*—Measure the horizontal circumference around the body taken under the arms and across the fullest part of the chest/bust apex including the lower portion of the shoulder blades.

6.2.14 *Crotch Height (Inseam)*—Measure the vertical distance from the midpoint of the crotch to the floor taken with the subject standing and without shoes.

6.2.15 *Elbow Girth*—Measure the maximum circumference of the elbow taken over the outer prominence of the elbow bone with the arm bent 1.57 radius (90°).

6.2.16 *Front Chest Width*—Measure the horizontal distance across the chest from front breakpoint to front break point taken with the arms hanging down.

6.2.17 *Hip/Seat Girth*—Measure the maximum horizontal circumference around the torso taken at the greatest protrusion of the buttocks as seen from the side.

6.2.18 *Hip/Seat Height*—Measure the vertical distance from the hip girth level to the floor along the side of the body taken with the subject standing and without shoes.

6.2.19 *Knee Girth*—Measure the maximum horizontal circumference of the knee taken over the knee cap when the leg is straight.

6.2.20 *Knee Height*—Measure the vertical distance from the midpoint of the back of the knee (or crease) to the floor taken with the subject standing and without shoes.

6.2.21 *Mid-Neck Girth*—Measure the horizontal circumference of the neck taken approximately 25 mm (1 in.) above the neck base level.

6.2.22 *Neck Base Girth*—Measure the circumference of the neck taken over the cervicale at the back and the top of the collarbone at the front.

6.2.23 *Shoulder Length*—Measure the distance from the side of the neck base to the top of the shoulder joint taken with the arm hanging down.

6.2.24 *Stature*—Measure the vertical distance from the crown of the head to the floor with subject standing without shoes.

6.2.25 *Thigh Girth (Maximum)*—Measure the maximum horizontal circumference of the upper leg taken close to the crotch.

6.2.26 *Thigh Girth (Minimum)*—Measure the circumference of the upper leg midway between the hip and knee.

6.2.27 *Total Crotch Length*—Measure the distance from waist level at the center front through the crotch and to the waist level center back avoiding constriction at the crotch.

6.2.28 *Trunk Length (total vertical girth)*—Measure the circumference taken from a point on the right shoulder midway between the neck base and shoulder joint down the back, through the crotch, and up over the prominence of the right chest/bust apex to the starting point, avoiding constriction at the crotch.

6.2.29 *Upper Arm Girth*—Measure the maximum circumference of the arm taken midway between the elbow and the shoulder joints with the arm bent 1.57 radius (90°).

6.2.30 *Waist Girth*—Measure the minimum horizontal circumference around the body taken at waist.

6.2.31 *Waist Length (Back)*—Measure from the cervicale following the contour of the spinal column to the center back waist level.

6.2.32 *Waist Length (Front)*—Measure the distance from the center front neck base line to the center front waist level.

6.2.33 *Waist Height*—Measure the distance from the waist level to the hip level girth level along the side of the body (contour) then vertically to the floor taken with subject standing and without shoes.

6.2.34 *Wrist Girth*—Measure the maximum circumference of the wrist taken over the inner and outer prominence of the wrist bones.

7. Keywords

7.1 body measurements; garment sizes; maternity apparel

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