

# FOOTBALL GLOVE SIZE CHART

## STEP 1: MEASURE YOURSELF

Nike football glove sizes are determined by hand circumference. See the measuring instructions provided and refer to the appropriate size chart below to determine your football glove size.

To determine your football glove size, measure the circumference of your hand by wrapping a measuring tape snug around your knuckles.

## STEP 2: FIND YOUR SIZE

Once done, locate your measurement in the men's or youth size chart to find your correct football glove size.

### ADULT SIZE CHART

SIZE	HAND CIRCUMFERENCE INCHES
S	7 ¼" - 7 ½"
M	7 ½" - 7 ¾"
L	7 ¾" - 8"
XL	8" - 8 ¼"
XXL	8 ¼" and up

### YOUTH SIZE CHART

SIZE	HAND CIRCUMFERENCE INCHES
S	6 ½" - 6 ¾"
M	6 ¾" - 7"
L	7" - 7 ¼"