

International Dance Design



Guidelines

for taking

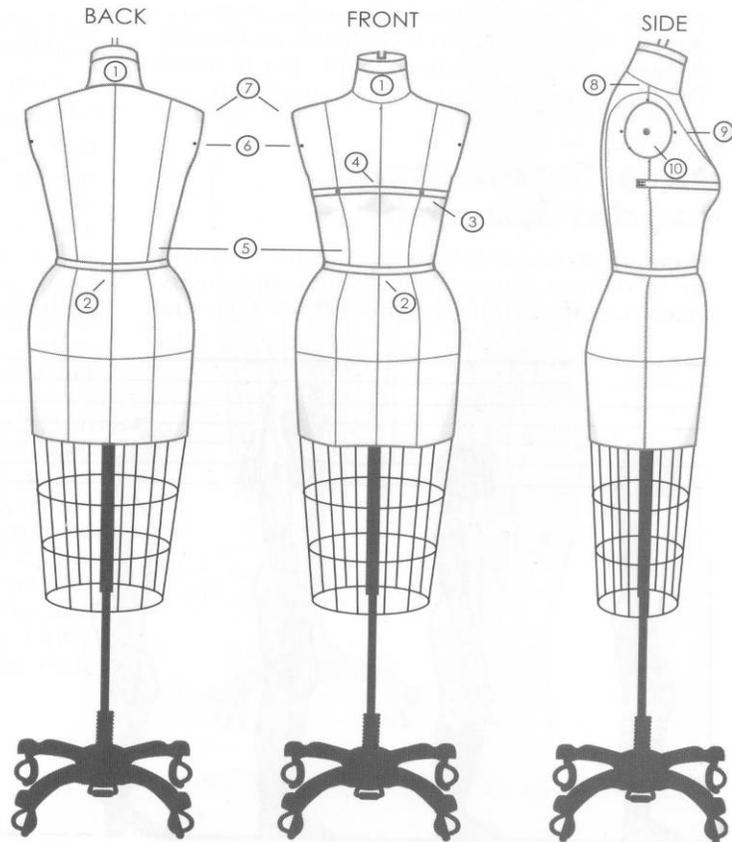
Personal Measurements

Landmark Terms

The following landmark terms identify the parts of the body that are referred to when measuring from one landmark to another.

Numbers refer to both the front and the back wherever indicated.

1. Center front neck
Center back neck
2. Center front waist
Center back waist
3. Bust points
4. Center front bust level
(between bust points)
5. Side front (princess)
Side back (princess)
6. Mid-armhole front
Mid-armhole back
7. Shoulder tip
8. Shoulder at neck
(shoulder/neck)
9. Armhole ridge or roll line
10. Armhole plate

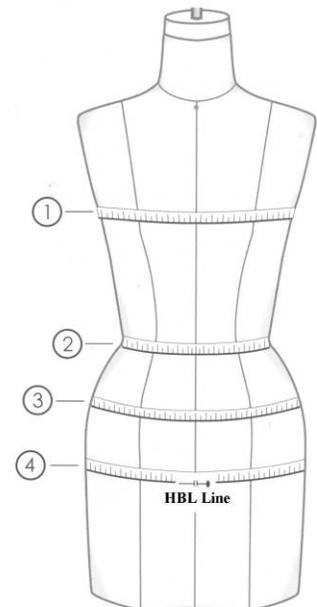


Measurements taking.

Place the metal tip end of the tape measure at one reference point and extend to the next reference point when taking measurements. Record measurements in Personal Measurement Chart, numbers in parentheses correspond with those on the chart.

Circumference Measurements

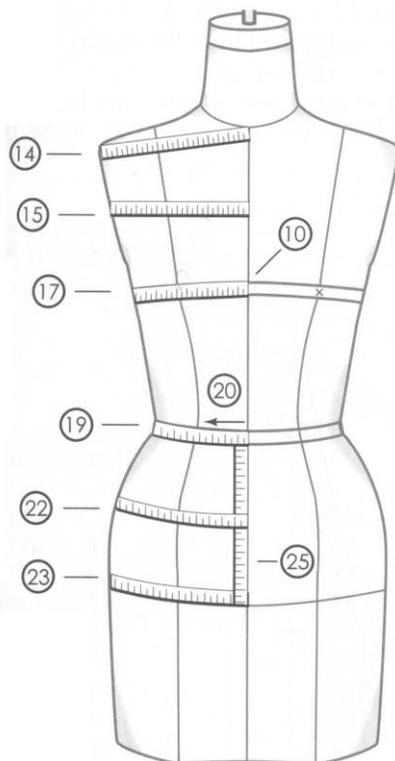
- **Bust** (1). Across bust points and back
- **Waist** (2). Around waist
- **Abdomen** (3). Three inches below waist
- **Hip** (4). Measure the widest area with tape parallel with floor. This line, parallel to the floor, later will be referred as **Horizontal Balance Line (HBL)**



Horizontal Measurements

Front

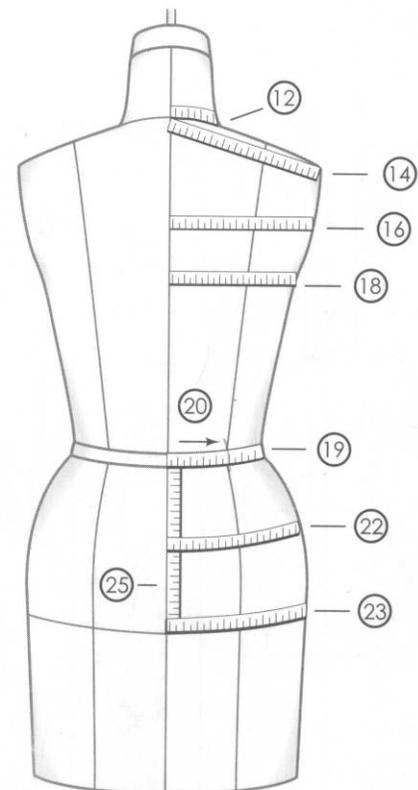
- **Across shoulder** (14). Shoulder tip to center front neck.
- **Across chest** (15). Center front to 1 inch above mid-armhole
- **Bust arc** (17). Center front, over point, ending 2 inches below armplate at side seam.
- **Bust span** (10) Place tape across bust points, divide in half for measurement.
- **Waist arc** (19). Center front waist to side waist seam.
- **Dart placement** (20). Center front to side front (princess line).
- **Abdomen arc** (22). Center front to side seam, starting 3 inches down from waist.
- **Hip arc** (23). Center front to side seam on HBL line
- **Hip depth** (25). Center front to HBL line



FRONT

Back

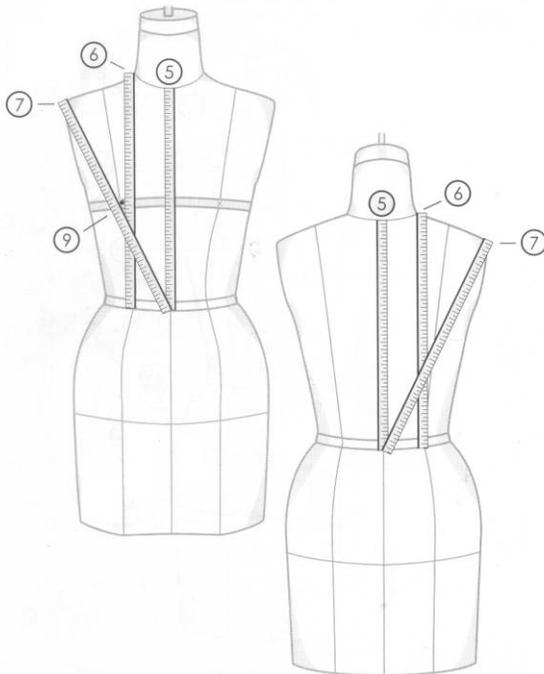
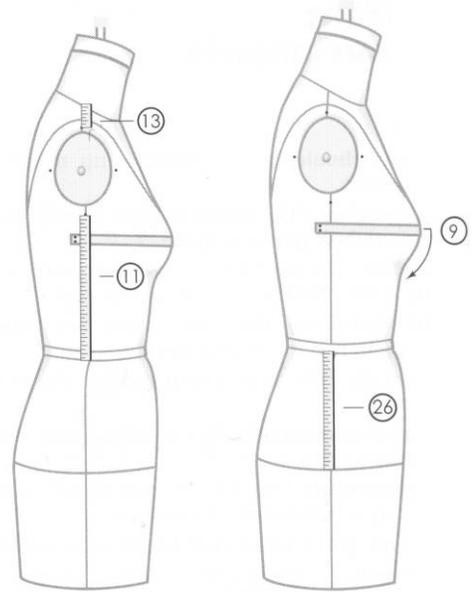
- **Back neck** (12). Center back neck to shoulder at neck.
- **Across shoulder** (14). Shoulder tip to center back neck.
- **Across back** (16). Center back to 1 inch above mid-armhole
- **Back arc** (17). Center back to bottom of armplate.
- **Waist arc** (19). Center back waist to side waist seam.
- **Dart placement** (20). Center back to side front (princess line).
- **Abdomen arc** (22). Center back to side seam, starting 3 inches down from waist.
- **Hip arc** (23). Center back to side seam on HBL line
- **Hip depth** (25). Center back to HBL line



FRONT

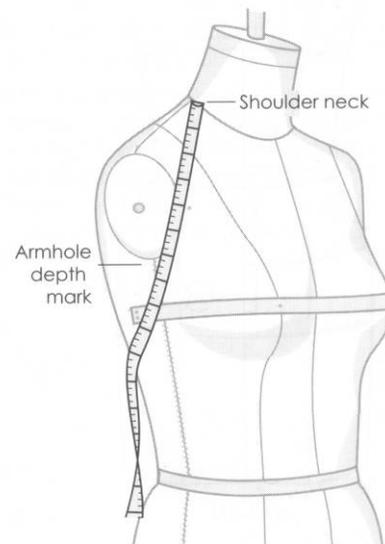
Vertical Measurements

- **Side length** (11). From under the armplate at side seam to side waist.
- **Shoulder length** (13). Shoulder tip to neck.
- **Side hip depth** (26). Side waist to HBL on side.
- **Bust radius** (9). Measure from bust point ending under bust mound.



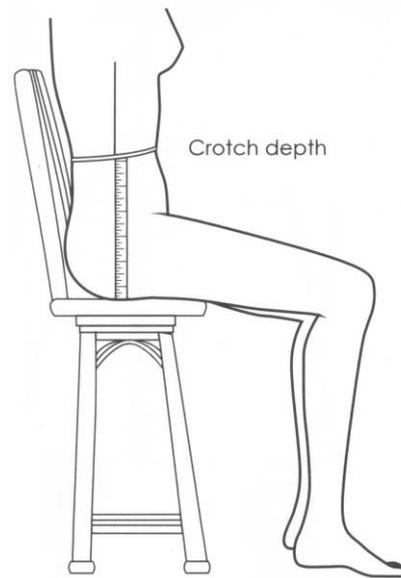
- **Center length** (5). Neck to waist (over bust bridge).
- **Full length** (6). Waist to shoulder at neck, parallel with center lines.
- **Shoulder slope** (7). Center line at waist to shoulder tip.
- **Bust depth** (9). Shoulder tip to bust point and bust radius.

Strap front (8). Place metal tip of measuring tape at shoulder/neck and measure down to below armhole. For the model wearing leotard, Armhole Depth Mark should be $\frac{3}{4}$ inch down from armhole seam of leotard.



Lower Torso Measurements

- Crotch depth (24). Place belt, elastic or tie around the waist. Measure below belt to base of the chair.



- Crotch length (28). Measure from center front waist, passing under crotch to center back waist.
- Upper Thigh (29). Measure around the widest part of the upper thigh. Mid Thigh – measure around middle part of the thigh.
- Knee (30). Measure around the fullest part of the knee.
- Calf (31). Measure around the fullest part of the calf.
- Ankle (32). Measure around the fullest part of the ankle.

Arm Measurements

- Overarm Length (33). Measure from shoulder at neck to the wrist.
- Elbow Length (34). Measure from the elbow to the wrist.
- Biceps (35). Measure around the fullest part of the biceps.
- Wrist (36). Measure around wrist 1 inch below wrist bone hand.
- Cap Height (37). Measure on outside of the arm from the shoulder tip down to level of armhole mark.