Determine your size using the guidelines below:

There are two measurements to determine your size:

1. **Length of Middle Finger**
   - A. **Small** = 3.0” to 3.25” (75–80mm)
   - B. **Medium** = 3.25” to 3.5” (80–90mm)
   - C. **Large** = 3.5” to 3.75” (90–95mm)
   - D. **X-Large** = 3.75” to 4.0” (95–100mm)
   - E. **2X-Large** = 4.0” to 4.25” (100–110mm)

2. **Circumference of Palm (Exclude Thumb)**
   - A. **Small** = 8.0” to 8.5” (203–216mm)
   - B. **Medium** = 8.5” to 9.0” (216–228mm)
   - C. **Large** = 9.0” to 9.5” (228–242mm)
   - D. **X-Large** = 9.5” to 10.0” (242–254mm)
   - E. **2X-Large** = 10.0” to 10.5” (254–267mm)

**If you fall between sizes -- opt for the larger size**

**Diagram not to scale**