NFL Jersey Size Chart

Last checked: 2026-10-27. Body measurements in inches (cm converted and rounded).
Copied from the maker's own chart.

Nike men's tops

Size	Chest (in)	Chest (cm)
XXS	28.1-31.5	71-80
XS	31.5-35	80-89
S	35-37.5	89-95
M	37.5-41	95-104
L	41-44	104-112
XL	44-48.5	112-123
XXL	48.5-53.5	123-136
3XL	53.5-58	136-147
4XL	58-63	147-160

Source: Nike, https://www.nike.com/size-fit/mens_tops_alpha
Checked 2026-10-27.

Nike women's tops

Size	Bust (in)	Bust (cm)
XXS	27.5-29.5	70-75
XS	29.5-32.5	75-83
S	32.5-35.5	83-90
M	35.5-38	90-97
L	38-41	97-104
XL	41-44.5	104-113
XXL	44.5-48.5	113-123
0X	44-47	112-119
1X	47-49.5	119-126
2X	49.5-52	126-132
3X	52-55	132-140
4X	55-58	140-147

Source: Nike, https://www.nike.com/size-fit/womens-tops-alpha
Checked 2026-10-27.

Nike boys' clothing

Size	Chest (in)	Chest (cm)
XS	25.5-26	65-66
S	26-27	66-69
S+	28-30	71-76
M	27-29.5	69-75
M+	30-33	76-84

L	29.5-32	75-81
L+	33-36	84-91
XL	32-35	81-89
XL+	36-38.5	91-98

Source: Nike, https://www.nike.com/size-fit/boys-clothing
Checked 2026-10-27.