

To Determine the size of your chest protector:

1. Measure the distance from under your “adams Apple” to approximately 2 inches under the bottom of your Sternum. It is important to have the Sternum covered
(See Diagram)
2. Keep in mind that when you squat to call balls and strikes, the chest protector will move down and thus cover more. If the protector is too long it will push the shirt out of your slacks.

