

BODY MEASURING PROCEDURE summer 2022 (July 2022)

GENERAL

- in personal underwear – “slip” type only allowed
- no underwear with silicon or rubber lining/coating is allowed for measurement



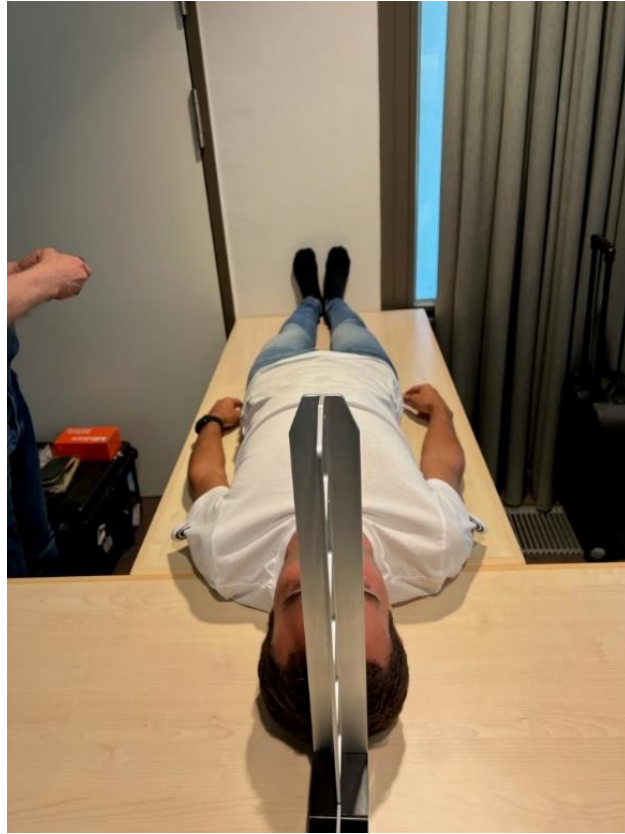
- without socks
- 2 tables required, including one of appr. 2 metres long
- measurement rounding – mathematical rule applies
 - e.g. – up to 170.4 cm to 170 cm; from 170.5 cm included – to 171 cm
 - for calculating crotch height, we use net values – 171.4 cm minus 89,7 cm = 81,7 cm rounded to 82 cm

ARM MEASUREMENT

- same tools/devices as before
- lying position on the table

BODY HEIGHT

- Lying flat and straight on the table
- Legs together, feet together against the wall
- Heels, calves, buttocks, shoulder blades including space in-between and head touching the table surface; chin either in a neutral position or pointed downwards towards the neck
- Shoulders relaxed and down
- Laser beam pointing centrally between the feet



SITTING BODY HEIGHT

- Sitting on the table at some distance from the wall
- Knees at approximately 90 degrees angle
- Feet 30 cm apart
- Hands stretched out parallel to the sitting surface
- Measurement taken between the wall and the body

