

Shirt Decal Sizing Guide

Adult, youth, and toddler starting ranges with placement-specific checks

STARTING SIZES - VERIFY ON THE BLANK

Measure the garment flat and cut a paper mockup before production.

GARMENT STARTING RANGES

INCHES | WIDTHS ARE STARTING POINTS

ADULT T-SHIRTS			
SIZE	FRONT	BACK	LEFT CHEST
XS	7.5-8.5	8.5-9	3-3.5
S	8.5-9.5	9.5-10.5	3-3.5
M	9-10.5	10.5-11.5	3.5-4
L	10-11	11-12	3.5-4
XL	10.5-11.5	11.5-12.5	3.5-4
2XL	11-12	12-13	4-4.5
3XL-5XL	11.5-13.5	12.5-14	4-4.5

YOUTH T-SHIRTS		
SIZE	FRONT	BACK
S	6.5-7.5	7-8
M	7-8.5	8-9
L	8-9	8.5-9.5

TODDLER / BODYSUIT		
SIZE	FRONT	BACK
2T-3T	4.5-5.5	5-6
4T-5T	5-6.5	5.5-7
Bodysuit	3-4.5	Paper test

PLACEMENT CHANGES THE SIZE

Use the worn garment position, not the size label alone.

FRONT

Center from the garment fold, not the side seams.
Keep below the collar and inside the usable platen area.

BACK

Set the drop from the back collar; clear hoods and hair.
Large transfers may need a paper layout and press repositioning.

LEFT CHEST

Set by the worn position; commonly 2.5-4 in wide.
Clear pockets, plackets, buttons, zippers, and raised seams.

SLEEVE

Use the visible sleeve panel; commonly 2-3.5 in wide.
Clear the cuff, arm seam, and tapered sleeve edge.

BEFORE YOU CUT OR PRESS

01 MEASURE THE BLANK

Record the flat usable width
and avoid seams or hardware.

02 CUT A PAPER MOCKUP

Place the proposed art size
on the worn or stuffed blank.

03 CHECK THE PRESS

Confirm platen, transfer sheet,
and repositioning limits.

PRINT CHECK

Print this Letter page at Actual size / 100%.
Turn off Fit, Shrink, or Scale to page.

Tables and diagrams are reference data, not cut templates.

1 inch / 25.4 mm



Measure this ruler after printing.