5 6 7 8   5-8 points = 'mice'/'roach' type

(Ideal for legal copy, disclaimers)

9 10 11   9-11 points = body copy (paragraph text)

12 13 14   12-14 points = display type/section headings

15 - 24   15-24 points = display type/subheadlines/titling

25 - 72   25 -72 points = headlines (head)/titling