STANDARD BODY MEASUREMENTS												
Height	157	160	163	166	169	172	175	178	179	180	181	181
Half chest = size	38	40	42	44	46	48	50	52	54	56	58	60
Head height	19,6	20	20,3	20,75	21,1	21,5	21,8	22,2	22,4	22,5	22,6	22,6
Back waist length	41,1	41,9	42,7	43,5	44,3	45,1	45,9	46,7	47,5	48,3	49,1	49,1
Front waist length	43,1	43,9	44,7	45,5	46,3	47,1	47,9	48,7	49,5	50,3	51,1	51,1
Hip depth	17,8	18,2	18,6	19	19,5	20	20,5	21	21,5	22	22,5	22,5
Jacket length	66,1	67,4	68,7	70	71,3	72,6	73,9	75,2	76,5	77,8	79,1	80,4
Dress length (until knee)	95	97	99	101	103	105	107	109	111	113	115	117
Skirt length	57	58	59	60	61	62	63	64	65	66	67	68
Crotch length	24,1	24,5	25	25,5	25,9	26,3	26,6	27,1	27,2	27,3	27,5	27,5
Knee length	54,5	55,5	56,5	57,5	58,5	59,5	60,5	61,5	62,5	63,5	64,5	64,5
Trousers length	97	99	101	103	105	107	109	111	113	115	117	119
Elbow length	31,9	32,6	33,3	34	34,7	35,4	36,1	36,8	37,5	38,2	38,9	39
Sleeve length	58,5	59	60	61	62,1	63,2	64,3	65,4	66	66,5	66,9	70,3
Chest circumference	76	80	84	88	92	96	100	104	108	112	116	120
Bust circumference	80	84	88	92	96	100	104	108	112	116	120	124
Waist circumference	60	64	68	72	76	80	84	88	92	96	100	104
Hip circumference	86	90	94	98	102	106	110	114	118	122	126	130
Neck circumference	34	35	36	37	38	39	40	41	42	43	44	45
Wrist circumference	19	20	21	22	23	24	25	26	27	28	29	30
Back width	33,9	35,4	36,9	38,4	39,9	41,4	42,9	44,4	45,9	47,4	48,9	49,9
Shoulder width	35,9	37,4	38,9	40,4	41,9	43,4	44,9	46,4	47,9	49,4	50,9	51,9
Bust Height	25,5	26	26,5	27	27,5	27,9	28,4	29	29,5	30	30,5	30,5
Bust difference	1,5	1,7	2	2	2	2	2,4	2,5	2,7	3	3,6	4
Breast distance	16	17	18	19	20	21	22	23	24	25	26	26

All measurements on this table are listed in centimetres. When drafting industrially, the measurements on the table are rounded off and no decimal points are used.

(MINIMUM)

EASE ALLOWANCE					
Degree of allowance	Degree 0	1° Degree	2° Degree	3° Degree	4° Degree
Bust circumference	from -8 to 0	from 0 to 8	from 6 to 12	from 10 to 16	from 10 to 18
Waist circumference	from -8 to 0	from 0 to 10	from 6 to 12	from 10 to 16	from 10 to 18
Hip circumference	from -8 to 0	from 0 to 8	from 6 to 12	from 6 to 16	from 6 to 16
Arm circumference	from -3 to 0	from 0 to 3	from 0 to 4	from 3 to 5	from 3 to 6
Back width	from -3 to 0	from 0 to 1,6	from 0 to 1,6	from 1,6 to 2	from 1,6 to 3
Shoulder width	from -3 to 0	from 0 to 1,6	from 0 to 1,6	from 1,6 to 2	from 1,6 to 3
Breast distance	from -1 to 0	from 0 to 1,5	from 0 to 2	from 1 to 3	from 1 to 4
Armhole depth	from -2 to 0	from 0 to 1,5	from 0 to 2	from 1 to 3	from 2 to 8
Neck size	from -1 to 0	from 0 to 0,5	from 0 to 0,5	from 0,5 to 1	from 0,5 to 2

Basic dress with darts from size 40 to size 48

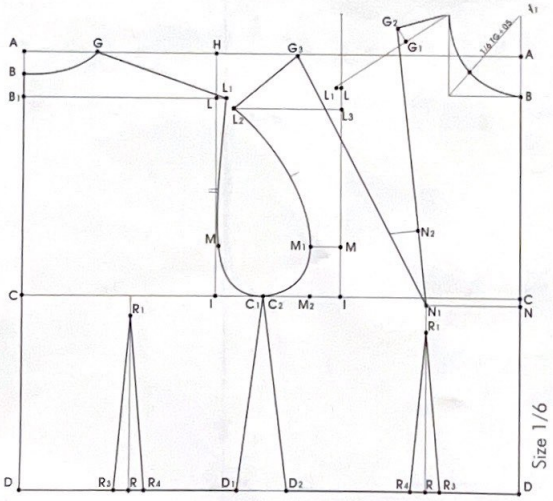
BACK:
begin with top left corner of square: this is point A.

- *A-B* = *1/24 size+0,2 cm*
- *A-B1* = *Square down 4,5 cm*
- *A-C* = *1/8 height+1/24 size+1,7 cm ease allowance (armhole depth measurement)*
- *A-D* = *Back waist length*
- *D-E* = *Hip depth*
- *A-F* = *Dress length (up to the knee)*
- *A-G* = *1/6 size (starting point of shoulder length, draw neck curve, join point G to point B)*
- *A-H* = *1/2 back width*
- *C-C1* = *1/4 bust circ. - 1cm+ease allowance*
- *D-D1* = *1/4 waist circ. - 1+3 cm (dart)+ease allowance*
- *E-E1* = *1/4 hip - 1 cm+ease allowance*
- *F-F1* = *Equal to E-E1 Join points C1-D1, E1-F1 with the straight edge. Join points D1-E1 with the curve. This is the side seam*
- *H-I* = *Perpendicular to C-C1*
- *H-L* = *Square down 4,5 cm*
- *B1-L1* = *1/2 back shoulder width. Join points G-L1 to create the shoulder length*
- *I-M* = *Square up 5 cm and move right 0,3 cm; with the curve join points L1-M-C1 to draw the armhole. Measure down 9 cm on armhole curve from point L1 and mark two notches. The notches will be the reference point for attaching the sleeve to the bodice in the sewing process (see diagram)*

Dart:

- *D-R* = *1/2 of D-D1*
- *R-R1* = *Perpendicular to C-C1 - 2 cm*
- *R-R2* = *Square down 14 cm*
- *R-R3* = *1,5 cm*
- *R-R4* = *1,5 cm, join points R1-R3-R2-R4 (see diagram)*

BASIC BODICE with DART and FULL BUST
(considerable difference between the front and the back)



FRONT:
begin with top left corner of square. This is point A.

- *A-C* = *Equal measure to the back*
- *A-D* = *Back waist length*
- *D-A1* = *Front waist length (in this case the front is 4 cm longer than the back instead of 2 cm)*
- *A1-N* = *Bust height*
- *N-N1* = *Breast distance*
- *G-G1* = *Move left 1/10 of size + 0,5 cm*
- *G1-G2* = *Square up 1,6 cm at right angles to shoulder length and join to point G*

FRONT:
begin with top right corner of the square: this is point A.

- *A-C* = *1/8 height+1/24 size+1,7 cm ease allowance (armhole depth measurements)*
- *A-D* = *Back waist length*
- *D-A1* = *Front waist length*
- *A1-B* = *1/6 size+1 cm (neckline depth)*
- *D-E* = *Hip depth*
- *A-F* = *Dress length (up to the knee)*
- *A1-G* = *1/6 size (starting point of shoulder length) with the curve connecting points G-B1-B*
- *A1-H* = *1/2 back width – 1 cm*
- *C-C2* = *1/4 bust circ.+1 cm+ease allowance*
- *D-D2* = *1/4 waist circ.+1 cm+ease allowance+3 cm (dart)*
- *E-E2* = *1/4 hip circ.+1 cm+ease allowance*
- *F-F2* = *Same measurement as E-E2: join points C2-D2, E2-F2 with straight edge. Join points D2-E2 with the curve. This is the side seam*
- *H-I* = *Perpendicular to C-C2*
- *H-L* = *Square down 7,5 cm*
- *G-L1* = *Measure shoulder length G-L1 on back bodice. Front and back should be the same length. Connect the two points*
- *A1-N* = *Bust height*
- *N-N1* = *1/2 breast distance*
- *G-G1* = *Starting at point G, move to the left towards L1 1/10 size+0,5 cm*
- *G1-G2* = *Square up 1,6 cm on right angles to the shoulder line and join to point G*
- *G2-N1* = *Join with a straight line to the bust point*
- *N1-N2* = *Square up 7,5 cm and move left 2 cm at right angle to the dart line*
- *G3-N1* = *Measure G2-N1 and use this measurement to draw a line from N1 up to G3 so as to complete the dart. Darts legs are always the same length*
- *G-L2* = *Close the dart ending up in G2-G3 and draw the shoulder line equal to the back*
- *I-M* = *Square up 5 cm*
- *M-M1* = *Move left 2 cm (this measurement varies according to the dart depth)*

With the curve draw the armhole joining points C2-M1-L2 from L2. Measure down 9 cm on armhole curve and mark one notch. The notch will be the reference point for attaching the sleeve to the bodice in the sewing process (see the diagram)

- *M1-M2* = *Perpendicular to I-C2 and mark one point (reference point for the sleeve)*

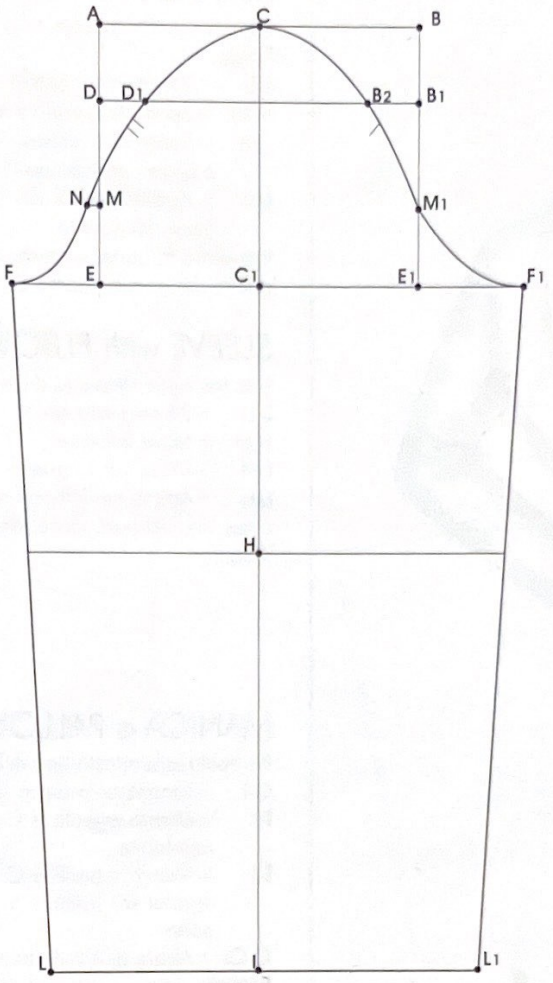
Dart:

- *D-R* = *Equal length to N-N1*
- *R-R1* = *Perpendicular to D-D2. From point N1 square down 2 cm*
- *R-R2* = *Square down 10 cm*
- *R-R3* = *1,5 cm*
- *R3-R4* = *1,5 cm join the points R1-R3-R2-R4 (see diagram)*

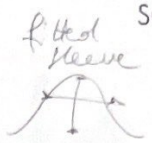
- *G2-N1* = *Join with a straight line to the bust point*
- *N1-N2* = *Square up 7,5 and move left 3 cm*
- *G3-N1* = *From N1 draw a line passing through 3 cm of the dart and trueing G2-N1*
- *L-L3* = *Square down 2 cm (not a fixed measurement)*
- *G-L2* = *Close the dart G2-G3 and draw the shoulder length same as for the back*
- *I-M* = *Square up 5 cm*
- *M-M1* = *Move left 3 cm*

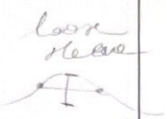
The measurement can be changed according to the dart depth.
From point L2 measure down 9 cm on armhole curve and mark one notch. The notch will be reference point for attaching the sleeve to the bodice in the sewing process (see diagram).

- *M1-M2* = *Perpendicular to I-C2 and mark one point (reference point for the sleeve)*



SCALA 1/4





BASIC SLEEVE FOUNDATION

The sleeve foundation is based upon the basic bodice, whose armhole circ. must be accurately taken. In order to ensure a perfect fit of the sleeve, and at the same time to ease movements, it is necessary to add 3-5 cm to the armhole circ. Begin with top left corner of the square. This is point A.

A-B = 1/2 size (- 1 cm)
C = 1/2 of A-B
A-D = 1/10 size + 0,5 cm
A-E = 1/10 height - 1 cm
B-E1 = Parallel to A-E

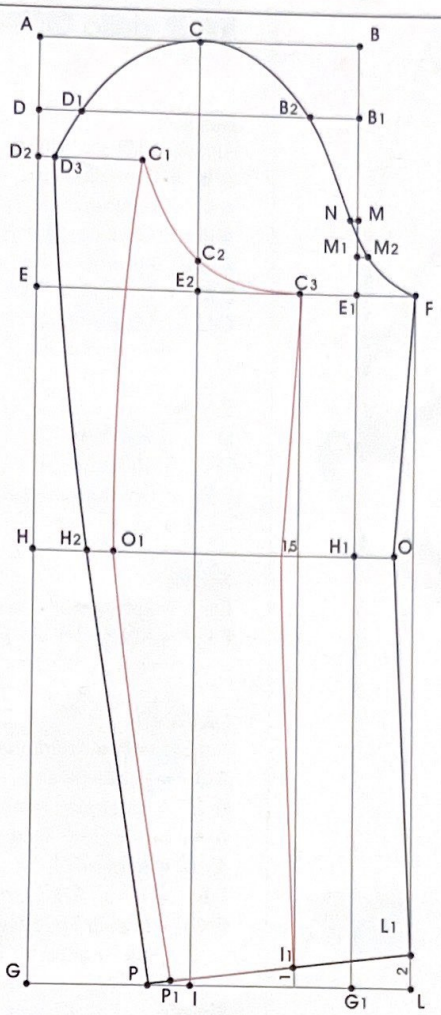
Copy measurements from the opposite side and connect points B1-D, E-E1.

C-C1 = Square down from point C up to line E-E1
E-F = Equal measurement of the back bodice of line I-C1 (+0,5 cm only if it is necessary)
E1-F1 = Equal measurement of the front bodice of line M2-C2 (+0,5 cm (from front bodice) not a fixed measurement)
E-M = Move up 5 cm
M-N = Square left 1 cm
E1-M1 = Move up 5 cm
B1-B2 = Move left 3,5 cm
D-D1 = Move right 3 cm and use a curve to draw the sleeve cap. Connect points C-D1-B2, B2-M1-F1, D1-N-F (armhole). From point C measure down the back of sleeve cap 10 cm and mark two notches. From point C measure down the front of sleeve cap 10,3 cm and mark one notch
C-H = Elbow length
C-I = Sleeve length
I-L = Square left from point I the same measurement as line C1-F - 2,5 cm
I-L1 = Square right from point I the same measurement as line C1-F - 2,5 cm. Connect points L-F, L1-F1

Note: *sleeve ease may change according to fabrics and sleeve styleline as it happens to wrist width.*

I-C2 on front w/o darts
M2-C2 on front w/darts

SCALA 1/4



The BASIC TWO-PIECE SLEEVE

Square down and across from A.
A-B = 1/2 size
A-D = 1/10 size+0,5
A-E = 1/10 body height
A-H = Elbow length
A-G = Sleeve length
B-G_1 = Parallel to A-G
Square across connecting points D-B_1, E-E_1, H-H_1, G-G_1.
C = 1/ 2 A-B
C-E_2-I = Square down from point C to line G-G_1
D-D_1 = Move right 3 cm
D-D_2 = Move down 3 cm
D_2-D_3 = Move right 1 cm
B_1-B_2 = Move left 3,5 cm
E_1-M = Move up 5 cm
M-N = Move left 0,5 cm
With a curve connect points C-D_1-D_3 (back sleeve cap), C-B_2-N (front sleeve cup)
E_1-F = Square left 4 cm
E_1-M_1 = Move up 2,5 cm
M_1-M_2 = Move right 0,5 cm
Connect points N-M_2-F (armhole)
H-H_2 = Move right 3,5 cm (not fixed measure)
I-P = Move left 3 cm, and connect points D_3-H_2-P
G_1-L = Move right 4 cm and join to point F
L-L_1 = Move up 2 cm and join to point P
H_1-O = Square right 2,5 cm
Connect points F-O-L_1.
D_3-C_1 = Square right 6 cm
E_2-C_2 = Move up 2 cm
E_1-C_3 = Move left 4 cm
With a curve connect points C_1-C_2-C_3.
H_2-O_1 = Move right 2 cm
P-P_1 = Move right 1,5 cm, connect points C_1-0_1-P_1
G_1-I_1 = Move left 4 cm and move up 1 cm
C_3-I_1 = Join points and move left 1 cm to elbow line
At the sleeve cap, from point C (back side) mark 2 notches with a distance 10,5 cm; from point C (front side) mark a notch 10,5 cm. Copy the red part and separate the two pieces of the pattern.

TROUSERS with WIDE HEMLINE

Use the basic trousers to draft this pattern.
Square down and left from A.

FRONT:

- A-B = Hip depth
- A-C = Crotch length
- B-B1 = 1/4 hip circ. +1,5 cm ease allowance
- B-B2 = Square right 0,5 cm, join point A to B2
- C-C1 = Same measurement as B-B1
- C-C2 = Square right 1/20 hip circ. +0,5 cm ease allowance
- D = 1/2 of C1-C2
- E-D = Perpendicular to C1-C2
- E-D1 = Knee length
- C2E-F = Trousers length+8 cm, 4 cm for the band. Divide in half and mark for band fold
- A-A1 = 1/4 waist circ. +1 +4 cm for pleat or dart (see graphic)
- A1-A2 = Square up 1 cm connect to A
- F1-F2 = Trousers width 26-30. From point F divide by half the width of the trousers (not a fixed measurement)
- D2-D3 = Width knee same measurement as F1-F2 - 2 cm, join points C2-D2-F2 (inseam), C1-D3-F1 (outseam)
- A-A3 = Move left 3 cm and draw the fly (for zipper)
- E-E1 = Move left 4 cm for pleat

Pocket:

- A2-I = Move right 3 cm
- I-L = Move right 4 cm (pocket facing)
- I-L1 = Square down 2 cm (pocket starting point)
- L1-I1 = 15 cm pocket measurement
- E-D-B1 = Inner pocket (see diagram)

BACK:

the back will be drafted over the front.

- A-H = 1/2 A-E+2 cm
- H-H1 = Square up 2 cm
- C-C3 = 1/24 half of the hip connect to H1
- C3-C4 = 1/10 hip circ.
- L = Reference point for measurement of the hip
- H1-H2 = 1/4 waist circ. - 1 cm+3 cm for dart
- H2-H3 = Square up 1 cm and join to point H1
- L-L1 = 1/4 hip circ.+1 cm ease allowance, with a curve join points H3-L1 (side seam), L-C4 (back crotch)
- G-G1 = From points D2-D3 add 1,5 cm for each side
- F3-F4 = Add the same amount as G-G1, join points L1-G-F3 (out seam), C4-G1-F4 (inner seam)

Dart:

- M = 1/2 H1-H3
- M-N = Move down 14 cm parallel line H1-L
- M1-M2 = From point M move each side 1 cm and join to point N

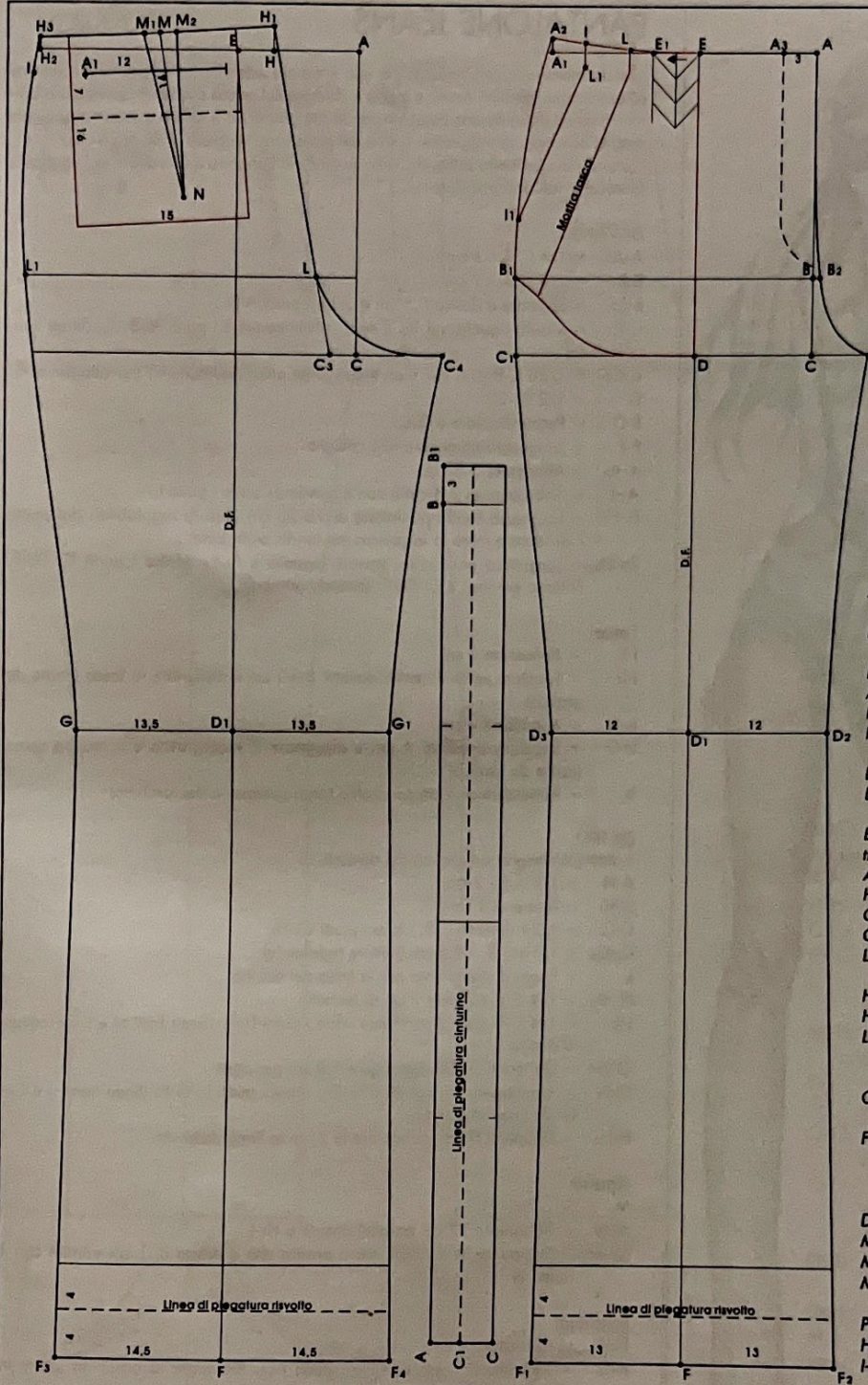
Pocket:

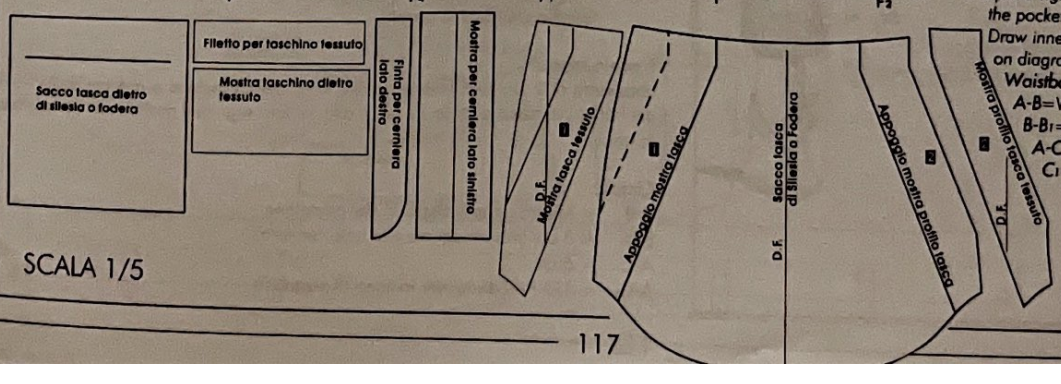
- H3-I = Move down 3 cm
- I-A1 = Square right 4 cm and mark 12 cm for the pocket parallel to line H3-H1

Draw inner pocket and facing as shown on diagram

Waistband:

A-B=Waist circ.
B-B1=3 cm measurement of the fly
A-C=5 cm
C1=1/2 of A-C waistbanwidth, draw the fold line





SCALA 1/5