OneEquals

Ring Size Chart

Conversion chart

US / Canada	UK / AU	EU / ISO	Japan*	Diameter (mm)	Diameter (in)	Circumference (mm)
3	F½	44	4	14.1	0.553	44.2
3.5	G½	45.5	–	14.5	0.569	45.4
4	H½	46.5	7	14.9	0.585	46.7
4.5	I½	48	–	15.3	0.601	48.0
5	J½	49.5	9	15.7	0.617	49.3
5.5	K½	50.5	–	16.1	0.633	50.5
6	L½	52	12	16.5	0.649	51.8
6.5	M½	53	–	16.9	0.665	53.1
7	N½	54.5	14	17.3	0.681	54.4
7.5	O½	55.5	–	17.7	0.697	55.6
8	P½	57	16	18.1	0.713	56.9
8.5	Q½	58	–	18.5	0.729	58.2
9	R½	59.5	18	18.9	0.745	59.5
9.5	S½	60.5	–	19.3	0.761	60.7
10	T½	62	20	19.7	0.777	62.0
10.5	U½	63.5	–	20.1	0.793	63.3
11	V½	64.5	23	20.5	0.809	64.6
11.5	W½	66	–	21.0	0.825	65.8
12	X½	67	25	21.4	0.841	67.1
12.5	Y½	68.5	–	21.8	0.857	68.4
13	Z½	69.5	27	22.2	0.873	69.7
13.5	Z+1½	71	–	22.6	0.889	70.9
14	Z+3	72	–	23.0	0.905	72.2
14.5	Z+4	73.5	–	23.4	0.921	73.5
15	Z+5	75	–	23.8	0.937	74.8

US sizes: circumference = 2.55 × size + 36.5 mm. EU/ISO size = inside circumference in mm, rounded to the nearest half size. UK letters per BS 6820. *Japanese sizes are the commonly used equivalents for whole US sizes; they don't follow a straight formula. Brands can differ by about half a size.

OneEquals

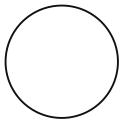
Ring Size Chart

Printable ring sizer

ACTUAL-SIZE RING SIZER

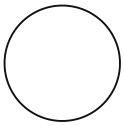
Print at **100% / Actual size**. Check the bar with a ruler before using: it must be exactly 100 mm.





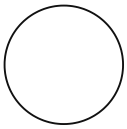
US 4

14.9 mm · H½



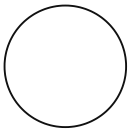
US 4.5

15.3 mm · I½



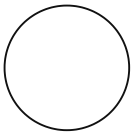
US 5

15.7 mm · J½



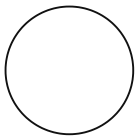
US 5.5

16.1 mm · K½



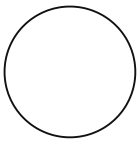
US 6

16.5 mm · L½



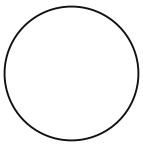
US 6.5

16.9 mm · M½



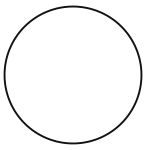
US 7

17.3 mm · N½



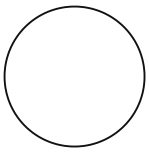
US 7.5

17.7 mm · O½



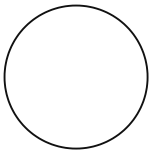
US 8

18.1 mm · P½



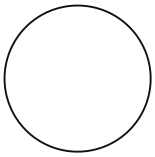
US 8.5

18.5 mm · Q½



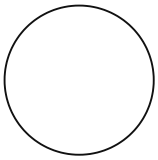
US 9

18.9 mm · R½



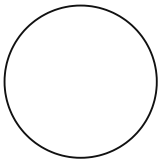
US 9.5

19.3 mm · S½



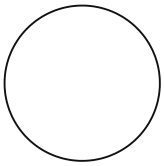
US 10

19.7 mm · T½



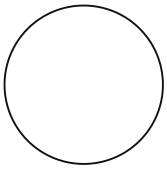
US 10.5

20.1 mm · U½



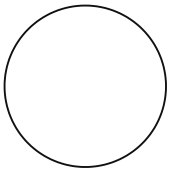
US 11

20.5 mm · V½



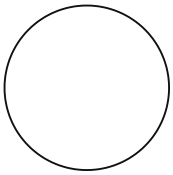
US 11.5

21.0 mm · W½



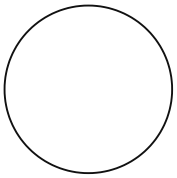
US 12

21.4 mm · X½



US 12.5

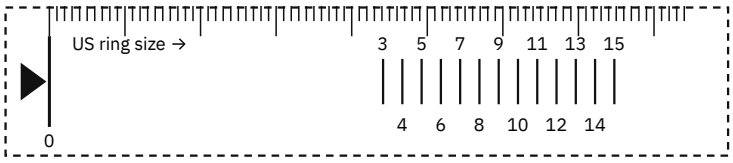
21.8 mm · Y½



US 13

22.2 mm · Z½

Finger strip: cut it out along the outline, wrap it snugly around the base of your finger and read the US size where the 0 line meets the scale.



OneEquals

Ring Size Chart

Men's sizes 8–15

MEN'S RING SIZES

US / Canada	UK / AU	EU / ISO	Diameter (mm)	Diameter (in)	Circumference (mm)
8	P½	57	18.1	0.713	56.9
8.5	Q½	58	18.5	0.729	58.2
9	R½	59.5	18.9	0.745	59.5
9.5	S½	60.5	19.3	0.761	60.7
10	T½	62	19.7	0.777	62.0
10.5	U½	63.5	20.1	0.793	63.3
11	V½	64.5	20.5	0.809	64.6
11.5	W½	66	21.0	0.825	65.8
12	X½	67	21.4	0.841	67.1
12.5	Y½	68.5	21.8	0.857	68.4
13	Z½	69.5	22.2	0.873	69.7
13.5	Z+1½	71	22.6	0.889	70.9
14	Z+3	72	23.0	0.905	72.2
14.5	Z+4	73.5	23.4	0.921	73.5
15	Z+5	75	23.8	0.937	74.8

Most men wear US 8 to 12; 10 is the most common. Wide bands (8 mm+) usually need a half size larger.