



# Guide to uploading measurements

Upload your measurements to your profile so that casting agents and agencies can clearly see if you match their casting briefs. Your measurements are also vital for costume departments if you are cast.



Around the neck low, close to the base, not overly tight

#### Sleeve

Starting from the end of the shoulder bone, along the shoulder, down slightly towards the back of the arm to meet the elbow, and down to below the wrist joint

# Inside leg

From the very top of the inside of the leg, down to the ankle



Above the brow, around the widest part of the head

#### Chest

At the widest part; make sure the tape is not sagging at the back

## Waist

Across the widest part of the hips; make sure the tape is not sagging at the back

### Head

Above the brow, around the widest part of the head

#### **Bust**

At the widest part; make sure the tape is not sagging at the back

## Waist

At narrowest part of torso (the high natural waist)

# Collar

Around the neck low, close to the base, not overly tight

#### **Under bust**

Beneath the bust; make sure the tape is not sagging at the back

## Hips

Across the widest part of the hips; make sure the tape is not sagging at the back

Upload your measurements to the Appearance section of your profile.

