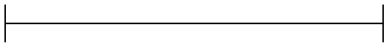
Free Printable Ring Sizer

Print both pages at 100% / Actual Size. Disable Fit to Page and Shrink to Fit.

Start here: verify the print scale



50 mm / 1.9685 inches

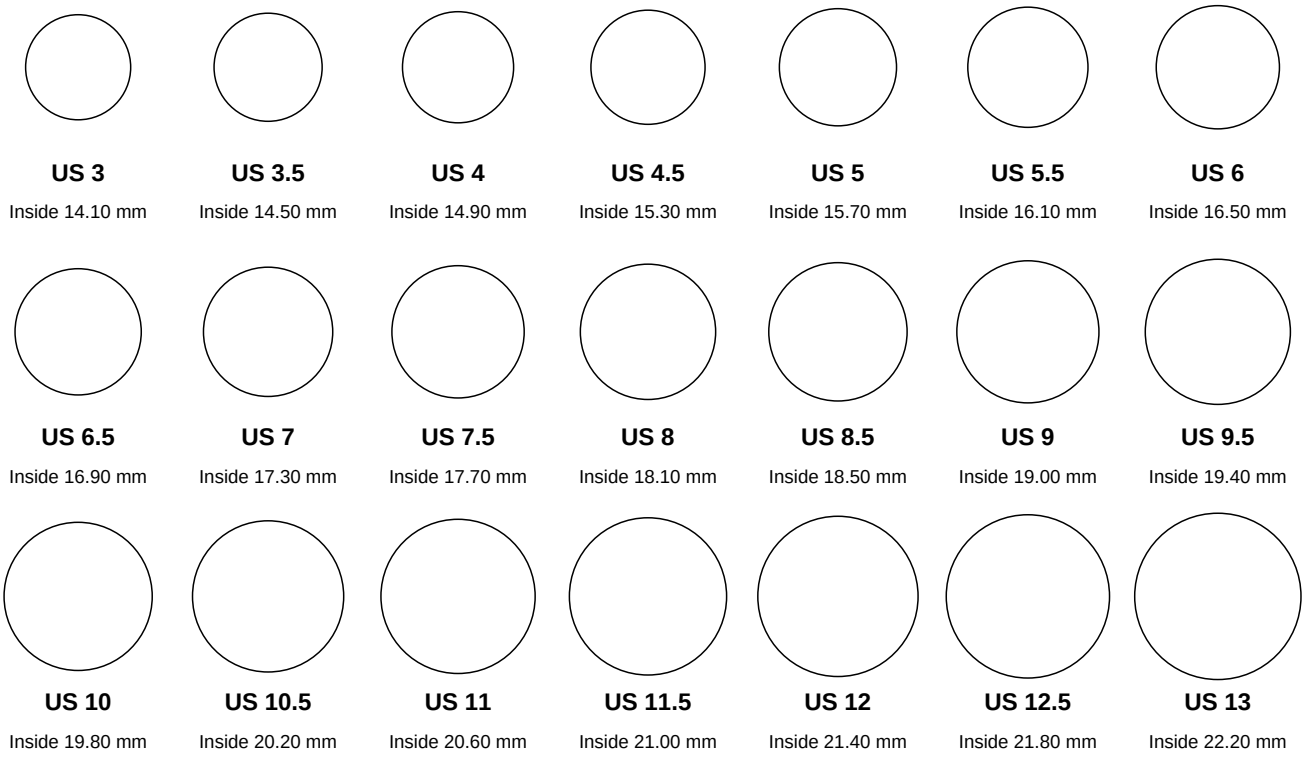
Measure the line with a physical ruler.

If it is not exactly 50 mm, adjust settings and reprint.

1. Match a ring that fits

Match the ring's inside edge to the outside edge of a thin circle line.

Use the same finger and hand. Compare nearby circles if the opening falls between sizes.



US 3	US 3.5	US 4	US 4.5	US 5	US 5.5	US 6
Inside 14.10 mm	Inside 14.50 mm	Inside 14.90 mm	Inside 15.30 mm	Inside 15.70 mm	Inside 16.10 mm	Inside 16.50 mm

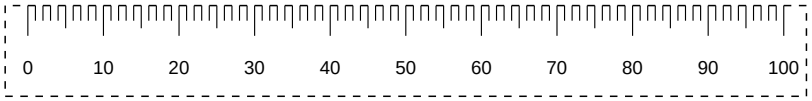
US 6.5	US 7	US 7.5	US 8	US 8.5	US 9	US 9.5
Inside 16.90 mm	Inside 17.30 mm	Inside 17.70 mm	Inside 18.10 mm	Inside 18.50 mm	Inside 19.00 mm	Inside 19.40 mm

US 10	US 10.5	US 11	US 11.5	US 12	US 12.5	US 13
Inside 19.80 mm	Inside 20.20 mm	Inside 20.60 mm	Inside 21.00 mm	Inside 21.40 mm	Inside 21.80 mm	Inside 22.20 mm

2. Cut out the paper measuring strip

Wrap snugly without squeezing. Mark where the zero edge meets the strip.

Lay it flat and read the marked length in mm. Check that it can pass your knuckle.



Cut along the dashed border.

Trim the starting edge at zero.

This length is circumference, not diameter. Compare it with page 2 or use the online calculator.

Printable Ring Size Chart

US / Canada sizes 3-13. International equivalents are approximate and brand-dependent.

Circumference = inside diameter x pi. Use your seller's chart when ordering.

US / CA	UK / AU*	EU*	India*	Japan*	Inside mm	Around mm
3	F	44	< 6	4	14.10	44.30
3.5	G	46	< 6	5	14.50	45.55
4	H	47	7	7	14.90	46.81
4.5	I	48	8	8	15.30	48.07
5	J	49	9	9	15.70	49.32
5.5	K	51	11	10	16.10	50.58
6	L	52	12	11	16.50	51.84
6.5	M	53	13	13	16.90	53.09
7	N	54	14	14	17.30	54.35
7.5	O	56	16	15	17.70	55.61
8	P	57	17	16	18.10	56.86
8.5	Q	58	18	17	18.50	58.12
9	R	60	20	19	19.00	59.69
9.5	S	61	21	20	19.40	60.95
10	T	62	22	21	19.80	62.20
10.5	U	63	24	22	20.20	63.46
11	V	65	25	24	20.60	64.72
11.5	W	66	26	25	21.00	65.97
12	X	67	27	26	21.40	67.23
12.5	Y	68	28	27	21.80	68.49
13	Z½	70	30	28	22.20	69.74

* Approximate equivalents; not interchangeable manufacturer guarantees.

Between sizes? Repeat the measurement and compare both fits. Do not automatically size up.

Ring width, temperature, paper tension and knuckle shape can change comfort.

References: GIA US/UK diameters; BlueStone v1 India; 4 C BRIDAL Japan.

EU uses nearest whole-mm circumference. Full sources and rounding: /methodology.

Oura and other smart rings need their exact model's manufacturer sizing kit.