

Printable Ring Sizer

Measure Ring Size | Print at 100% actual size | Page 1 of 3

PRINT AT 100% — choose “Actual size” or “100%” in your print dialog.

Do NOT use “Fit to page”, “Shrink to fit” or any scaling. A scaled print gives a wrong size.
Check the ruler below with a physical ruler before you measure anything.

Step 0 — Check the scale (do this first)

Lay a physical ruler along this line. The 0 mark and the 100 mm mark must be exactly 100 mm apart.



Second check — standard bank card width:



Ring circles — place your ring on a circle

Find the circle whose line matches the **INSIDE** edge of your ring (see page 2). Labels are beside the circles, never on them.

	US 3 14.07 mm UK F EU 44		US 3.5 14.48 mm UK G EU 46		US 4 14.88 mm UK H EU 47		US 4.5 15.29 mm UK I EU 48
	US 5 15.70 mm UK J EU 49		US 5.5 16.10 mm UK K EU 51		US 6 16.51 mm UK L EU 52		US 6.5 16.92 mm UK M EU 53
	US 7 17.32 mm UK N EU 54		US 7.5 17.73 mm UK O EU 56		US 8 18.14 mm UK P EU 57		US 8.5 18.54 mm UK Q EU 58
	US 9 18.95 mm UK R EU 60		US 9.5 19.35 mm UK S EU 61		US 10 19.76 mm UK T EU 62		US 10.5 20.17 mm UK U EU 63
	US 11 20.57 mm UK V EU 65		US 11.5 20.98 mm UK W EU 66		US 12 21.39 mm UK X EU 67		US 12.5 21.79 mm UK Y EU 68
	US 13 22.20 mm UK Z EU 70		US 13.5 22.61 mm UK Z+1 EU 71				

How to use the circles

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Matching an existing ring, step by step

1. Print page 1 at 100% and check the ruler (page 1, step 0). If the ruler is wrong, the circles are wrong — reprint.
2. Lay the page flat on a table. Do not hold it in the air and do not bend it under the ring.
3. Place the ring flat on a circle, centred on it, so the printed circle sits inside the ring.
4. Look straight down at the ring. The printed circle line should sit exactly on the ring's **INSIDE** edge — the edge of the hole your finger goes through, not the outside of the band.
5. If the printed line is visible inside the hole with a gap around it, that circle is too small — try the next size up. If the ring covers the printed line completely, that circle is too large — try the next size down.
6. The correct size is the one where the printed line and the inside edge coincide, with no gap and no covering. Try the neighbours on either side to confirm: the size below should show a gap, the size above should be covered.
7. If no circle matches exactly, you are between sizes: order the larger size for comfort, and confirm with a professional fitting for an expensive ring.

Common mistakes

- Printing with “Fit to page” on — the commonest error. It shrinks everything by a few percent, which is half a size or more.
- Matching the **OUTSIDE** of the band instead of the inside edge. The outside is several millimetres larger and gives a size that is far too big.
- Tilting the page or looking at an angle. Look straight down, or the circle appears oval and the match is false.
- Using a ring from a different finger or hand. Fingers differ; measure the exact finger the new ring will be worn on.
- Measuring a ring that is bent, dented or out of round. A damaged ring has no true inner diameter — measure a round ring instead.
- Checking the scale with a phone screen or a photo. Screens and photos are not 1:1. Only a physical ruler on the printed page counts.

Measurement limitations — read before you order

- A printed circle is only as accurate as the print. Home printers vary by about ± 0.5 mm even at 100%; that is why the ruler check is mandatory, not optional.
- Paper is not a jeweller's mandrel. A printed match is an estimate, good for most everyday rings, but for a wide band (6 mm or more), an eternity ring, or a ring that cannot be resized, confirm with a professional fitting.
- Finger size changes during the day and with temperature. A ring matched in the morning may feel tighter in the evening. If you are between sizes, size up.
- UK, Australia and India equivalents on page 3 are approximate (see the notes there). When a seller's chart and this guide disagree, give the seller the millimetre diameter and circumference, not the converted label.
- This guide was not validated on a physical printer in the test environment. Before you rely on it, do the physical verification on page 1: a real ruler on the printed ruler, and a real bank card on the 85.6 mm line.

International conversion reference

Reliable systems only. US, EU / ISO, diameter and circumference are the reference columns. UK, Australia and India are labelled approximate because published charts disagree for them (UK by a half-letter, Australia by about 0.3 mm per letter, India by ± 1 size). Japan, Switzerland, Brazil, China and Russia are not listed here: no consistently corroborated ladder was found for them, so they are omitted rather than guessed.

US / Canada	UK (approx.)	Australia (approx.)	EU / ISO	India (approx.)	Diameter	Circumference
3	F	F	44	4	14.07 mm	44.2 mm
3.5	G	G	46	6	14.48 mm	45.5 mm
4	H	H	47	7	14.88 mm	46.7 mm
4.5	I	I	48	8	15.29 mm	48.0 mm
5	J	J	49	9	15.70 mm	49.3 mm
5.5	K	K	51	11	16.10 mm	50.6 mm
6	L	L	52	12	16.51 mm	51.9 mm
6.5	M	M	53	13	16.92 mm	53.2 mm
7	N	N	54	14	17.32 mm	54.4 mm
7.5	O	O	56	16	17.73 mm	55.7 mm
8	P	P	57	17	18.14 mm	57.0 mm
8.5	Q	Q	58	18	18.54 mm	58.2 mm
9	R	R	60	20	18.95 mm	59.5 mm
9.5	S	S	61	21	19.35 mm	60.8 mm
10	T	T	62	22	19.76 mm	62.1 mm
10.5	U	U	63	23	20.17 mm	63.4 mm
11	V	V	65	25	20.57 mm	64.6 mm
11.5	W	W	66	26	20.98 mm	65.9 mm
12	X	X	67	27	21.39 mm	67.2 mm
12.5	Y	Y	68	28	21.79 mm	68.5 mm
13	Z	Z	70	30	22.20 mm	69.7 mm
13.5	Z+1	Z+1	71	31	22.61 mm	71.0 mm

How to use this table: find your US size (or the diameter you matched on page 1) and read across. For an international order, give the seller the diameter and circumference columns — they do not have a half-letter disagreement. EU size is the inner circumference in millimetres, rounded to a whole millimetre (ISO 8653). India size is approximately the circumference minus 40.

Online tools: the screen-based ring sizer and the calculators on the Measure Ring Size website use the same dataset as this guide, so a size found here and a size found online should agree. If they do not, trust the millimetre measurement and re-check the print scale first.