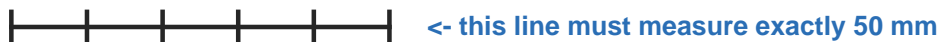


# Joalys Free Printable Ring Size Chart

US / Canada - UK / Australia - Europe - millimeters | Verified by a GIA gemologist - Updated June 2026

## STEP 1 - Print this page at 100% (Actual Size). Do NOT select 'Fit to page'.

Printers silently rescale documents, which throws off every measurement. After printing, check the calibration line below with a ruler. It must read exactly 50 mm. If it does not, reprint with scaling turned off. A 2 mm error here equals a wrong ring size.



## STEP 2 - Match your inner measurement to your size

US / Canada	Diameter (mm)	Circumf. (mm)	UK / Australia	Europe
3	14.1	44.2	F	44
3.5	14.5	45.5	G	46
4	14.9	46.8	H½	47
4.5	15.3	48.0	I½	48
5	15.7	49.3	J½	49
5.5	16.1	50.6	K½	51
6	16.5	51.9	L½	52
6.5	16.9	53.1	M½	53
7	17.3	54.4	N½	54
7.5	17.7	55.7	O½	56
8	18.1	57.0	P½	57
8.5	18.5	58.3	Q½	58
9	19.0	59.5	R½	59
9.5	19.4	60.8	S½	61
10	19.8	62.1	T½	62
10.5	20.2	63.4	U½	63
11	20.6	64.6	V½	65
11.5	21.0	65.9	W½	66
12	21.4	67.2	X½	67
12.5	21.8	68.5	Y½	68
13	22.2	69.7	Z	70

When in doubt, trust the millimeter reading. Average woman: US 6 (16.5 mm). Average man: US 10 (19.8 mm). Measure at the end of the day, at room temperature, three times. Between two sizes? Go up. For bands wider than 6 mm, add a half size. Already own a ring that fits? Measure its inside edge-to-edge distance in mm and read it off the Diameter column.