

Ring Size Chart: Find Your Perfect Fit in Seconds (2025)

Ever tried to buy a ring online, only to find yourself confused by different sizing systems? This chart cuts through the complexity. It helps you quickly convert between common international ring sizes. Whether you need your size for the US, UK, Europe, or Japan, or just want the precise inside diameter or circumference, you'll find it here. Use this chart to get your perfect fit, saving you time and hassle. You can easily print this out or save the PDF for quick reference.

US/CANADA SIZE ↑↓	UK/AUSTRALIA SIZE ↑↓	EUROPEAN (CIRCUMFERENCE MM) ↑↓	INSIDE DIAMETER (MM) ↑↓	JAPAN/CHINA SIZE ↑↓
3	F	44.2	14.1	4
3.5	G	45.2	14.4	5
4	H	46.5	14.8	6-7
4.5	I	47.8	15.2	8
5	J½	49	15.6	9
5.5	K½	50.3	16	10
6	L½	51.5	16.4	11
6.5	M½	52.8	16.8	12
7	N½	54	17.2	13
7.5	O½	55.3	17.6	14
8	P½	56.6	18	15-16
8.5	Q½	57.8	18.4	17
9	R½	59.1	18.8	18
9.5	S½	60.3	19.2	19
10	T½	61.6	19.6	20
10.5	U½	62.8	20	21
11	V½	64.1	20.4	22
11.5	W½	65.3	20.8	23
12	X	66.6	21.2	24
12.5	Y	67.9	21.6	25
13	Z	69.1	22	26
13.5	Z+1	70.4	22.4	27
14	Z+2	71.6	22.8	28
14.5	Z+3	72.9	23.2	29
15	Z+4	74.2	23.6	30

25 rows