

Ring Size Conversion Chart (2025) - Find Your Perfect Fit

Trying to find the right ring size can feel like a guessing game, especially when you're shopping internationally or buying a gift. This chart cuts through the confusion, offering a clear conversion between the most common global ring sizing standards. You'll find US & Canadian, UK & Australian, European (ISO), and Japanese sizes, alongside the precise inside diameter and circumference measurements in millimeters. This makes it simple to ensure a perfect fit, whether you're eyeing a ring from London or Tokyo. You can easily save this chart to your device or print it out for quick reference.

| US & CANADA ↑↓ | UK & AUSTRALIA ↑↓ | EUROPEAN (ISO) ↑↓ | JAPAN ↑↓ | INSIDE DIAMETER (MM) ↑↓ | INSIDE CIRCUMFERENCE (MM) ↑↓ |
|----------------|-------------------|-------------------|----------|-------------------------|------------------------------|
| 3              | F                 | 44                | 4        | 14.05                   | 44.1                         |
| 3.5            | G                 | 45                | 5        | 14.45                   | 45.4                         |
| 4              | H                 | 46.5              | 6-7      | 14.86                   | 46.7                         |
| 4.5            | I                 | 47.5              | 8        | 15.27                   | 48.0                         |
| 5              | J 1/2             | 49                | 9        | 15.70                   | 49.3                         |
| 5.5            | K 1/2             | 50.5              | 10       | 16.10                   | 50.6                         |
| 6              | L 1/2             | 51.5              | 11       | 16.51                   | 51.9                         |
| 6.5            | M 1/2             | 52.5              | 12       | 16.92                   | 53.2                         |
| 7              | N 1/2             | 54                | 13-14    | 17.35                   | 54.5                         |
| 7.5            | O 1/2             | 55.5              | 15       | 17.75                   | 55.8                         |
| 8              | P 1/2             | 56.5              | 16       | 18.19                   | 57.1                         |
| 8.5            | Q 1/2             | 58                | 17       | 18.53                   | 58.2                         |
| 9              | R 1/2             | 59                | 18-19    | 18.89                   | 59.3                         |
| 9.5            | S 1/2             | 60.5              | 20       | 19.41                   | 60.9                         |
| 10             | T 1/2             | 61.5              | 21       | 19.84                   | 62.3                         |
| 10.5           | U 1/2             | 63                | 22       | 20.20                   | 63.5                         |
| 11             | V 1/2             | 64                | 23-24    | 20.68                   | 65.0                         |
| 11.5           | W 1/2             | 65                | 25       | 21.08                   | 66.2                         |
| 12             | X 1/2             | 66.5              | 26       | 21.49                   | 67.5                         |
| 12.5           | Y 1/2             | 67.5              | 27       | 21.89                   | 68.8                         |
| 13             | Z 1/2             | 69                | 28       | 22.33                   | 70.1                         |
| 13.5           | Z+1               | 70                | 29       | 22.73                   | 71.4                         |
| 14             | Z+2               | 71.5              | 30       | 23.14                   | 72.7                         |

23 rows