

Ring Size Measurement Chart: Find Your Perfect Fit Today

Finding the right ring size shouldn't be a puzzle. This chart cuts through the confusion, showing you common ring sizes across various international standards —US, UK, European (ISO), and Japanese. We've also included the inside diameter and circumference measurements in millimeters. This means you can measure an existing ring you love or get a precise measurement of your finger to find your ideal size. It's all here to help you get that comfortable, perfect fit without the guesswork.

US RING SIZE	UK RING SIZE	EU (ISO) SIZE (CIRCUMFERENCE MM)	JAPAN RING SIZE	INSIDE DIAMETER (MM)	INSIDE CIRCUMFERENCE (MM)
3	F	44	4	14.05	44.0
3.5	G	45.2	5	14.45	45.4
4	H	46.5	7	14.86	46.5
4.5	I	47.8	8	15.27	47.8
5	J ½	49	9	15.70	49.3
5.5	K ½	50.3	10	16.10	50.6
6	L ½	51.5	11	16.51	51.9
6.5	M ½	52.8	12	16.92	53.1
7	N ½	54	13	17.35	54.4
7.5	O ½	55.3	14	17.75	55.7
8	P ½	56.6	16	18.19	57.0
8.5	Q ½	57.8	17	18.59	58.3
9	R ½	59.1	18	18.90	59.5
9.5	S ½	60.3	19	19.41	60.9
10	T ½	61.6	20	19.84	62.2
10.5	U ½	62.8	21	20.20	63.4
11	V ½	64.1	22	20.68	64.9
11.5	W ½	65.4	23	21.08	66.2
12	Y	66.6	24	21.49	67.5
12.5	Z	67.9	25	21.89	68.8
13	Z+1	69.1	26	22.33	70.1

21 rows