

FIS Equipment Rules: Specifications for Competition Equipment Edition 2014/2015

Minimum Ski Length / Radius / Stand Height Requirements:

Downhill:	WC	Radius (min.)	FIS/ENL	Radius (min.)	USSA U18	Radius (min.)	USSA U16	Radius (min.) ²	USSA U14	Radius (min.) ³
Ladies:	210 cm	50 m	205 cm	50 m	205 cm	45 m	May Use SG Skis		May Use SG Skis	
Men:	218 cm	50 m	213 cm	50 m	210 cm	45 m	May Use SG Skis		May Use SG Skis	
Super -G:										
Ladies:	205 cm	40 m	200 cm	40 m	195 cm	33 m	175 cm	23 m	>175 cm	21 m
Men:	210 cm	45 m	205 cm	45 m	200 cm	33 m	180 cm	23 m	>180 cm	23 m
GS:										
Ladies:	188 cm	30 m	183 cm	30 m	175 cm	23 m ¹	<=195 cm	21 m	<=190 cm	17 m
Men:	195 cm	35 m	190 cm	35 m	180 cm	23 m ¹	<=195 cm	23 m	<=190 cm	17 m
Slalom:										
Ladies:	155 cm	None	155 cm	None	155 cm	None	>=130 cm	None	>=130 cm	None
Men:	165 cm	None	165 cm	None	165 cm*	None	>=130 cm	None	>=130 cm	None

*155 cm for U18 Men

WC: World Cup (WC), World Ski Championships (WSC), and FIS Junior World Ski Championships (WJC)

FIS/ENL (International Ski Federation / Entry League)

USSA U18: (United States Ski Association)

16 years old and older scored racing, athletes may use equipment than conforms to either the rules as outlined for USSA or FIS/ENL scored racing.

¹GS Radius Changes for 2014-2015 (23m Radius)

USSA U16:

14-15 years old scored racing and all USSA non-scored racing: Boys and Girls

²New Length and Radius Rules for 2014-2015 Season

USSA U14:

12-13 years old scored racing and all USSA non-scored racing: Boys and Girls

³New Length and Radius Rules for 2014-2015 Season

Ski length: Minimum length "developed" length (unwound length) in accordance with ISO Norm including a measurement tolerance of +/- 1 cm.

The ski length must be marked on the ski.

Precision for the length of Slalom Skis:

When a ski tip different from the main body of the ski is used, the measurement will only be taken into account to the extent it covers a surface corresponding to the natural shape of the ski. The manufacturer must mark the tip showing the limit of the natural shape and thereby allow an easy measurement.

Minimum Ski Profile Width and Maximum Stack Height Requirements:

Minimum width of the running surface at binding without any tolerance.

All Measurements are for Ladies and Men unless otherwise noted.

Profile Width Under Bindings	USSA (U18)	FIS/ENL	World Cup	Max Stack Height (Ski + Plate + Binding)	Max Boot Height Sole to Top of Foot Bed
Downhill:	60 mm	<= 65 mm	<=65 mm	50 mm	43 mm
Super-G:	60 mm	<= 65 mm	<=65 mm	50 mm	43 mm
Giant Slalom:	60 mm	<= 65 mm	<=65 mm	50 mm	43 mm
Slalom:	60 mm	>= 63 mm	>=63 mm	50 mm	43 mm

WC: World Cup (WC), World Ski Championships (WSC), and FIS Junior World Ski Championships (WJC)

FIS/ENL (International Ski Federation / Entry League)

USSA (United States Ski Association) Scored Racing for U18 / U16 / U14

Ski Length and Boot Fitting Guides and Tips

Measuring for Ski Lengths: (Be sure to abide by FIS Equipment Rules and Regulations when applicable.)

Slalom skis should come up to between the tip of the racers nose and eye level.

GS skis are usually around 15 cm longer, which is similar to making a fist on top of your head and measuring up to this height from the floor.

Measuring for Race Boot Fitting:

Most younger racer feel comfortable in a 60-80 flex range. More advanced racers and junior racers with athletic builds will prefer a stiffer flex range of 80-100.

Racers with wide feet should pay close attention to the boot sole width. A wide junior boot is usually around 98 mm for the last. Boot fitting for racers should be done by professionals, as there are many factors that play in to deciding on the correct fit. Normally, the racer will put their feet in to an empty shell without the liner for an initial fit determination. The toes should touch the front of the inner shell, leaving less than half an inch between the heel and back of the shell. Another indicator that is often used is the space of two fingers between the heel and back of the shell, being a greater distance.

When the racers feet are in the ski boots with the liners installed and the toes touch, bending the knees will pull the toes back, giving a more realistic fit in comparison to when they are actually skiing. If there is the ability to fit boots while clicked in to bindings and skis, the feel for the boots fit is more apparent.