

## 8. Equipment Specifications

Description	Event	FIS	FIS Youth		SSNZ National Points		
			U16	U14	U19	U16	U14
Ski Length Ski length measurement tolerance +/- 1 cm ** -5cm tolerance for FIS * Men U18 (first year) at FIS - 10cm tolerance *** U14/16 GS skis are permitted for U14 Super G	DH Women	210**					
	DH Men	218**					
	SG Women	205**	>=183		>=183	>=183	***
	SG Men	210**					
	GS Women	188**	<=188	<=188	<=188	<=188	<=188
	GS Men	193**					
	SL Women	155	>=130	>=130	>=130	>=130	>=130
	SL Men	165*					
Radius (minimum) *** U14/16 GS Skis permitted for U14 Super G	DH Women	>=50					
	DH Men						
	SG Women	>=40	>=30		>=30	>=30	***
	SG Men	>=45					
	GS Women	>=30	>=17	>=17	>=17	>=17	>=17
	GS Men						
	SL Women						
SL Men							
Profile width under binding	DH Women	<=65					
	DH Men						
	SG Women	<=65	<=65	<=65	<=65	<=65	<=65
	SG Men	<=65	<=65	<=65	<=65	<=65	<=65
	GS Women	<=65	<=65	<=65	<=65	<=65	<=65
	GS Men	<=65	<=65	<=65	<=65	<=65	<=65
	SL Women	>=63					
SL Men							
Profile width in front of binding	DH Women	<=95					
	DH Men						
	SG Women	<=95					
	SG Men						
	GS Women	<=103					
	GS Men						
	SL Women						
SL Men							
Max. standing height (ski/plates/binding)	All events	<=50mm	<=50mm	<=50mm	<=50mm	<=50mm	<=50mm
Boot height (from sole to top of foot bed)	All events	<=43mm	<=43mm	<=43mm	<=43mm	<=43mm	<=43mm

>= minimum

<= maximum

NOTE: The Jury is empowered to prevent an athlete from starting if equipment is deemed inappropriate for the event being contested.

## 8.1 Junior Interfield and Schools Events Equipment

It is not a requirement to comply with the FIS or National equipment rules at Junior Interfield or Schools events.

### U12 and Younger

It is recommended to use only one pair of skis in all events. The ski length should be shorter than 130 cm.

## 8.2 Masters Equipment

Masters		
Ski length (minimum)  For FIS Masters competitions, equipment rules regarding ski length (except SG), radius and profile width are recommendations.  The minimum ski length for SG skis is compulsory *without tolerance **GS skis permitted ***-5cm tolerance  No length, width of ski radius restriction for Women above 55 and Men about 65 years of age.	SG Women	180*
	SG Men	185*
	GS Women	180**
	GS Men	185***
Max standing height (ski/plates/binding)		50 mm
Maximum boot height		45 mm

NZ Ski Masters rules conform to the FIS Masters equipment rules. Competitors in Master's events are recommended to compete on equipment designed for the particular event (DH, SL, GS, SG); there are no recommendations in regard to ski length, radius or profile width.

## 8.3 Rules for Helmets

All helmets MUST conform to FIS helmet rules for FIS sanctioned competitions and SSNZ National Points competitions. For further details, please see [FIS Specifications for Alpine Competition Equipment](#)

For Junior Interfield and Schools events, helmets specifically designed for Alpine skiing must be worn for training and for competition in all disciplines.

All FIS approved helmets carry the FIS sticker on the back of the helmet.



Minimum Width : 10 Mm  
Minimum height : 15 Mm