

Alpine Equipment Regulations 2022

(changes are prohibition of helmet camera mounts, and masters FIS helmet requirement)

U19 and Older Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm ** -5 cm tolerance for FIS/ENL competition * -10 cm tolerance for Men U19 first-year athletes	DH Women	210 cm min. **	183 cm min.
	DH Men	218 cm min. **	183 cm min.
	SG Women	205 cm min. **	183 cm min.
	SG Men	210 cm min. **	183 cm min.
	GS Women	188 cm min. **	No rule
	GS Men	193 cm min. **	No rule
	SL Women	155 cm min.	130 cm min.
	SL Men	165 cm min. *	130 cm min.
Radius	DH Women & Men	50 m min.	30 m min.
	SG Women	40 m min.	30 m min.
	SG Men	45 m min.	30 m min.
	GS Women & Men	30 m min.	17 m min.
	SL Women & Men	No rule	No rule
Profile width in front of Binding	DH Women & Men	95 mm max.	No rule
	SG Women & Men	95 mm max.	No rule
	GS Women & Men	103 mm max.	No rule
	SL Women & Men	No rule	No rule
Profile width under Binding	DH Women & Men	65 mm max.	No rule
	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
	SL Women & Men	63 mm min.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

U16 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	183 cm min.
	SG Women & Men	183 cm min.	183 cm min.
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	30 m min.
	SG Women & Men	30 m min.	30 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule
Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

U14 Equipment

Description	Event	FIS	National
Ski Length Ski length measurement tolerance +/- 1 cm	DH Women & Men	No rule	No rule
	SG Women & Men	No rule	No rule
	GS Women & Men	188 cm max.	No rule
	SL Women & Men	130 cm min.	130 cm min.
Radius	DH Women & Men	No rule	17 m min.
	SG Women & Men	No rule	17 m min.
	GS Women & Men	17 m min.	17 m min.
	SL Women & Men	No rule	No rule

U14 Equipment Continued

Profile width under binding	SG Women & Men	65 mm max.	No rule
	GS Women & Men	65 mm max.	No rule
Stand Height (ski / plate / binding)	all events	50 mm max.	50 mm max.
Boot Height (from sole to top of foot bed)	all events	43 mm max.	43 mm max.

U12 and Younger Equipment

U12 and younger athletes should limit skis based upon the recommendations in the Alpine Training System and the Course Setting matrix.

- U12 - two pairs (SL, GS), length ski/size appropriate. Only one pair of skis is allowed within the race arena for inspection and competition.
- U10 - one pair (multi-event), length ski/size appropriate.

Masters Equipment

U.S. Ski & Snowboard Masters rules conform to the FIS Masters equipment rules. Competitors in Masters events are recommended to compete on equipment designed for the particular event (DH, SL, GS, SG); there are no recommendations in regards to ski length, radius or profile width. Maximum stand height is 50 mm. Maximum boot height is 45 mm.

For FIS Masters Competitions, equipment rules in regard to ski length (except SG), radius and profile width are recommendations. The minimum ski length for SG skis is compulsory for MAS races. No length, width or ski radius restriction for women above 55 and men above 65 years of age. The FIS recommendations for ski length, ski radius and profile width can be found in the current FIS Specifications for Competition Equipment.

Ski Wax and Ski Preparation

U.S. Ski & Snowboard has prohibited wax products containing fluorocarbons from use in all sanctioned competitions.

U14 and Younger Competitions

- No wax benches are allowed in the race arena, which is defined as the areas between the fences and including the start and finish areas.
- No waxing application is allowed in the competition venue, which is defined as the ski resort property.



Helmets

Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

In FIS competitions, international competition rules will apply.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all scored and non-scored events, and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98.

Athletes U14 and older must use helmets that meet the FIS standards for all sanctioned GS, SG, DH, and K competitions.

In Kombi competitions, athletes must use the helmets designed for GS, SG, or DH.

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL and P.

Helmet mounted cameras, and the mount itself, are not allowed on helmets in official training or competition.

U.S. Ski & Snowboard does not wish for officials to disqualify, or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

U.S. Ski & Snowboard does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. U.S. Ski & Snowboard undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

Ski Brakes

Regardless of stand height within these limits, ski brakes which are functional with the actual ski/plate/binding in use are required and are the responsibility of the respective producers and the athletes. Ski brakes used by competitors in all events, including master's events, must be functional and comply with all related FIS requirements.

Ski Pole Baskets

Ski poles must have baskets - metal baskets are not allowed.

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