

8. Equipment Specifications

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

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. **No length restriction for Women above 55 and Men above 65 years of age *** GS Skis permitted. Minimum ski length for SG skis is compulsory	SG Women	180Min***
	SG Men	185Min***
	GS Women	175Min
	GS Men	180Min
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