

FIS

Ordinary licensed racing: born 2010 or earlier / Confirm event level before purchase

A FIS coach should approve the exact ski model, length, radius and construction before purchase. The ordinary FIS limits below differ from NorAm and other level 0-1 events.

Ordinary FIS levels 2-4: regulatory dimensions

Event	Women: length (cm)	Men: length (cm)	Minimum radius (m)
SL	155 minimum	165 minimum*	No minimum listed
GS	183-192	188-200	30, women and men
SG	200-215	205-218	40 women / 45 men
DH	205-218	213-223	50, women and men

*First-year U18 men may use a 155 cm minimum SL ski at FIS. The coach must verify the athlete/event exception. These are legal dimensions, not a personal fit recommendation.

NorAm and level 0-1 events: GS lengths: women 188-192 cm, men 193-200 cm, both at least 30 m radius. Speed lengths and airbag requirements also differ. Confirm the highest event level on the athlete's calendar.

Complete compliance: Length and radius are only part of the rulebook. The shop and FIS coach must also check widths, system weight, stand height, boot dimensions and the actual manufacturer's specification.

FIS equipment notes

Use the October 2026 equipment edition for 2026-27.

Stand height: 50 mm max. Sole-to-footbed boot height: 43 mm max. Additional whole-boot rules apply.

International FIS U14/U16 events have their own youth ski table. Do not apply the adult table to those events.

Sources: [FIS Equipment Specifications, 8 Oct 2026, p.10](#); [FIS ICR, sections 606-607](#). The adult table is for ordinary FIS starts, not international U14/U16 youth races.

FIS: equipment

Ordinary licensed racing: born 2010 or earlier

Equipment status identifies a race requirement, Pinnacle expectation or coach-guided purchase.

Boots and bindings

Coach + race shop

Choose fit, flex and setup for the athlete and events. Have the shop check the complete FIS system, including boot dimensions and binding compatibility. FIS participation alone does not prescribe one flex number.

Helmet

FIS rule

RH 2013 FIS-standard helmet for GS, SG, DH and parallel. SL permits a helmet meeting the specified SL standard and soft ears. Use a compatible SL chin guard as the coach directs. No helmet camera or mount.

Cut-resistant pants

FIS rule

Mandatory at every FIS Alpine event: at least three FIS stars, CRG 2021 conformity label and protection from the hip area to the top of the boots. Fit correctly and do not alter. Shirts/full suits are recommended.

Race suit

FIS conformity

Suit conformity rules apply outside SL. Choose a compliant race suit with the CS 2015 label to cover future progression. The label is explicitly required at level 0-1 events. The coach checks the exact start's requirement.

Back / gate protection

Recommended / coach

FIS recommends a fitted back protector. Use SL shin and pole/hand guards and suitable padding for gate contact. An airbag is required for level 0-1 speed events and official training, not ordinary SL/GS.

Daily kit and service

Race-ready setup

Goggles, gloves, warm outer layers, sized poles, functioning brakes and proper baskets. Keep skis professionally serviced. Bring event-specific pairs and verify current wax and equipment rules with the FIS coach.

Buying priority

A first FIS ski purchase should follow the race plan. Before ordering, confirm ordinary FIS versus NorAm, any first-year exception, and whether speed equipment is actually needed.

Sources: [FIS Equipment Specifications, 8 Oct 2026, pp.29-35](#); [FIS ICR, section 606.2](#). Check the exact event level with the FIS coach.