

U14

Born 2013-2014 / Ages 12-13

Use separate SL and GS skis. U14 is the first major domestic equipment checkpoint: the SL length and GS radius rules apply to every athlete, including the smallest racers.

Pinnacle starting points with current rule checks

Weight (lb)	GS ski (cm)	SL ski (cm)
70-80	152-158*	135
80-90	152-158*	135
90-100	158	135 / 142
100-110	165	142
110-120	170	142 / 150

*The two lightest GS rows replace older lengths with current examples that reach 17 m. The coach must confirm manageable flex. The old 128 cm SL option has been removed. Above/below these weight bands, ask for an individual selection.

Current 17 m examples: Atomic Redster G9 FIS Revoshock S J-RP3: 152 cm / 17 m. HEAD WC e.GS Rebel Team: 156 cm / 17 m. Rossignol Hero Athlete GS Pro R21 Pro: 158 cm / 17 m. These are radius-compatible examples for coach review.

Speed training: Ask the coach whether the planned camp or race needs a separate SG ski. A U14 domestic speed ski must still have at least a 17 m radius.

U.S. Ski & Snowboard race rules

SL: at least 130 cm. No SL radius minimum.

GS: at least 17 m radius. No specified GS length limit in this domestic sheet.

SG/DH: at least 17 m radius. No specified length limit.

Ski/plate/binding stand height: 50 mm max. Sole-to-footbed boot height: 43 mm max.

A slash means alternative model sizes, not a requirement to own both. Weight bands are approximate and overlap at the endpoints. Use a coach-led fitting outside the chart's range.

Sources: Derek Delzer, slide 12, updated as noted. [USSS 2027, p.2](#). Current examples: [Atomic 2026-27, p.6](#); [HEAD 26/27, p.1](#); [Rossignol 2026-27, p.5](#). Coach review required.

U14: equipment

Born 2013-2014

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

Boots and bindings

Fit first

Current Gearpass examples: about 65 flex at 70-80 lb, 70 at 80-100 lb, 90 at 100-110 lb, and 110 at 110-120 lb. Choose by foot fit and controlled ankle flex. These nominal ratings are examples, not prescriptions.

GS/speed helmet

Race rule

A FIS-standard hard-ear helmet with the RH 2013 label is required for USSS GS, SG, DH and Kombi. The full 2027 Guide also includes parallel. Soft-ear SL helmets are permitted for SL.

SL gate protection

Coach expectation

Have shin guards, pole/hand guards and a compatible SL chin guard ready for full-gate training. Your coach determines when to use them. Remove the chin guard for GS/speed as directed by the manufacturer.

Cut-resistant pants

Pinnacle recommends

Pinnacle recommends cut-resistant lower-body clothing at U14. Choose a properly fitted product. International FIS youth events require compliant three-star pants now, and FIS youth ski rules apply. Cut-resistant does not mean cut-proof.

Back protector and suit

Recommended

Use a fitted back protector and a race suit appropriate to regular competition. Padded layers and GS arm guards depend on gate contact and coach advice. Keep warm outer layers available.

Daily kit and ski care

Race rule + care

Goggles, gloves, base layers, ski socks and sized poles. Brakes must work and baskets cannot be metal. No helmet cameras/mounts. Use fluorocarbon-free wax and finish waxing before arriving for a USSS U14 race.

Buying priority

Before buying a used GS ski, check the radius printed for that exact length. Short junior GS skis can look right for the athlete while falling below the 17 m minimum.

Sources: [USSS 2027 Equipment, p.4](#) and [Alpine Guide, pp.148-151](#); [Gearpass 2027 examples](#); [FIS Oct 2026, pp.29-35](#). Pinnacle cut-clothing policy: Director guidance.