

U16

Born 2011-2012 / Ages 14-15

Select SL and GS skis for the athlete's current strength and development plan. Add an SG pair when it is part of the race or camp plan. Discuss the future FIS transition with the coach.

Pinnacle starting points by weight

Weight (lb)	GS ski (cm)	SL ski (cm)
90-100	165	142
100-110	170	149
110-120	175	150
120-130	182	157
130-150	182*	157*
Outside these bands	Individual fit	Individual fit

*This keeps the documented portion of Derek's older 130-150+ row. It is not a limit or a prescription for every heavier racer. Actual model length, stiffness and radius need coach approval.

GS selection: Domestic U16 GS requires a 17 m minimum radius. Turning 14 does not by itself mean buying an adult 30 m FIS GS ski.

SG purchase: Domestic U16 SG/DH requires at least 183 cm and 30 m radius. Coach approval is essential before buying or borrowing speed skis.

U.S. Ski & Snowboard race rules

- SL:** at least 130 cm. No SL radius minimum.
- GS:** at least 17 m radius. No specified domestic GS length limit.
- SG/DH:** at least 183 cm and at least 30 m radius.
- 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, original Pinnacle sizing deck, slide 13. [USSS 2027 Equipment, p.2](#); [2027 Alpine Guide age table, p.20](#). All lengths cm; weights lb.

U16: equipment

Born 2011-2012

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

Boots and bindings

Fit first

Current Gearpass examples: about 90 flex at 90-100 lb, 110 at 100-130 lb, and 120-130 at 130-160 lb. Fit, strength and ankle movement can justify a different choice. A race shop must fit boots and check bindings.

GS/speed helmet

Race rule

FIS RH 2013 hard-ear helmet for USSS GS, SG, DH, Kombi and parallel. Use a suitable helmet for SL, with a manufacturer-compatible chin guard for full-gate work. No helmet cameras or mounts.

Cut-resistant pants

Pinnacle requires

Pinnacle requires cut-resistant lower-body clothing at U16 and older. This is a club requirement, separate from national USSS rules. For any international FIS youth event, compliant three-star pants are mandatory now and the FIS youth ski rules apply.

Gate and body protection

Recommended / coach

SL shin and pole/hand guards, a fitted back protector, and padded layers appropriate to contact. Add GS arm guards when useful. The coach sets when gate-contact protection must be worn.

Race suit and daily kit

Regular race setup

A race suit, warm training layers, goggles with useful light options, gloves, ski socks and sized poles. Check that all protectors fit comfortably with the suit and boots.

Service and speed checks

Race rule + care

Shop-check bindings, plate compatibility and working ski brakes. Pole baskets cannot be metal. Use fluorocarbon-free wax. Review the exact speed-ski and equipment plan before a camp or speed race.

Buying priority

Plan the next step without forcing an early jump. The athlete should be able to bend and control the current ski while building toward the length and radius needed for the intended race pathway.

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.