



The following chart shows some of the common progression trends based on ski radius that we have noticed as a result of our ongoing testing. When making final decisions for your athlete you can move up or down a row based on their ability, and strength. The Coach should always be the final consideration. For Example a U14 13 yr old female athlete who is a good skier, moderately aggressive should ski on 170 cm 19m GS ski. The same skier who is Technically proficient and very aggressive could move up the chart to a 175 23m GS ski. The same skier who is working on their skills and not as aggressive could move down the chart to a 165 18m GS ski. Check <http://groupathlete.com> for the most up to date info.

**\*\* Mens 1st year FIS athletes competing in Non-Continental Cup Events can use 157 SL and 188 GS lengths.**

Underlined lengths represent skis using FIS specific rules. Numbers in Bold represent skis using the R22 plate.

Ski height in ft references the actual length of the ski, for comparison to the actual height of the athlete.

\* In U10 and U12 there are multi discipline ski options. In this case the ski size, would fall between the GS and SL suggested lengths.

FIS RULES

RACE PRODUCT SELECTION GUIDE																FIS RULES						
																MIN LENGTH MIN RADIUS						
AGE CATEGORY	AGE	GIRLS SL LENGTH	SKI RADIUS	SKI HEIGHT in FT	GIRLS GS LENGTH	SKI RADIUS	SKI HEIGHT in FT	GIRLS SG LENGTH	SKI RADIUS	AGE	BOYS SL LENGTH	SKI RADIUS	SKI HEIGHT in FT	BOYS GS LENGTH	SKI RADIUS	SKI HEIGHT in FT	BOYS SG LENGTH	SKI RADIUS	SL	GS	SG	DH
*	8	128	8M	4.2	135	14M	4.5			8	128	8M	4.2	144	15M	4.8						
	9	128	8M	4.2	144	15M	4.8			9	135	9M	4.5	151	17M	5						
U10	10	135	9M	4.5	151	17M	5			10	135	9M	4.5	158	18M	5.2						
	11	142	10M	4.7	158	18M	5.2			11	142	10M	4.7	165	18M	5.5						
U12	12	142	10M	4.7	165	18M	5.5	186	≥28M	12	149	11M	4.9	170	19M	5.6	186	≥28M		≥130CM	≥17M	
	13	149	11M	4.9	170	19M	5.6	186	≥28M	13	150	11M	5	175	23M	5.8	186	≥28M				
U14	14	150	11M	5	175	23M	5.8	196	≥30M	14	157	12M	5.2	182	25M	6	196	≥30M		≥130CM	≥17M	≥30M
	15	157	12M	5.2	182	25M	6	196	≥30M	15	165	13M	5.5	185	27M	6.1	196	≥30M				
U16	16+	150	11M	5	175	23M	5.8			16+	157	12M	5.2	182	25M	6						
	16+	157	12M	5.2	182	25M	6			16+	165	13M	5.5	185	27M	6.1						
U19	16+													188	30M	6.2						
	16+	157	12M	5.2	188	30M	6.2	209	≥40	16+	165	13M	5.5	193	30M	6.4	212	≥45	**157 SL	**188 GS ≥30M	WOMEN ≥40M MEN ≥45M	≥50M
FIS	16+	157	12M	5.2	188	30M	6.2	209	≥40	16+	165	13M	5.5	193	30M	6.4	212	≥45	**157 SL	**188 GS ≥30M	WOMEN ≥40M MEN ≥45M	≥50M

BOOTS (MIN FLEX)	AGE	GIRLS	FLEX	BOYS	FLEX
U10	8	RS 50	50	RS 50	50
	9	RS 50	50	RS 50	50
U12	10	RS 60	60	RS 60	60
	11	RS 60	60	RS 60	60
U14	12	RS 70	70	RS 70	70
	13	RS 70	70	RS 70	70
U16	14	RS 90	90	RS 90	90
	15	RS 90	90	RS 90	90
U19	16+	RS 110	110	RS 110	100
FIS	16+	RP Z1+	120	RP Z1+	120

BINDINGS	RELEASE VALUE	SPECIFICS
NX JR 7	2-7	BOOTS <22.5
SPX 10	3-10	SKIS W R20 PLATE
SPX 12 RF	3.5-12	SKIS W R22 PLATE
SPX 15 RF	7-15	SKIS W R22 PLATE