



## Recommended Ski Sizes by Age Class (updated 6/16/2017)

### Note for ALL ages:

Ski size preferences are very personal, and are only part of the racer's setup. Therefore, this is ONLY a guide, NOT hard and fast rules- with the exception of the strict FIS equipment rules. **Please work with your coaches and/or contact John Ellis** to help you decide on best ski sizes for your racers.

### U-8/10: Skier age 6-9

The youngest racers need a tuned and waxed **front side/all mountain ski/junior race** (waist width 65-75mm) in good shape as their primary skis, **NOT Twin Tip fat skis**. Rockered fat skis discourage carving and are only useful on powder days.

Skier Height	Eyebrow	All-Mountain Ski Length
4' (122 cm)	3' 9" (115 cm)	120 CM
4' 2" (126 cm)	3' 11" (120 cm)	120 CM
4' 4" (132 cm)	4' 1" (125 cm)	125 CM
4' 6" (137 cm)	4' 3" (130 cm)	130 CM
4' 8" (142 cm)	4' 5" (135 cm)	135 CM
4' 10" (147 cm)	4' 7" (140 cm)	140 CM
5' (152 cm)	4' 9" (145 cm)	145 CM

Kids who are very slight can use 5 cm shorter, stocky and/or super aggressive, 5cm longer.

### U-12: Skier age 10-11

Skiers in this age group are predominantly Pre Growth Spurt, but are getting much more technically advanced. **Slalom and GS skis** are recommended, **SG skis** are nice if you can find them but get very little use. Junior GS skis in a longer length are easier to find and can be used for SG instead at this age, if they are flexible (soft). Twin Tips are fun for Powder days.

**Slalom and GS rule of thumb:** Slalom skis: chin to nose height. GS Skis: just past top of head.

Skier Height	Slalom	GS	SG	Twin Tips
4'6"	130 cm	140 cm	155 cm (GS ok)	135 cm
4'8"	135 cm	145 cm	160 cm (GS ok)	140 cm
4'10"	140 cm	155 cm	165 cm (GS ok)	145 cm
5'	145cm	160 cm	170 cm (GS ok)	150 cm
5'2"	150 cm	165 cm	175 tweener GS	155 cm
5'4"	155 cm tweener	170 cm tweener	180-185 SG	160 cm
5'6"	155 cm tweener	175 cm tweener	185-195 SG	165 cm
5'8"	155 cm FIS	177+ cm adult	190-200 SG	170 cm

**U-14/ 1<sup>st</sup> year U-16:** Skier age 12-14. In color for clarity (with U-16 updates for 2017).

Junior TECH and Speed skis: **Maximum weight about 115 lb: Radius (in parenthesis)**

Skier Height	Slalom	GS	SG	DH (SG skis OK)
4'10	145	160 (17 M+)	170-175 (21 M+)	Same or longer
5'	150	165 (17 M+)	175-180 (23 M+)	Same or longer
5'2"	150	170 (17 M+)	180-185 (23 M+)	Same or longer
5'4"	150	175 (17 M+)	185-190 (27 M+)	Same or longer

Note: "Tweener" skis are adult construction skis with a junior plate, or visa-versa depending on brand. Tweener TECH, Junior Speed skis: **Maximum weight 130lbs. Radius (in parenthesis)**

Skier Height	Slalom	GS	SG	DH (SG skis OK)
5'2"	150	165 (17 M+)	185 (30 M+ u16)	Same or longer
5'4"	150	170 (17 M+)	190 (30 M+ U16)	Same or longer
5'6"	155	175 (17 M+)	190 (30 M+ U16)	Same or longer
5'8"	155	175 (17 m+)	195 (30 M+ u16)	Same or longer

FIS (adult, legal or once-legal) skis : **Weight 125lbs. and above. Radius (in parenthesis)**

Skier Height	Slalom	GS	SG	DH (SG skis OK)
5'6"	155	175 (21 M+)	195 (30 M+)	Same or longer
5'8"	155 W/160 M	180 (23 M+)	200 (33 M+)	Same or longer
5'10" and above	155 W/165 M	183 (23 M+)	205 (33 M+)	Same or longer

**U-16 2<sup>nd</sup> year:**

Bigger Skis to help the racer transition to FIS skis are highly recommended. Kids are very adaptable at this age, and most are able to adjust to the new equipment quickly. It is best to start in the summer.

Women	Slalom	GS	SG	DH
110lbs or below	155 tweener	180+ (23 M+)	195 (33 M+)	200 (40 M+)
115lbs or above	155 FIS	183+ (30 M+)	200 (33 M+)	205 (40 M+)
Men	Slalom	GS	SG	DH
150 lbs. or below	155/160	183 + (30 M+)	200 (33 M+)	205 (40 M+)
160 lbs. or above	165	188 + (30 M+)	205 (33 M+)	210 (40 M+)

**FIS Skiers- FIS 2017-2018 regulations:** Smaller sizes= Entry Level FIS. Ski waist width is also critical. Skis made in 2012 or after are required due to changes in profile width.

Gender	Slalom	GS	SG	DH
Women	155+	183/188 (30 M+)	200/205 (40 M+)	205/210 (50 M+)
Men	165+	188/193 (33 M+)	205/210 (45 M+)	213/218 (50 M+)

Longer skis (when there is an option) are typically higher energy, stiffer, and faster running. Whenever possible, demo more than 1 length and model before committing.