

## **FIS Freestyle Equipment Regulations**

**October 2007**

The following draft text concerning equipment regulations for Freestyle was discussed at the FIS meetings in September. In some cases, noted below, the regulations are not yet in force and are provided solely to inform skiers of what is likely to be coming up; other items are already in force. The full text of the proposed entries is not included here, as most of it confirms that, for the item in question (e.g. ski length) there are no regulations in Freestyle.

Anyone with any query about this material should contact Iain Mackay, FIS Freestyle Committee delegate, on [iain@ruffianhearts.co.uk](mailto:iain@ruffianhearts.co.uk).

### **3.2 Anti-vibration plates**

Mounting of such plates is permitted under the following conditions:

### **3.3 Width of ski surface**

The plates may not exceed the width of the ski surface.

### **3.4 Maximum height**

For FIS, ENL, Children I and Children II events the maximum height for the season 2007/08 is 55 mm - as from 2008/09 the maximum is 50 mm.

## **4. Ski boots**

Distance between the ski boot sole and the base of the heel including all hard and soft parts: Ladies & Men MAS maximum 45 mm (from 2008-2009 maximum 43mm).

## **6. Competition suits**

### **6.1 Ski Cross**

(From Freestyle ICR Ski Cross see page 69; 4511.4)

#### **Ski suits**

Ski suits must be two pieces- pants and a separate top. Form-fitting, speed or downhill suits are not permitted. Non-protruding body protection and padding is recommended.

Protection equipment must be worn on the body. No straps, fastening devices or other methods can be used to tighten the suit material closer to the body. The gap in the material must be a minimum 60mm, measured anywhere around the circumference of the mid thigh, the knee, the top of the ski boot, on the lower body and around the elbow and the bicep on the upper body.

### **6.5 Crash helmets**

The use of crash helmets is compulsory for all events. (See ICR 3054.6, 4008.2.1, 4306.1.3, 4206.13, 4511.3).

*The following is under consideration and is not yet in force:*

[Only helmets are permitted whose shell and padding cover the head and ears. The National Ski Associations are advised to provide their teams only with crash helmets which satisfy the minimum requirements for the respective event and which have been certified by recognised institutes. Helmets used in FIS Snowsports shall be specifically designed and manufactured for of the respective discipline and shall bear a CE mark and conform to recognized and appropriate standards such as CEE 1077 or US 2040, ASTM F2040, SNELL S98 or RS 98, etc.]

## **8. Ski gloves**

Gloves offer protective covering against weather and external forces. The wearing of gloves is strongly recommended. Protective padding along the entire length of the glove is permitted.

*The following clause has been challenged and is under discussion:*

[The use of protective guards in the form of shields, which are pulled over the glove, is permitted.]

## **9. Back protectors**

### **9.1 Definition**

The back protector is an additional item of equipment, which protects the athlete's back against weather and external forces. The use of back protections is recommended.

### **Specifications**

The back protector must adapt to the anatomical bend of the athlete's spine and lay flat against the body. The top edge of the back protector has to be situated in the area of the spinal column. Fastening of the back protector may take place with a stomach belt, straps or suspenders. The maximum thickness has to be in the middle part and may not exceed 45mm; the thickness reduces towards the edges of the back protector. The back protector may be worn exclusively under the competition suit.