



EQUIPMENT REGULATIONS and GUIDELINES

Equipment Requirements		Age Groups			
Item		U12	U14	U16	FIS
Outerwear	TSRC Uniform	Yes	Yes	Yes	Yes
Protection	Backprotector	Yes	Yes	Yes	Yes
	FIS RH 2013 Helmet	Yes	Yes	Yes	Yes
	Shinguards (Slalom)	Yes	Yes	Yes	Yes
	Chinguard (Slalom)	Yes****	Yes	Yes	Yes
	Goggles	Yes	Yes	Yes	Yes
	Stealth Top/Protector	No	Yes	Yes	Yes
Skis	Slalom	No*	Yes	Yes	Yes
	Giant Slalom	Yes*	Yes	Yes	Yes
Poles	Slalom with Pole Guards	No**	Yes	Yes	Yes
	Giant Slalom (Straight)	Yes	Yes	Yes	Yes
Racesuit	Race/Speedsuit	No**	Yes	Yes	Yes** *

* - A GS and Slalom ski is nice to have but not mandatory, a good all-round ski that can be skied in both GS and Slalom would suffice. Please talk to your coaches to find recommendations.

** - A racesuit is not mandatory for U12 athletes at this stage of their development. We would prefer athletes to stay warm and complete more training runs in the U12's.

*** - To race FIS, athletes will require the suit to have the "CS2015" Label on the back of the leg.

**** - Even though U12 race and train with Stubbies, we would recommend having a slalom chin guard. This is for various possibilities (such as training with older groups in full gates etc). We rather be prudent than have a preventable injury occur.

Outerwear:

TSRC Outerwear is compulsory for all TSRC Training members when training with the club.

Helmets:

We recommend that a helmet be replaced at least every 3 years or after a bad crash where the head or helmet has had significant impact.

Its nice to have a SL and a GS helmet though one will be enough if the athlete is organised enough to remove and attach the chin-guard themselves.

Poles:

U14, U16 and FIS athletes should have GS poles and Slalom Poles with pole-guards.

We recommend that the athletes GS Poles be straight as they can use it for GS and to go free-skiing.

TSRC Ski Boots:

Ski Boots are the most important technical piece of equipment in both skiing and Ski Racing. Having appropriate and well fitted ski boots is vital to progressing in skiing. Ski boots come with stiffness ratings which need to be matched with age, weight, height and skill level. There is often a common misconception that ski racing = stiff boots. This is far from reality. It is crucial for any skier to have the ability to flex their ski boots. A well-fitting and flexing boot, will not only help your child enjoy skiing, last all day without pain, it will assist in them learning to balance over their skis. Selecting correct boots is a little more difficult than skis as there are a wide array of variables and the regulations are a lot broader than with skis.

It's better to get it right the first time, so If you require assistance we recommend you reach out to Craig or Christian who can help point you in the right direction.

TSRC Ski Length Guidelines

Appropriate equipment plays a major part in ski racing. Every athlete is unique, so your child's height, weight, strength, and skill level will dictate what equipment is most appropriate to them.

Ski length is not the only consideration when choosing new skis for young athlete. Getting a ski with the correct radius is just as important as getting the correct length.

FIS

SKIS

Any athletes wishing to compete at FIS sanctioned events are required to have "FIS Specification Skis"

Discipline	Gender	Minimum Ski Length	Minimum Radius
GS	Female	188cm or 183cm	30m
GS	Male	193cm or 188cm	30m
SL	Female	155cm	No Minimum
SL	Male	165cm	No Minimum

** – 5 cm tolerance for FIS, NC and ENL (Entry League Categorised Races)

Clarification of the 5cm tolerance rule. Unless you are racing at the Continental Cup level or above (meaning ANC races in AUS/NZ, Nor-AM, Europa Cup, World Cup) you can ski on the smaller/shorter version of the 30m radius GS ski. You can ski on the smaller/shorter version beyond your first year FIS as long as you do not compete in Continental Cup level or beyond which requires the “longer” version of the 30m radius ski.

U16

Skis

The table are guidelines only: These will vary on your child’s height, weight, strength, and skill level

Discipline	Gender	Ski Length
GS	Female	185cm – 173cm
GS	Male	188cm – 175cm
SL	Female	157cm – 150cm
SL	Male	165cm – 155cm

***Minimum Radius Regulations for GS >17m**

U14

SKIS

The table are guidelines only: These will vary on your child’s height, weight, strength, and skill level

Discipline	Gender	Ski Length
GS	Female	175cm – 165cm
GS	Male	178cm – 167cm
SL	Female	150cm – 140cm
SL	Male	155cm – 140cm

***Minimum Radius Regulations for GS >17m**

U12

The table are guidelines only: These will vary on your child's height, weight, strength, and skill level

SKIS

Discipline	Ski Length
GS	165cm – 145cm
SL	140cm – 125cm

One pair per discipline is more than enough at this stage of your child's development.

A “one ski fits both” approach is also fine for the younger U12's. Meaning it's not imperative to have both a GS and SL.

For your last year U12's we would encourage a Slalom and a GS Ski.