



FIS PARA SNOWSPORTS EQUIPMENT SPECIFICATIONS 2026/2027

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**INTERNATIONAL
SKI AND SNOWBOARD
FEDERATION**

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1 SPECIFICATIONS FOR PARA SNOWSPORTS COMPETITION EQUIPMENT

1.1 GENERAL PRINCIPLES

The FIS Council shall be the sole authority to determine whether the use of a name, designation, trademark, logo or any other distinguishing sign complies with the FIS Rules and Guidelines; and

FIS reserves the right to further interpret and/or supplement these Rules and Guidelines in order to help ensure that their spirit and purpose are respected.

1.2 COMPETITION EQUIPMENT

The term “competition equipment” implies all items of equipment used by athletes/guides in competitive skiing and snowboarding, including clothing and implements that serve a technical function. The entire competition equipment forms a functional unit. In this connection the following points must be observed:

- The principle of safety
- The principle of fairness

1.3 EFFECTIVE MANUFACTURER

“Effective Manufacturer” means the enterprise which itself manufactures the Competition Equipment and/or effectively controls and manages the manufacturing of the Competition Equipment under its own responsibility through customary subcontracting processes, and whose Competition Equipment is effectively offered on the market to end users. If requested by FIS, the manufacturer shall provide documentary evidence of such commercial activities at retail level (such as manufacturing activity in the market of the relevant Competition Equipment, including control over the manufacturing process, retail activity and marketing expenditures linking the brand to the relevant piece of equipment) as a condition for the commercial markings to be accepted as a Manufacturer’s Identification as further defined in these Specifications.

1.4 MANUFACTURER’S IDENTIFICATION

“Manufacturer’s Identification” means the trade name, brand, logo, or other designation of the Effective Manufacturer under which the particular Competition Equipment is manufactured and commercially offered to the market.

The Manufacturer’s Identification must be a sports equipment brand, which means that the Manufacturer’s Identification is principally used for Competition Equipment and is (i) not principally used for non-sports equipment, and/or (ii) cannot be confused with a similar or identical article used in another line of business, unrelated to Competition Equipment.

1.5 COMPETITION IMPLEMENTS

Competition implements refer to equipment which fulfil essential functions during the competition but which can be separated from the actual competition.

Examples: skis, bindings, boots, poles, clothing, helmets, ski goggles.

1.6 ADDITIONAL EQUIPMENT (ACCESSORIES)

Additional competition equipment (accessories) are those components or implements which exert an influence on the technical function of the competition equipment and which are attached directly to the equipment by means of recognised fastenings. Such accessories do not perform essential functions during the competition.

Example: parablacks, plastic tip covers, additional weights, back protectors, cut resistant undergarment.

1.7 AUXILIARY EQUIPMENT

Auxiliary equipment refers to those components of the competition equipment which do not fulfil an essential function, and which do not fall under the heading of additional equipment.

Example: measuring instruments

1.8 PROCEDURES FOR THE ACCEPTANCE OF NEW DEVELOPMENTS IN COMPETITION EQUIPMENT

Article 222.4 of the ICR reads as follows:

New developments must be submitted by 1st May, at the latest, for the following season. During the first year new developments can only be approved provisionally for the following season and must be finally confirmed prior to the subsequent competition season.

1.8.1 ELIGIBLE APPLICANTS

- a) Manufactures or distributors of the innovation
- b) National Ski Associations
- c) Members of the Committee for Competition Equipment

The FIS Technical representative from each FIS Committee is eligible to submit applications only for new developments to the Committee for Competition Equipment. Manufacturers, distributors and National Ski Associations have to submit their applications to the respective FIS Technical Committee in advance to be decided whether the item is a new development or a further development of an existing product.

1.8.2 ITEMS FOR APPLICATION

Any significant new developments which are to be used as equipment in competitive skiing, may be submitted for acceptance. It is solely the responsibility of the Committee for Competition Equipment to decide whether a new development conforms to the FIS „Competition Equipment

Specifications“ taking into consideration the medical, legal and safety standpoints. The Committee can at any time, however, arrange the removal of an application with regard to items of equipment to be used in competition sport, in accordance with the decisions of these guidelines.

1.8.3 PROTOTYPE, SAMPLES

The application must include a detailed description of the innovation. A prototype or sample must be submitted with the application. Relevant reports by scientific experts, as well as reports of experiences made by trainers or participants are to be submitted.

1.8.4 DECISIONS OF THE COMMITTEE FOR COMPETITION EQUIPMENT

The Committee for Competition Equipment deals with these applications at its next meeting. If the Committee is of the opinion that the item being presented conforms fully to the valid Specifications for Competition Equipment, this decision will be recorded in a relevant decision.

If the Committee reaches the conclusion that the innovation could be accepted in accordance with the relevant principles and decisions of the FIS Specifications for Competition Equipment in competition sports, the innovation can be provisionally approved for testing for the duration of the following season.

This approval can, however, also be conditionally accepted. On the grounds of fairness, exceptions can be made for certain competitions (Paralympic Winter Games, World Championships, etc.).

However, the Committee for Competition Equipment can also take the following measures before provisional approval. These can be dealt with individually or together:

- a) Requesting further information from the FIS Technical Committees, such as reports by experts and technical data.
- b) Seeking reactions from the FIS Technical Committees. These opinions must be submitted in writing and take the following factors into consideration:
 1. Explanation with regard to the usefulness and necessity of the new developments
 2. Opinions with regard to the safety of the new developments
 3. Assurance that in accepting the new developments, the principle of fairness will be guaranteed
- c) Soliciting reports by experts and further information through the Committee for Competition Equipment itself.

Should the new developments not conform to the principles of the FIS Specifications for Competition Equipment, either through the application itself, or during the course of the procedures, the use of the new developments in question will be banned in competition sport. This will also occur if, during the item's probation period, circumstances result which lead the Committee to decide that the new developments do not conform to the

principles of the FIS Specifications for Competition Equipment. In such a case, the provisional approval will be rescinded, with immediate effect.

1.8.5 PROPOSALS TO THE FIS COUNCIL

Changes in the Specifications for Competition Equipment can be proposed to the FIS Council only through the Committee for Competition Equipment - either by means of an initiative from the Committee itself or through an application of one of the National Ski Associations or Technical Committees to the Committee for Competition Equipment.

2 SPECIFICATIONS FOR PARA ALPINE SKIING COMPETITION EQUIPMENT

2.1 FUNCTIONAL SKI SYSTEM (SKI, INTERFACES, RELEASE BINDINGS)

Definition

Functional Ski System is the assembled unit of the single components: (A) ski, (B) interfaces, (C) release bindings and (D) retention device.

Parameter	Value
<u>Bearing surface height</u>	50 _{Max}
h_{BS} (mm)	
<u>(±)</u>	

The diagram shows a cross-section of the ski system components. From top to bottom, they are: a black ski boot, a white retention device (Component D), a white interface (Component B), and a white alpine racing ski (Component A). A vertical dashed line extends from the top surface of the boot sole down to the top surface of the ski. An arrow labeled h_{BS} points upwards from the top surface of the ski to the top surface of the boot sole, indicating the bearing surface height.

2.2 ALPINE SKIING RACING SKIS

2.2.1 DEFINITION

Skis, predominantly for use in Downhill (DH), Slalom (SL), Giant Slalom (GS) and Super- G (SG), racing on suitable terrain and utilising the force of gravity. In order to allow transmission of lateral forces, the edges of the running surface of the ski are made mainly of a hard material resistant to wear and tear.

2.2.2 SKI LENGTH

Minimum length, "developed" length (unwound length) in accordance with ISO Norm including a measurement tolerance.

Precision for the length of Slalom Skis:

When a ski tip different from the main body of the ski is used, the measurement will only be taken into account to the extent it covers a surface corresponding to the natural shape of the ski.

The manufacturer must mark the tip showing the limit of the natural shape and thereby allow an easy measurement.

To prevent doubt, specific designs of ski tips as part of the main body of the ski are allowed.

2.2.3 PROFILE WIDTH

Minimum width of the running surface under the binding and in front of the binding without any tolerance (see table in section 3.5).

2.2.4 RADIUS

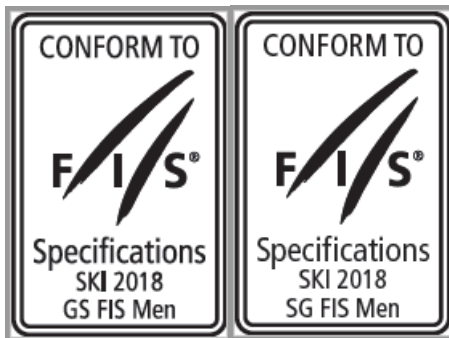
The radius must be marked on the ski.

Radius measurement for DH skis with a preparation tolerance of -1 m.

2.2.5 SPECIFICATIONS OF ALPINE RACING SKIS (APPLICABLE TO ALL PARA ALPINE SKIING SANCTIONED COMPETITIONS)

Ski Length (Minimum) Ski Length measurement tolerance of – 1cm	DH Women	200 cm
	DH Men	205 cm
	SG Women	200 cm
	SG Men	205 cm
Width of the shoulder of the ski (Maximum)	GS Women	183 cm
	GS Men	188 cm
	SL Women	155 cm
	SL Men	165 cm
Radius (Minimum)	DH Women	95 mm
	DH Men	95 mm
	SG Women	95 mm
	SG Men	95 mm
Maximum Standing Height (ski/plate/binding)	GS Women	103mm
	GS Men	103mm
	SL Women	None
	SL Men	None
Radius (Minimum)	DH Women	40m
	DH Men	40m
	SG Women	40m
	SG Men	40m
Radius (Minimum)	GS Women	30m
	GS Men	30m
	SL Women	None
	SL Men	None
Maximum Standing Height (ski/plate/binding)		50mm

Labels “FIS” attesting conformity with FIS Specifications for Alpine Competition skis.
(All competitions Levels)



- VI AS1 athletes (men) and guides may use 155 cm skis for SL
- Ski length must be marked on the skis by the manufacturer
- SG skis may be used in DH competitions at all race levels
- VI AS1 athletes and guides may use GS skis for speed events

2.3 RELEASE BINDINGS

Ski binding, which releases the boot from the ski, when during alpine ski racing conditions certain loads reach pre-set values.

2.4 RETENTION DEVICE

Retention device for alpine skiing is a ski brake which is designed to slow down a ski which has come off after the release of a ski binding. The use of skis without ski brake during competitions or unofficial training runs is prohibited. The functioning of the bindings release mechanism must not be compromised by the method of its mounting.

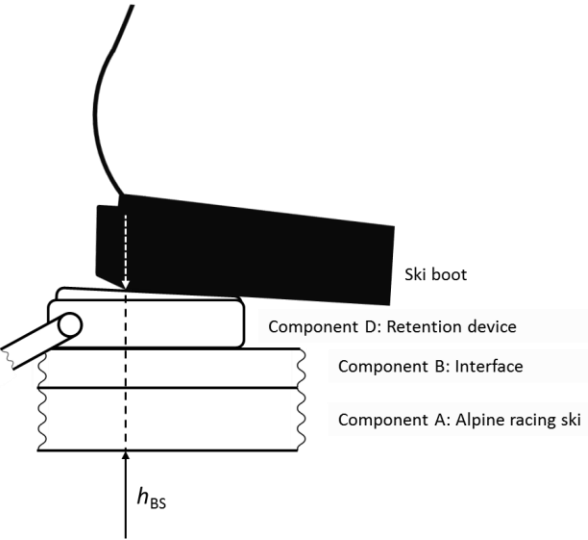
2.5 INTERFACES (EG. PLATES, LIFTERS)

Functional component, mounted between skis and release bindings.

Interfaces can be mounted if the following conditions are taken into consideration:

Width of the interface: At each point of the interface, its width must not exceed the width of the running surface.

Maximum height: Maximum height (distance between the bottom of the running surface of the ski and the ski boot sole) for all categories is 50 mm (Women, Men).

Definition:	Distance between the bottom of the running surface of the ski and the ski boot sole.	
Related ISO Norm		
Description of measurement:	<p>For h_{BS}, the maximum rectangular distance from the running surface of the ski to the contact area between the bearing surface of the ski boot and the bearing surface of Component D has to be considered.</p>  <p>The diagram shows a cross-section of the ski boot sole assembly. At the bottom is the 'Component A: Alpine racing ski'. Above it is 'Component B: Interface', which is a retention device. On top of the interface is the 'Ski boot' sole. A vertical dashed line is drawn from the bottom surface of the ski to the top surface of the boot sole. An arrow labeled h_{BS} points upwards from the ski surface to the dashed line, indicating the measurement distance.</p>	
Measuring device:	Caliper	Accuracy class: DIN 862 Graduation: 0.01mm
Measuring value documentation	e.g. 49.25mm	
Additional Information	Note: The overall standing height of the athlete is the sum of bearing surface height and thickness of the ski boot soles. However, the overall height is not specified, instead the individual specifications for bearing surface height and thickness of the ski boot soles apply.	

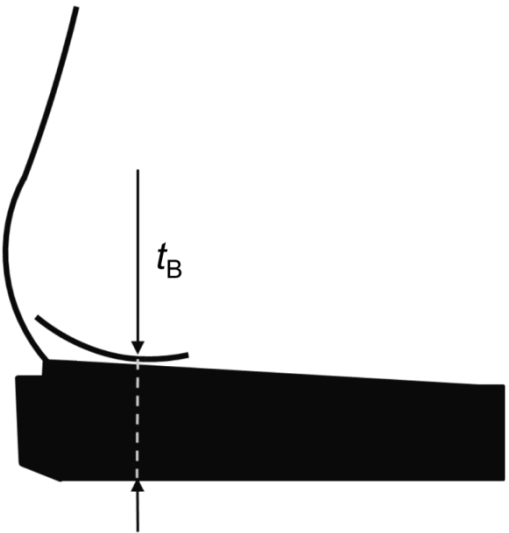
2.6 SKI BOOTS

Ski boots are robust footwear developed specifically for skiing, offering protection against jolts and bumps as well as injury from ski edges and other external influences. The ski boot encloses the foot firmly, while at the same time allowing the movement necessary for skiing techniques, in that the ankle has the room it needs to flex, but at the same time facilitating the transfer of every steering movement completely to the ski (according to ISO 5355).

2.6.1 THICKNESS OF SKI BOOT SOLES

Distance between the ski boot sole and the base of the heel including all hard and soft parts:

Women, Men: maximum 43 mm

Definition:	Distance between the bottom side of the ski boot sole and the base of the heel including all hard and soft parts.	
Related ISO Norm		
Description of measurement:	<p>Determine the thickness of the ski boot soles by measuring the distance between the ski boot sole and the base of the heel including all hard and soft parts (t_B).</p> 	
Measuring device:	FIS measuring device	Accuracy class: DIN 862 Graduation: 0.01mm
Measuring value documentation	e.g. 42.12mm	
Note: Information regarding the measuring device is available on request at FIS!		

2.7 SKI POLES

The ski pole is an item of equipment, the function of which is to aid the skier and facilitate balance.

National and international rules establish the minimum requirements for ski pole tips, grips, shafts, baskets, straps, length, etc. Owing to the risk of injury, metal baskets are not permitted.

2.8 COMPETITION SUITS

Competition suits used in DH, SG and GS and clothing worn underneath, such as undergarments, etc., must have a textile surface on the inside and the outside. The surfaces may not be plasticised or treated by any chemical means (gaseous, liquid or solid) and must have a minimum permeability of 30 litres per m²/sec. Seams may only exist in order to join the portions of the suit. Outer tucks and darts are not allowed. The suits must be equally porous in all parts, both from the outside in and from the inside out. Minimum air permeability is established whereby the un-stretched fabric must show a medium air permeability of a minimum of 30 litres per m²/sec under 10 mm of water pressure (with a measurement tolerance of 3.0 litres per m²/sec).

Label attesting conformity with FIS specifications for competition suits (DH/SG/GS):

Fulfilment of requirements is to be attested by a specific standardized conformity label affixed in a non-removable way, which is and shall remain visible during competition. The conformity label is shown below. The conformity label shall include the following text: «Conforms to FIS Specifications CS 2015». Labels affixed by manufacturers shall comply with the actual specifications. The conformity label attests that the manufacturer and NSA are guaranteeing that the surfaces of the competition suit are not plasticised or treated by any chemical means (gaseous, liquid or solid) and that they have a minimum permeability of 30 litres per m²/sec with a measurement tolerance of 3,0 litres per m²/sec.



2.9 CUT RESISTANT UNDERGARMENT

2.9.1 DEFINITION

Cut-resistant undergarment are clothing items worn underneath the competition suit, designed to improve the athlete's protection against cut injuries.

2.9.2 GENERAL SPECIFICATIONS

In order to provide appropriate protection, the cut-resistant undergarment must be sized correctly based on producer's guidelines and worn in strict compliance with manufacturer instructions of use. The undergarment shall be used without alteration/modification, as certified by the manufacturer. Cut-resistant undergarment is intended to provide supplementary protection and not infinite cut protection.

2.9.3 TECHNICAL SPECIFICATIONS

The cut-resistant undergarment level of protection is defined by the specifications of the FIS-DITF test standard 2021. Basic definition parameters are: The minimum uncut measuring length for each level are: 200mm, cut resistance at cutting force of the corresponding level 4 out of 5 tests of the same textile must have the corresponding cut resistance in 3 directions of textile positions: 0° / 45° / 90°. The direction with the lowest cut resistance value defines the FIS star level.

Force (N)	100	200	300	400	500
FIS-star	*	**	***	****	*****

Fulfilment of requirements is to be attested by these standardised conformity labels, affixed on the outer side of the protection garment in a non-removable way at the back of the lower left leg above the top of the ski boot cuff area in the size of 30x50mm. "Conforms to FIS Specifications CRG 2021" and depict the achieved FIS-star(s) level. The conformity label certifies that the manufacturer has obtained the required certifications (FIS-DITF 2021) fulfils the above requirements. To receive the label, the test protocol must be submitted to FIS Athletes Health Unit.



Label attesting conformity with FIS specifications for cut resistant undergarment.

2.9.4 IMPLEMENTATION OF CUT RESISTANT UNDERGARMENT

The use of cut-resistant undergarment is strongly recommended for all disciplines events at all levels.

2.10 CRASH HELMETS (RACE HELMETS)

2.10.1 SPECIFICATIONS

Event	Safety Standards
DH/SG/GS/PAR	ASTM 2040 EN 1077 (class A) EN 1077 (class A) at test speed of 6.8m/s
+ Label attesting conformity with FIS specifications for racing helmets “RH 2013”	
Width of the label	10mm
Height of the label	15mm
SL *	Minimum standards: ASTM 2040 EN 1077 (class B)

*Exception: the use of certified full face cycle helmets is permitted for sit ski athletes in SL.

2.10.2 GENERAL PRINCIPLES

The use of crash helmets is compulsory for all FIS Para Alpine Skiing events.

The crash helmets shall have no spoilers, nor protruding parts. The crash helmets models shall comply with safety standards set forth below in regard to the specific events.

2.10.3 SAFETY STANDARDS

The crash helmets used in the respective alpine ski events shall satisfy the following safety standards:

2.10.3.1 DH/SG/GS/PAR Requirements:

- Helmet model to fulfill and to be certified under both ASTM 2040 and EN 1077 (class A)
- In addition, Helmet model to pass an additional specific test under EN 1077 test procedure but at higher test speed of 6.8m/s.
 - Additional test to be effected through CEN laboratories. The laboratory shall issue a test protocol showing that the tested model passed the EN test requirements at the increased speed.

Label attesting conformity with FIS specifications for racing helmets (DH/SG/GS/PAR):

Fulfilment of requirements is to be attested by a specific standardised conformity label affixed in a non-removable way at the back of the helmet in a location which is and shall remain visible. The label shall in particular not be covered by the goggle strap. The conformity label is shown below. It shall include the following text: «Conform to FIS Specifications RH 2013». Labels affixed by manufacturers shall comply with the specifications set forth in the attachment.

The conformity label attests that the manufacturer has obtained the required certifications (EN 1077 A and ASTM 2040) and obtained a test protocol confirming that the concerned helmet model fulfils the requirements set forth above under art. 3.1.10.2 Upon request, the certification documentation and test protocol shall be provided to the FIS.



Width: 10 mm

Height: 15 mm

Label attesting conformity with FIS specifications for Alpine racing helmets (DH/SG/GS)

2.10.3.2 SL Requirements*:

- Helmet model to be certified under EN 1077 (class B) or ASTM 2040 as minimum standards

- Note 1: soft ear padding is allowed
- Note 2: crash helmets fulfilling higher safety standards can be used a fortiori in SL. This includes:
 - EN 1077 (Class A), SNELL 98 and all helmets fulfilling the DH/SG/GS specific standard described above.

SL Labels:

Compliance with the above requirements is attested by the corresponding certification label (e.g. CE label) and/or by the conformity label set forth above under art. 3.9.31. (i.e. helmets fulfilling the requirements for DH/SG/GS can be used in SL).

* Exception: the use of certified full face cycle helmets is permitted for sit ski athletes in SL.

2.10.4 GENERAL REMINDERS

It is reminded that the manufacturers remain the only entities liable in regard of product liability in connection with manufactured helmets. It is further reminded that crash helmets must be worn in strict compliance with instructions of use and do not offer an absolute protection against the consequences of accidents.

2.10.5 ALTERATION/MODIFICATION/ADDITIONAL ELEMENT*

The helmets shall be used without alteration/modification, as certified by the manufacturer. Furthermore, no additional element/equipment shall be affixed on the surface of the helmet.

*Exception: VI athletes and Guides may attach a communication system, this needs to be registered and approved in the FPDMS Adaptive Equipment Register

2.11 SKI GOGGLES

Ski goggles are devices protecting the eyes against weather and rays with optically correct lenses. Their aim is to guarantee good, contrast-free visibility in all weather conditions. The use of ski goggles is recommended. It is prohibited to reshape the ski goggles in order to obtain aerodynamic advantages.

2.12 SKI GLOVES

Gloves offer a protective covering against weather and external forces. The wearing of gloves is urgently recommended. Reshaping the glove, the application of a plastic coating on the outer surface, or the use of skai (imitation leather) with the aim of attaining more aerodynamic features, are not allowed. The glove must not reach beyond the elbow. Protective padding along the entire length of the glove is permitted. The use of protective guards in the form of shields, which are pulled over the glove, is permitted.

2.13 PROTECTORS

Competitors are allowed to protect all parts of the body with so called protectors in all events. It remains in the athlete's/NSA's discretion and responsibility to individually decide about the use of protectors.

In Downhill, protectors may not be integrated into the competition suit itself.

In all events these protectors must be worn underneath the conforming competition suit. (Exception forearm protection used in SG, GS and SL and shin protection used in SL)

Protectors must fulfil the 30 litres permeability measurement with a measurement tolerance of 3.0 litres per m²/sec, with the exception of the shoulder, scapular region, chest, arms and legs. The anatomical body shape may not be changed.

2.13.1 BACK PROTECTORS

Back protectors must adapt to the anatomical bend of the athlete's spine and lie flat against the body. The top edge of the back protector must be situated in the area of the spinal column and may not go above the 7th cervical vertebrae (C7). The maximum thickness must be in the middle part and may not exceed 45 mm; the thickness reduces at the edges of the back protector. Designs with the view to improve aerodynamic properties are forbidden. The back protector must be worn underneath the competition suit. It is strongly recommended to use protectors that are certified according to the latest EN 1621:2 standard.

3 SPECIFICATIONS FOR PARA CROSS-COUNTRY COMPETITION EQUIPMENT

3.1 GENERAL RULES

The following rules apply to all type of Cross-Country competition equipment such as skis, bindings, boots, poles and any additional equipment.

3.1.1 RESTRICTIONS

No equipment is permitted which:

- a) Affect the natural push-off movement of competitors' feet and arms or those that enhance it (such as spring devices or other mechanisms in skis, poles, binding or boots).
- b) Makes use of energy not originating from the competitor, such as artificial heating devices, chemical energy accumulators, electric batteries, mechanical aids, etc.).
- c) Affect the external conditions of the competition to the detriment of other competitors, such as changing the track or snow conditions.
- d) Increase the risk of injury to competitors and other persons who are authorized to be present at the competition venue, when used normally.

3.1.2 PROCEDURE AND COLLABORATION WITH IBU

Any new developments in equipment produced by the industry or the NSAs for the following season must be submitted to the FIS & IBU no later than the 1st of May of the year in which the season begins.

The submission must be accompanied by appropriate information material such as drawings, descriptions or test results.

Prototypes must be submitted without exception. New developments that are in compliance with the rules will be immediately approved by the FIS & IBU.

IBU and FIS shall update each other about prototypes for equipment used in both Federations' sports to ensure the same allowance process.

3.2 CROSS-COUNTRY RACING SKIS

3.2.1 DEFINITION

The Cross-Country racing ski is a type of ski, whose features guarantee the best possible application of the gliding techniques to master Cross-Country pistes (uphills, bumpy terrain, downhills). The basic features of this type of ski are defined in these rules.

3.2.2 RESTRICTIONS

Cross-Country racing skis must have the same basic geometric features (ski width, overall height, height of the tail and height of the tip) than cross-skiing skis commercially available with the following restrictions:

3.2.2.1 Same construction

Both skis must be constructed in the same way and must be the same length.

3.2.2.2 Mass

Skis must weigh at least 750 g per pair (without bindings). No limitations with regard to the distribution of mass.

3.2.2.3 Running surface

The entire width of the running surface can be smooth or slightly grooved length-wise. With the exception of the running groove, however, the level must be constant in the entire length and width. Climbing aids in the form of scale patterns or step patterns are permitted. Devices that are activated by any energy other than the competitor's own muscular power are not permitted.

3.2.2.4 Edges

The edges must not face up and outwards, making the running surface narrower than the top surface (no wedge shape).

3.3 CROSS-COUNTRY RACING BINDINGS

As commercially available. No limitations with regard to material and make, subject to the restrictions described at article 1.

3.4 CROSS-COUNTRY RACING BOOTS

As commercially available. No limitations with regard to material and make, subject to the restrictions described at article 1.

3.5 CROSS-COUNTRY RACING POLES

3.5.1 DEFINITION

The Cross-Country racing pole is a pole, whose features guarantee the best possible application of the gliding techniques to master Cross-Country pistes (uphills, bumpy terrain, downhill).

3.5.2 GENERAL RULES

3.5.2.1 Poles of equal length

Two poles of equal length must be used in competition, with one pole held in each hand. Para Athletes must use the number of poles applicable to their Sport Class, as per art 7 of Appendix One of the Para Nordic Classification Rules and Regulations.

3.5.2.2 Pole length (not applicable for athletes competing in the sit-ski category)

The maximum pole length must not exceed the competitor's height, nor measure below the hips (measurements are taken by placing the tip of the pole on the ski in front of the binding).

In classical technique competitions, the maximum pole length must not exceed 83% of the competitor's body height. In free technique competitions, the maximum pole length must not exceed 100% of the competitor's height. The body height is measured with ski boots on from a flat surface, to the top of the uncovered head.

The pole length is measured from the bottom of the pole to the highest attachment of the strap.

All measurements will be rounded to the nearest centimetre as follows: less than 0.5 cm will be rounded down and 0.5 cm and above will be rounded up.

3.5.2.3 Constant length

The pole must have a constant length. It may not, for example, possess a telescopic system.

3.5.2.4 Foreign energy

The pole must not create a foreign energy to favour push-off (e.g. springs or mechanical devices).

3.5.2.5 Weight

No limitations regarding the weight of the pole.

3.5.2.6 Construction

The poles may be constructed asymmetrically (e.g. there may be a difference between left- and right-hand poles).

3.5.3 TECHNICAL SPECIFICATIONS

3.5.3.1 Grip

The grip must be attached to the shaft. There are no limitations with regard to geometric features or material.

3.5.3.2 Straps

The straps must be joined to the grip or the shaft. They may be adjustable in length and width.

3.5.3.3 Shaft

There are no limitations with regard to material and make of the shaft or distribution of mass.

3.5.3.4 Baskets

Baskets with varying geometric features and materials are permitted to master various snow conditions. The baskets, however, must not change the condition of the track, so that other competitors suffer disadvantages.

3.5.3.5 Tip

Tips may be joined to the shaft at any angle. It is permitted to use one or more tips per pole. There are no limitations with regard to material.

3.6 ROLLER SKI COMPETITION EQUIPMENT

- 3.6.1 Roller Ski sport equipment must be available as a commercially produced product that is available to the general public.
- 3.6.2 The OC in cooperation with TD must carry out equipment control before the start and after finish of each competition. Roller Ski wheel dimensions, wheel material hardness and frame length must be controlled.
- 3.6.3 The diameter of the wheels must not be more than 100 mm.
- 3.6.4 The distance between the axles of the Roller Skis must not be less than 530 mm.
- 3.6.5 In classic technique competitions, each Roller Ski must have a ratchet mechanism.
The ratchet mechanism is always mandatory for Sitting category in all races.
- 3.6.6 Cross-Country ski poles must be used with Cross-Country skiing tips. Alternatively pole tips must have safety rigid plastic protections with diameter ≥ 30 mm. These protections must be placed maximum 45 mm above the metallic tips.
- 3.6.7 Safety helmets (e.g. DIN EN 1078 or equivalent) and eye protection must be worn during official training and competition. The jury may permit competitors to not use eye protection when conditions cause poor visibility.
- 3.6.8 Shoes or ski boots have to be fixed on the Roller Skis with a Cross-Country ski binding.

4 SPECIFICATIONS FOR PARA SNOWBOARD COMPETITION EQUIPMENT

4.1 SNOWBOARDS

Only Snowboards can be used in competitions. Snowboard tail must have no sharp edges. The board's minimal width is restricted as follows:

Gliding surface length:	Minimal width:
up to 135 cm	14 cm
more than 135 cm	16 cm

4.2 BINDINGS

The bindings must be fixed diagonally on the long axis of the board. The boots cannot overlap each other.

Plate Systems that connect both bindings are not allowed in SBX (individual plate systems are allowed on each binding)

4.3 RETENTION DEVICES AND LEASHES

Safety leashes are optional unless required by the organiser or the ski area.

4.4 BALANCE AND SPEED CONTROL

The competitors are not allowed to wear anything on the hands besides gloves or to use any kind of devices to additionally support their balance, reduce or accelerate their speed, like poles or sticks etc.

4.5 COMPETITION CLOTHING

Snowboard Cross competition suits must be two pieces – pants and separate top. Forms fitting speed or downhill suites are not permitted. No straps, fastening devices or other methods can be used to tighten the suit material closer to the body.

4.6 HELMETS

The use of crash helmets is compulsory for all snowboard events. Helmets used in FIS and IPC Snowboard events shall be specifically designed and manufactured for the respective discipline and shall bear a CE mark and conform to recognized and appropriate standards such as CEE 1077 or US 2040, ASTM 2040. The use of full-face helmet is prohibited.

4.7 SKI GOGGLES

Ski goggles are devices protecting the eyes against weather and rays with optically correct lenses. Their aim is to guarantee good, contrast-free visibility in all weather conditions. The use of ski goggles is recommended. It is prohibited to reshape the ski goggles in order to obtain aerodynamic advantages. Goggles straps must be worn outside the helmet

4.8 SKI GLOVES

Gloves offer protective covering against weather and external forces. The wearing of gloves is urgently recommended. Reshaping the glove, the application of a plastic coating on the outer surface, or the use of ski (imitation leather) with the aim of attaining more aerodynamic features, are not allowed. The glove must not reach beyond the elbow. Protective padding along the entire length of the glove is permitted. The use of protective guards in the form of shields, which are pulled over the glove, is permitted.

4.9 PROTECTORS

Protectors are an additional item of equipment, which protects the athlete's back against weather and external forces.

Back protectors must adapt to the anatomical bend of the athlete's spine and lie flat against the body. Designs with the view to improve aerodynamic properties are forbidden. The back protector must be worn underneath the competition suit.

Any additional protectors such as chest and shoulder protectors must be designed for snow ski racing and worn under the racing suit.