

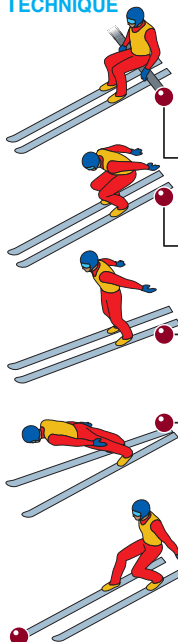
# Ski jumping



## ALL-TIME MEDALS

NOR	23
FIN	17
AUT	15

## TECHNIQUE



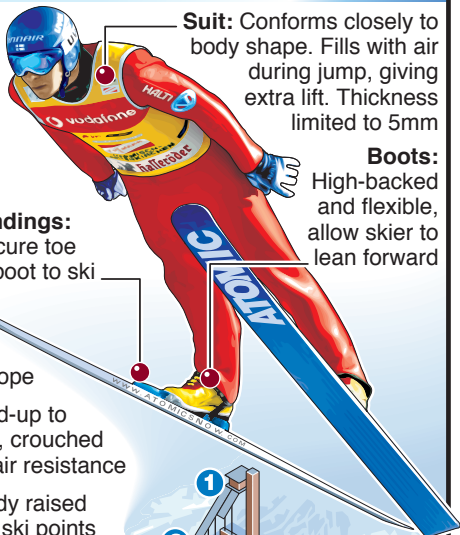
## EQUIPMENT

**Skis:** Waxed before jump for extra speed. Maximum length 146% of skier's body height

**Bindings:** Secure toe of boot to ski

**Suit:** Conforms closely to body shape. Fills with air during jump, giving extra lift. Thickness limited to 5mm

**Boots:** High-backed and flexible, allow skier to lean forward



**1 Start:** Seated on bar at top of jumping slope

**2 Run-up:** Build-up to maximum speed, crouched stance reduces air resistance

**3 Take-off:** Body raised for forward leap, ski points angled upwards to create lift

**4 Flight:** Forward lean, skis in V position for optimal aerodynamic efficiency. Time in air 5-7 seconds

**Landing slope**

**5 Landing:** "Telemark" position – body held upright, knees bent, one foot forward to absorb impact

**VENUE:** Pragelato

**Start platform**

**Jumping slope**

**Large hill:** Height 120m

**Normal hill:** Height 90m

**Judge's tower:** Each judge awards up to 20 style points

**K Point:** Distance from take-off, equal to hill height. Jump to K Point worth 60 points. Each metre over or under increases or decreases score

**Outrun:** Flat area at bottom of hill where skiers slow down and stop