

# Ski jumping

**Suit:** Made from thick, spongy material that fills with air in flight, generating extra lift.  
*Maximum suit thickness: 5mm*

**Skis:** Much longer, wider and heavier than those used in other skiing events.  
*Maximum length: 146% of jumper's height.*  
*Width: 11.5cm at tips*

**Helmet:** Lightweight, aerodynamic shape

**Ski tips:** Held in V-shape for optimum lift, allowing jumper to remain in air for longer

**Boots**  
Fixed to skis at toe only

**Cord**  
Joins heel to ski, providing in-flight stability

## WHISTLER OLYMPIC PARK Ski Jumping Stadium

