

Ski jumping

Helmet
Lightweight, aerodynamic shape

Suit: Thick, spongy fabric that fills with air in flight, generating extra lift
Maximum thickness: 5mm

V-style: Ski tips spread during flight for optimal aerodynamic efficiency

Boots
Fixed to skis at toe only

Skis: Longer, wider and heavier than in other skiing events
Maximum length: 146% of jumper's height
Width: 11.5cm at tips

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

Large Hill (K125)

Normal Hill (K95)

RusSki Gorki Jumping Centre

Take-off point
Jump to K point worth 60 points. Each metre over or under increases or decreases score

Style
Five judges award up to 20 points each. Best and worst are discounted, remaining scores are added to distance points

K point
Distance from take-off point, equivalent to height of hill. Longest distance reached on Large Hill is around 140m, and on Normal Hill, 105m

Landing slope

Outrun

2010 Olympic Champion Simon Ammann

Women's K95 Individual makes Olympic debut in 2014

Gold medal winners Vancouver 2010	Simon Ammann (SUI)	<i>K90 Individual</i>	276.5pts
	Simon Ammann (SUI)	<i>K120 Individual</i>	283.6pts
	Austria (AUT)	<i>K120 Team</i>	1,107.9pts