



# JUMP SUIT BELT

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**Background-** The purpose of this belt is to prohibit athletes from pulling their suits down before they jump. By getting the crotch of their suits lower, athletes can increase their lift during the flight giving them an unfair advantage. If you have any further questions about the belt or how it should be installed, email Clint Jones at [CLINT@USANORDIC.ORG](mailto:CLINT@USANORDIC.ORG)



- C) Crotch: vertically from the ground to the crotch. Athlete must wear the jumping-suit and jumping boots in the same way (attached to the boots) as on the jumping before the jump. During the measuring feet must be 40 cm apart and the legs must be fully extended. Measured crotch length must conform to the crotch length measured on the athlete's body.

The control of crotch length and suitability has to be done at the very same time.

- D) Inside the suit just above the hip bones of the athlete a nonstretchable strap must be sown around horizontally from the zipper to the zipper. This strap must be 2 – 4 cm wide and maximum 2 mm thick.

The measured circumference of this part of the suit over the strap, even when the suit is stretched, must not exceed the respective body measurement ~~with a maximum tolerance of 2 cm.~~

Above is the latest update to the FIS Belt Rule\*

## Belt Examples



**Front View-** The belt is sewn on the inside of the suit, normally right at the normal waist seam. It should be located at the narrowest part of the waist, just above the hip bone.



**Rear View**



**Inside View-** The belt is made from a non-stretchable fabric. Thin, nylon webbing seems to work the best, but silk ribbon can be used if nothing else is available. The rule states that the belt must be continuous from zipper to zipper. This is misleading. The belt must actually go between each seams on the suit with no breaks.