



# Jump Suit Belt

The purpose of the 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 Anders Johnson at [anders@usanordic.org](mailto:anders@usanordic.org)



- E) Inside the suit just above the hip bones of the athlete a non-stretchable strap must be sewn around horizontally from zipper to zipper. This strap must be 2-4 cm wide and maximum 2 mm thick.  
The measured circumference of this part of the suit - **5 cm above and 5 cm below the lower seam of the strap, incl. the strap itself**, even when the suit is stretched, must not exceed the respective body measurement. **The transition from the close-fitted part of the suit (+/- 5 cm from the strap) to the allowed tolerance in the suit size must be gradual, without any additional curves.**

\*\*This is the most up-to-date FIS rules for Jump Suit Belts and their fitting\*\*