

We recommend that when you hold up a ski to your body, it reaches between your nose and chin. This is going to be the most comfortable ski length for you, the nose for intermediates, and the forehead or higher for experts. The skis really shouldn't exceed 20 centimeters (7.87 inches) above the skier's head, but that could change for experts or racers.

Man

Skier Height in Centimeters	Suggested Beginner to Intermediate (cm)	Suggested Advanced to Expert (cm)
132	115 - 125	125 - 133
137	125 - 132	132 - 137
142	130 - 139	137 - 143
147	137 - 142	142 - 148
152	139 - 145	145 - 153
157	145 - 152	152 - 157
162	147 - 153	153 - 162
167	153 - 160	160 - 167
172	157 - 164	164 - 173
177	163 - 173	170 - 178
182	165 - 175	175 - 183
187	170 - 179	179 - 188
192	177 - 185	185 - 193

Woman

Skier Height in Centimeters	Suggested Beginner to Intermediate (cm)	Suggested Advanced to Expert (cm)
132	115 - 125	125 - 133
137	125 - 132	132 - 137
142 - 145	130 - 139	137 - 143
147	137 - 142	142 - 148
152	139 - 145	145 - 153
157 - 160	145 - 152	152 - 157
162	147 - 153	153 - 162
167	153 - 160	160 - 167
172 - 175	157 - 164	164 - 173
177	163 - 173	170 - 178
182	165 - 175	175 - 183
187	170 - 179	179 - 188
192	177 - 185	185 - 193

Children

Age (yrs)	Height (cm)	Weight (kg)	Suggested Ski Length (cm)
3	94	14	70 - 80
4	102	16	80 - 90
5	109	18	90 - 100
6	114	21	95 - 105
7	119	23	100 - 110
8	127	26	110 - 120
9	135	29	115 - 125
10	140	32	120 - 130
11	145	36	130 - 140
12	149	41	135 - 145
13	156	46	140 - 150
14	164	51	150 - 160