



NIGHTMARE Jump Skis Sizing Guidelines

Weight/ Height	Up to 5'	5' to 5'4"	5'4" to 5'7"	5'7" to 6'	6' & Over
Up to 100 lbs	82"	82"	84"	84"	84"
100 - 125 lbs	82"	84"	84"	86"	86"
125 - 150 lbs	84"	86"	86"	86"	88"
150 - 175 lbs	84"	86"	88"	88"	90"
175 - 200 lbs	86"	86"	90"	90"	92"
200 & Over	86"	86"	90"	92"	92"

Skier ability and individual style may affect recommendation

TEAM Jump Skis Sizing Guidelines

Weight/ Height	Up to 4'	4' to 4'6"	4'6" to 5'	5' to 5'6"	5'6" to 6'
Up to 50 lbs	68"	68"			
50 - 75 lbs	68"	70"	72"		
75 - 100 lbs	70"	70"	72"	74"	76"
100 - 125 lbs	70"	72"	74"	76"	78"
125 - 150 lbs	72"	72"	74"	76"	78"
150 - 175 lbs	72"	74"	76"	78"	80"
175 & Over			78"	80"	80"

Skier ability and individual style may affect recommendation