



NIGHTMARE Jump Skis Sizing Guidelines

Weight/ Height	Up to 152 cm	152 cm to 163 cm	163 cm to 170 cm	170 cm to 183 cm	183 cm & Over
Up to 45 kgs	82"	82"	84"	84"	84"
45 - 57 kgs	82"	84"	84"	86"	86"
57 - 68 kgs	84"	86"	86"	86"	88"
68 - 79 kgs	84"	86"	88"	88"	90"
79 - 91 kgs	86"	86"	90"	90"	92"
91 kgs & Over	86"	86"	90"	92"	92"

Skier ability and individual style may affect recommendation

TEAM Jump Skis Sizing Guidelines

Weight/ Height	Up to 122 cm	122 cm to 137 cm	137 cm to 153 cm	153 cm to 168 cm	168 cm & Over
Up to 23 kgs	68"	68"			
23 - 34 kgs	68"	70"	72"		
34 - 45 kgs	70"	70"	72"	74"	76"
45 - 57 kgs	70"	72"	74"	76"	78"
57 - 68 kgs	72"	72"	74"	76"	78"
68 - 79 kgs	72"	74"	76"	78"	80"
79 kgs & Over			78"	80"	80"

Skier ability and individual style may affect recommendation