

Ski Binding Delta Angles

The different ski binding manufacturers have different binding angles so changing from one brand to another can affect your stance, posture & balance etc. The measurement is the additional height of the heel above the toe.

The manufacturers often build in this height in an attempt to help users get forward more. If you have too much forward tilt (or delta as it's correctly known), especially when combined with the forward lean of your boots, it can be counter productive as you end up sticking your backside out to counterbalance.

Here's the binding delta angles for the different binding manufacturers:

| | |
|---------------------------|-------|
| Marker Duke & Baron | 0mm |
| Atomic | +2mm |
| Salomon | +2mm |
| Fischer/Tyrolia | +3mm |
| Look/Rossi, Marker & VIST | + 5mm |

You can check easily yourself. Snap your boots in to your bindings & put the ski on the floor, pressing the camber down flat. Measure from the floor to the bottom edge of your boot at the toe and the heel. Your own specific binding/ski combination might be slightly different than stated above as the thickness of the ski will affect relative heights.

Remember that basic geometry means that smaller boots will give a greater delta angle than larger boots in the same binding. WC racers

often use bindings that have no delta so it's then easy to adjust their set-up as they require it.

When I had my boots correctly aligned & balanced by Colin & Andi at Solutions4feet (see the UK Boot Fitting & Alignment section) I balanced best with my toes 2mm higher than my heels. I therefore use 7mm shims under my toe bindings to offsets the +5mm delta of the Vist heel piece, as shown in the pic.