Guidelines for luge shoes training / competition at FIL Competitions General, Junior and Youth A classes

2023/2024 Season

1. Every athlete participating in a FIL competition is mandatory wear the FIL approved luge race shoes starting from the first official training session.

2. Approved models:

Age group	Training	Competition
General class	GTS Training 2019, GTS 2018 GTS Race 2019	GTS Race 2019 GTS 2018
Juniors, Youth A	GTS Training 2019, GTS Race 2018, GTS Race 2019	GTS Race 2019, GTS 2018

3. These may not be modified.
4. Any taping of the race shoes is forbidden (except for damaged areas, which must be approved by the TD).
5. Any stretching devices at, in, and outside of the body of the shoe are prohibited.
6. This is also valid for any attachments (e.g. bandages, tape, straps etc.) on the whole area of the feet and lower leg.
7. In the case of a foot injury, however, the injured body part can be protected by a bandage. The necessity and the application of the bandage must be checked before the start of the race by the race physician and TD.
8. The race shoes must be available for purchase from the manufacturing partner for all NFs.
9. New models from the manufacturer must be inspected and approved by the Chairman of the Technical Commission and the Technical Director.
10. Newly approved shoes must be approved for at least four years.
11. Race shoes must be produced in at least five sizes (37, 39, 41, 43, 45 EU sizes).
12. By September 1st, all NFs must be informed in writing of a newly approved race shoe.
13. Each NF is responsible for the ordering the new model.
14. New models must be made available by August 1st of the year in which they were approved. A timely order (8 weeks) is required.

SPORT IN
THE OLYMPIC
PROGRAMME