





## DIN Chart for ski bindings - Source: Marker Based on: DIN 7881 Release bindings for alpine downhill skiing, Adjustment scale for release values

**DISCLAIMER:** This chart is for information only. Always have your bindings checked and adjusted by a professional. **FURTHER WARNING:** This chart was copied from customer literature for the Marker M51 SC binding, which was purchased in 1996. I have been informed that this DIN chart has been superceded by a newer version. If and when I get a new chart, I will post it here. In the mean time, [let the viewer beware!](#)

| <br>Skier Weight<br>Pounds (kilos) | <br>Skier Height<br>Ft. In. (cm) | Skier Code | Toe and Heel Setting Indicator Value  |                              |                              |                              |                              |                      |
|---|---|------------|--|------------------------------|------------------------------|------------------------------|------------------------------|----------------------|
|   |   |            | Boot Sole Length                       |                              |                              |                              |                              |                      |
|   |   |            | 1  | 2                            | 3                            | 4                            | 5                            | 6                    |
|   |   |            | ≤ 250 mm<br>≤ 250 mm   | 251 – 270 mm<br>251 – 270 mm | 271 – 290 mm<br>271 – 290 mm | 291 – 310 mm<br>291 – 310 mm | 311 – 330 mm<br>311 – 330 mm | ≥ 331 mm<br>≥ 331 mm |
| 22 - 29 lbs.<br>10 - 13 kg  |   | <b>A</b>   | 0,75   | 0,75                         |                              |                              |                              |                      |
| 30 - 38 lbs.<br>14 - 17 kg  |   | <b>B</b>   | 1  | 1                            | 0,75                         |                              |                              |                      |
| 39 - 47 lbs.<br>18 - 21 kg  |   | <b>C</b>   | 1,25   | 1,25                         | 1                            |                              |                              |                      |
| 48 - 56 lbs.<br>22 - 25 kg  |   | <b>D</b>   | 1,75   | 1,5                          | 1,5                          |                              |                              |                      |
| 57 - 66 lbs.<br>26 - 30 kg  |   | <b>E</b>   | 2  | 2                            | 1,75                         |                              |                              |                      |
| 67 - 78 lbs.<br>31 - 35 kg  |   | <b>F</b>   | 2,5  | 2,5                          | 2,25                         | 2                            | 1,75                         | 1,75                 |
| 79 - 91 lbs.<br>36 - 41 kg  |   | <b>G</b>   |  | 3                            | 2,5                          | 2,5                          | 2,25                         | 2                    |
| 92 - 107 lbs.<br>42 - 48 kg   | 4'10" or<br>148   | <b>H</b>   |  | 3,5                          | 3                            | 3                            | 2,5                          | 2,5                  |
| 108 - 125 lbs.<br>49 - 57 kg  | 4'11" - 5'1"<br>149 - 157   | <b>I</b>   |  | 4,25                         | 4                            | 3,5                          | 3,25                         | 3,25                 |
| 126 - 147 lbs.<br>58 - 66 kg  | 5'2" - 5'5"<br>158 - 166  | <b>J</b>   |  | 5                            | 4,75                         | 4,5                          | 4                            | 4                    |
| 148 - 174 lbs.<br>67 - 78 kg  | 5'6" - 5'10"<br>167 - 178   | <b>K</b>   |  | 6                            | 5,5                          | 5,25                         | 5                            | 4,75                 |
| 175 - 209 lbs.<br>79 - 94 kg  | 5'11" - 6'4"<br>179 - 194   | <b>L</b>   |  | 7                            | 6,75                         | 6,25                         | 6                            | 5,75                 |
| 210 + lbs.<br>95 + kg   | 6'5" +<br>195 +   | <b>M</b>   |  | 8,5                          | 8                            | 7,5                          | 7                            | 6,75                 |
|   |   | <b>N</b>   |  | 10                           | 9,5                          | 9,0                          | 8,5                          | 8,25                 |
|   |   | <b>O</b>   |  | 12                           | 11,25                        | 10,75                        | 10,25                        | 10                   |

### Determine the type of skier, from one of the following groups:

**I** - Cautious skiing at lighter release/retention settings. Skieers who designate themselves "I" must accept a narrower margin of retention in order to gain a wider margin of release.

**II** - Average/moderate skiing at average release/retention settings. Skiers who designate themselves "II" must accept a balanced compromise between release and retention.

**III** - Aggressive, higher speed skiing at higher release/retention settings. Skers who designate themselves "III" must accept a narrower margin of release in order to gain a wider margin of retention.

## Step 1

Find the Release Code (letter A through O) which corresponds to the skier's weight, as well as the Release Code which corresponds to the skier's height. If they are not the same, choose the one that is closer to the top of the chart. For example if the skier's weight is 175 lbs. (code L) and the height is 5'7" (code K), choose code K as the correct line of the chart to be reading.







## Step 2

Make the adjustments for skier type and age. The selection from Step 1 is for an "I" type skier. If the skier is "II" move down the chart one code. If the skier type is "III" move down the chart two codes. If the skier is age 50 or over, move up the chart one code. Note and record the final Release Code letter for the skier.

## Step 3

Reading on the corrected release code line from Step 2, find the column with the skier's boot length. Within the box which corresponds to the skier's Release Code and his or her boot length is a number. This is to be used as the DIN setting for the toe and heel bindings.

## The Complete DIN Chart - With Release Torque Settings

| <br>Skier Weight<br>Pounds (kilos) | <br>Skier Height<br>Ft. In. (cm) | Skier Code | Toe and Heel Setting Indicator Value  |              |              |              | Release Torque Range (Nm) |          |   |    |     |  |     |     |
|---|---|------------|--|--------------|--------------|--------------|---------------------------|----------|---|----|-----|--|-----|-----|
|   |   |            | Boot Sole Length                      |              |              |              |                           |          | Twist  |    |     | Forward Lean  |     |     |
|   |   |            | 1      2      3      4      5      6   |              |              |              |                           |          | min.   Ref.   max.  |    |     | min.   Ref.   max.   |     |     |
|   |   |            | ≤ 250 mm   | 251 – 270 mm | 271 – 290 mm | 291 – 310 mm | 311 – 330 mm              | ≥ 331 mm |   |    |     |  |     |     |
| 22 - 29 lbs.<br>10 - 13 kg  |   | <b>A</b>   | 0,75   | 0,75         |              |              |                           |          | 5   | 8  | 11  | 19   | 29  | 39  |
| 30 - 38 lbs.<br>14 - 17 kg  |   | <b>B</b>   | 1  | 1            | 0,75         |              |                           |          | 8   | 11 | 14  | 30   | 40  | 50  |
| 39 - 47 lbs.<br>18 - 21 kg  |   | <b>C</b>   | 1,25   | 1,25         | 1            |              |                           |          | 11  | 14 | 17  | 42   | 52  | 62  |
| 48 - 56 lbs.<br>22 - 25 kg  |   | <b>D</b>   | 1,75   | 1,5          | 1,5          |              |                           |          | 14  | 17 | 20  | 54   | 64  | 74  |
| 57 - 66 lbs.<br>26 - 30 kg  |   | <b>E</b>   | 2  | 2            | 1,75         |              |                           |          | 17  | 20 | 23  | 65   | 75  | 85  |
| 67 - 78 lbs.<br>31 - 35 kg  |   | <b>F</b>   | 2,5  | 2,5          | 2,25         | 2            | 1,75                      | 1,75     | 20  | 23 | 26  | 77   | 87  | 97  |
| 79 - 91 lbs.<br>36 - 41 kg  |   | <b>G</b>   |  | 3            | 2,5          | 2,5          | 2,25                      | 2        | 24  | 27 | 30  | 92   | 102 | 112 |
| 92 - 107 lbs.<br>42 - 48 kg   | 4'10" or<br>148   | <b>H</b>   |  | 3,5          | 3            | 3            | 2,5                       | 2,5      | 28  | 31 | 34  | 108  | 120 | 132 |
| 108 - 125 lbs.<br>49 - 57 kg  | 4'11" - 5'1"<br>149 - 157   | <b>I</b>   |  | 4,25         | 4            | 3,5          | 3,25                      | 3,25     | 33  | 37 | 41  | 127  | 141 | 155 |
| 126 - 147 lbs.<br>58 - 66 kg  | 5'2" - 5'5"<br>158 - 166  | <b>J</b>   |  | 5            | 4,75         | 4,5          | 4                         | 4        | 39  | 43 | 47  | 148  | 165 | 182 |
| 148 - 174 lbs.<br>67 - 78 kg  | 5'6" - 5'10"<br>167 - 178   | <b>K</b>   |  | 6            | 5,5          | 5,25         | 5                         | 4,75     | 45  | 50 | 55  | 175  | 194 | 213 |
| 175 - 209 lbs.<br>79 - 94 kg  | 5'11" - 6'4"<br>179 - 194   | <b>L</b>   |  | 7            | 6,75         | 6,25         | 6                         | 5,75     | 52  | 58 | 64  | 206  | 229 | 252 |
| 210 + lbs.<br>95 + kg   | 6'5" +<br>195 +   | <b>M</b>   |  | 8,5          | 8            | 7,5          | 7                         | 6,75     | 60  | 67 | 74  | 244  | 271 | 298 |
|   |   | <b>N</b>   |  | 10           | 9,5          | 9,0          | 8,5                       | 8,25     | 70  | 78 | 86  | 288  | 320 | 352 |
|   |   | <b>O</b>   |  | 12           | 11,25        | 10,75        | 10,25                     | 10       | 82  | 91 | 100 | 342  | 380 | 418 |
|   |   |            |  |              |              |              |                           |          | 105   |    |     |  | 452 |     |

## Method 2

Set toe and heel release using DIN settings you choose. Set low and test at ski resort, if you pre-release increase DIN in small amounts. If you're an average skier and find you need to set DIN more than 1 step above that recommended in this chart, examine your bindings for defects in adjustment, and examine your ski technique. To set the release, use your wide blade screwdriver and move the heel and toe release barrels in our out, so the edge of the barrel lines up with the corresponding setting number on the scale that's printed on the binding.

Ski Binding DIN Setting Chart -- Use as Reference Guideline Only

| Skier Weight<br>kg             | Skier Height<br>cm | Skier Code | Boot Sole Length and Corresponding Release Settings |         |         |         |         |      |
|--------------------------------|--------------------|------------|---|---------|---------|---------|---------|------|
|                                |                    |            | . 250   | 251-270 | 271-290 | 291-310 | 311-330 | 331  |
| 31-35 kg                       |                    | <b>F</b>   | 2.75  | 2.50    | 2.25    | 2.00    | 1.75    | 1.75 |
| 36-41 kg                       |                    | <b>G</b>   | 3.50  | 3.00    | 2.75    | 2.50    | 2.25    | 2.00 |
| 42-48 kg                       | < 148 cm           | <b>H</b>   |   | 3.50    | 3.00    | 3.00    | 2.75    | 2.50 |
| 49-57 kg                       | 149-157 cm         | <b>I</b>   |   | 4.50    | 4.00    | 3.50    | 3.50    | 3.00 |
| 58-66 kg                       | 158-166 cm         | <b>J</b>   |   | 5.50    | 5.00    | 4.50    | 4.00    | 3.50 |
| 67-78 kg                       | 167-178 cm         | <b>K</b>   |   | 6.50    | 6.00    | 5.50    | 5.00    | 4.50 |
| 79-94 kg                       | 179-194 cm         | <b>L</b>   |   | 7.50    | 7.00    | 6.50    | 6.00    | 5.50 |
| > 95 kg                        | > 195 cm           | <b>M</b>   |   |         | 8.50    | 8.00    | 7.00    | 6.50 |
| Chart courtesy of WildSnow.com |                    | <b>N</b>   |   |         | 10.00   | 9.50    | 8.50    | 8.00 |
|                                |                    | <b>O</b>   |   |         | 11.50   | 11.00   | 10.00   | 9.50 |

Disclaimer: This ski binding setting chart is for reference only, ski binding safety release must be set and checked by a qualified professional. Wildsnow.com and associated individuals disclaim all liability for injuries and damages to ski bindings or users of ski bindings.

**Instructions:** Choose your "Skier Code" using weight and height, then follow line to right and choose DIN that corresponds to your boot sole length. **IMPORTANT:** Pick your skier type below, then use following correction factor: **Type 1**, use value you figured in table, without correction. **Type 2**, choose value one line below (one step higher number). **Type 3**, use value two lines below (two steps higher). **Age correction:** If over 50 years old reduce setting one step. **And finally:** if you choose to set your bindings yourself for backcountry skiing or resort skiing, subtract at least 1/2 din number from settings you figured from this chart, then ski bindings at resort to test. If you come out of toe or heel, slightly increase release setting of toe or heel (not both). Continue to fine-tune using this method. To be safe, have your binding settings checked by a qualified technician.

**Skier types:** **Type 1:** Careful skier preferring moderate terrain, or a beginner skier. **Type 2:** Skiers preferring average speeds and somewhat difficult runs. **Type 3:** Few skiers in this category; racers, extreme skiers, prepared to take risks, ski at high speeds. Most backcountry skiers are Type 2.