Abstract
Ground reaction forces are difficult to measure in ski jumping. Force plates in jumping hills are expensive and only measure at the take-off table. In collaboration with the mechanical workshop at the VU University Amsterdam, we developed force cell (Kistler) equipped bindings that allow force measurements during the entire in-run and take-off jump. The bindings add about 0.7 kg extra weight and 1.5 cm height, which allows jumping in test conditions. Test trials show normal force development and shifts in centre of pressure that can be fully explained by theory.

Figure 1. Normal force ($F_N$) and centre of pressure (CoP) during the in-run and take-off. 