

The present invention relates to a ski binding (1) for the different forms of cross-country skiing, comprising a forward housing part (2) that contains a fixed engagement part (3), a movable engagement part (4), an actuating element (5) for moving the movable engagement part (4) between a locking position and a released position, and at least one flexible element (6) for abutment and cushioning against the front part of a ski shoe. The invention is characterised in that the flexible element (6) is injection molded together with the housing part (2). The present invention also relates to a method.