



Far West Masters Ski Racing

www.farwestmasters.org

USSA and FIS Helmet Regulations

One of the important aspects of competing in Masters alpine racing as a USSA sanctioned sport is that by complying with USSA competition regulations for equipment, courses, and the execution of the alpine events, we benefit from deep experience in the alpine racing community on providing high quality competition events. An area of importance to all of us is the use of protective equipment.

In order to improve safety, the FIS Masters Committee and the USSA Alpine Sports Committee have confirmed that the new regulations requiring the use of helmets for GS, SG and DH that meet new FIS standards will be mandatory for all competitors in the 2016-2017 season. The new FIS helmet certification standards have been phased in during the 2014-2015 and 2015-2016 seasons. (The complete text of the USSA "Ski Helmet Regulations" along with the Alpine Competition Guide rules is published on the **Alpine Rules** page of the USSA web site at <http://alpine.uskiteam.com/alpine-programs/masters/rules>).

Under the new regulations, helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA events and official training. Helmets must bear a CE mark and conform to recognized and appropriate standards such as CEH.Din 1077, ASTM F2040, SNELL S98 or RS 98. In addition, in order to attest that a helmet fulfills all FIS requirements for GS, SG and DH, it must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet, in a position where it is not covered by the goggle strap. The conformity label must contain the text "Conform to FIS Specifications RH 2013".



GS/SG/DH helmets

Helmets must cover the head and ears. Helmets with spoilers or edges that stick out are not permitted. Protective features integral to the event being contested, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.

Helmet mounted cameras are not allowed on helmets in official training or competition.

The USSA Alpine sports Committee has mandated that these regulations will apply to *ALL* USSA sanctioned events, including Masters, starting in the 2016-2017 season. This means that for all USSA Masters races in 2016-17, with the exception of slalom events, helmets with the FIS certification sticker (shown above) will be compulsory for all racers. Helmets without this sticker will not be permitted.

Although the new helmet requirements may initially seem burdensome, especially to those of us who have purchased updated equipment relatively recently, please remember that a helmet may be compromised after an impact, and also that there is a "life expectancy" for helmets. You should plan to replace your race helmets and other protective equipment periodically, just as you do with your race skis. A helmet that you've been wearing for 4-5 years may not be that good anymore, and protecting our heads is not something we should take lightly!!