



## Far West Masters Ski Racing

[www.farwestmasters.org](http://www.farwestmasters.org)

### Helmet Regulations for U.S. Ski & Snowboard Alpine Competition

One of the important aspects of competing in Masters alpine racing as a U.S. Ski & Snowboard sanctioned sport is that by complying with the Alpine 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 and the U.S. Ski & Snowboard Alpine Sports Committee require the use of helmets for GS, SG and DH that meet new FIS standards as of the 2016-2017 season – this rule is mandatory for all competitors **except alpine masters**. (The complete text of the U.S. Ski & Snowboard "Ski Helmet Regulations" along with the Alpine Competition Guide rules is published on the **Alpine Rules** page of the U.S. Ski & Snowboard web site at <http://alpine.usskiteam.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 U.S. Ski & Snowboard sanctioned 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 U.S. Ski & Snowboard Alpine Sports Committee has mandated that these helmet regulations will apply to \*ALL\* sanctioned US events, except Masters, starting in the 2016-2017 season. Following the FIS Masters Committee rules decision in November 2017, helmets are required in all disciplines for masters competition, but the FIS certification sticker is not mandatory. However, if you compete in any non-masters U.S. Ski & Snowboard or FIS events, including participation as a forerunner, be aware that you must have a FIS certified helmet. Helmets without the certification sticker will not be permitted.**

Although the new FIS certified helmets are not mandatory for US or FIS alpine masters competition, we encourage all masters to purchase high quality racing equipment with the best possible protection features. 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!!