

# Helmet and Racewear Regulations Notice for Motocross

## 18<sup>th</sup> February 2011

### Helmet Regulations

All riders please note that to race motocross in MCI events you must have a full face helmet that has passed helmet inspection for 2011.

Helmets must have a 2011 MCI approved sticker on it which has been applied by an MCI approved Motocross Helmet Inspector.

Inspectors have been trained from Munster and Leinster and will be available at selected events throughout the year to check helmets.

### *Required Specifications:*

In line with current FIM regulations all helmets must have a permanent label attached inside the helmet which complies with either of the following International Helmet Standards:

1. European-ECE The ECE mark consists of a circle with the capital letter E inside with one or two numbers next to the E. The standard which applies is ECE 22-05P.
2. Japan Jis T 8133:2000
3. USA SNELL M2005

Helmets must be in good condition and be intact.

Helmets must be the correct fit for the rider and must be tightly strapped under the chin while riding. Great care must be taken with children to ensure the correct fit and that helmets are not selected a little too big to allow for “growing room”.

### **Race Clothing:**

Following race wear is mandatory for motocross and riders will not be permitted to start a race without the following:

1. Standard motocross jeans with built in padding.
2. Knee length boots which have been factory made for motocross.
3. Gloves.
4. Jersey with long sleeves.
5. Goggles with shatterproof lens.
6. All youth racers must wear neck protection (preferably neck brace) to compete. (At the moment only MCI licensed youth riders must wear neck protection).

It is **recommended** but not mandatory for each rider to wear:

Neck brace for adults (This is mandatory for youths)

Knee pads or braces

Elbow pads

Body armour

Kidney belt.