

Cycling New Zealand / Mountain Bike New Zealand Downhill Protective Equipment Requirements

Incorporating change to UCI Regulation 4.3.011

1 January 2023

U15 / U17 Downhill Protective Equipment Requirements (Includes U13, U14, U15, U16, U17 School grades)

The following items are mandatory:

- **Full Face Helmet**
 - Any 1 or 2-Piece helmet with approved Safety Certification (see below) is permitted
 - 'Enduro Style' 2 Piece helmets with removable Chin-bar are permitted if they meet the approved Safety Certification (see below). Note the Chin-bar must be attached any time the rider is on course
 - Must achieve one of the following approved Safety Certification standards: ASTM-F1952 (ASTM for DH), UN/ECE Reg No. 22, AS 1698, NZ5430, British standard BS 6658 or Japanese standard T8133
 - If you are unsure whether a particular helmet meets the required standard, please consult your helmet manufacturer's information
- **Neck Brace**
 - Leatt (leatt.com) or similar to work in conjunction with the Full Face Helmet
- **Elbows/Forearm Protection**
 - Long sleeved shirt whose sleeves extend down to the wrist and be of a type specifically designed for use in BMX racing or downhill mountain bike events
 - Elbow only or combined elbow/forearm protection
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Can be standalone elbow protectors or as part of a protective suit e.g. full body, half body or vest
- **Knee/Shin Protection**
 - Long pants or shorts of a type specifically designed for use in BMX racing or downhill mountain bike events. Long pants should cover the entire length of the leg to just above the shoe or ankle.
 - One piece knee/shin protectors or separate knee and shin padding
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Can be standalone leg protectors or part of a protective suit e.g. full body, half body or vest

The following items are highly recommended:

- **Spinal Protection**

- Self-fastening – does not require auxiliary fastening devices to secure to the body
- Cover full length of back (spine) from between shoulder blades to tail bone
- Can be fully, partially or non-articulated in design
- Can be standalone back protectors or part of a protective suit e.g. full body, half body or vest
- Motocross style “roost guards” are NOT PERMITTED unless with a specific back protector, not just a rear roost deflector

- **Shoulder Protection**

- Self-fastening – does not require auxiliary fastening devices to secure to the body
- Outer shell should be constructed of a solid material e.g. Hard Shell Plastic
- Can be standalone shoulder protectors or part of a protective suit e.g. full body, half body or vest

- **Hand Protection**

- Full Finger Gloves

U19 / Elite / Masters Downhill Protective Equipment Requirements (includes U20 School grade)

The following items are mandatory:

- **Full Face Helmet**
 - Any 1 or 2-Piece helmet with approved Safety Certification (see below) is permitted
 - 'Enduro Style' 2 Piece helmets with removable Chin-bar are permitted if they meet the approved Safety Certification (see below). Note the Chin-bar must be attached any time the rider is on course
 - Must achieve one of the following approved Safety Certification standards: ASTM-F1952 (ASTM for DH), UN/ECE Reg No. 22, AS 1698, NZ5430, British standard BS 6658 or Japanese standard T8133
 - If you are unsure whether a particular helmet meets the required standard, please consult your helmet manufacturer's information
- **Elbows/Forearm Protection**
 - Long sleeved shirt whose sleeves extend down to the wrist and be of a type specifically designed for use in BMX racing or downhill mountain bike events
- **Knee/Shin Protection**
 - Long pants, of a type specifically designed for use in BMX racing or downhill mountain bike events, that cover the entire length of the leg to just above the shoe or ankle, **OR**
 - Short leg pants of a type specifically designed for use in BMX racing or downhill mountain bike events when worn with knee/shin protectors with the following properties:
 - One piece knee/shin protectors or separate knee and shin padding
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Can be standalone leg protectors or part of a protective suit e.g. full body, half body or vest

The following items are highly recommended:

- **Elbows/Forearm Protection**
 - Elbow only or combined elbow/forearm protection
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Can be standalone elbow protectors or as part of a protective suit e.g. full body, half body or vest
- **Knee/Shin Protection**
 - One piece knee/shin protectors or separate knee and shin padding

- Self-fastening – does not require auxiliary fastening devices to secure to the body
- Can be standalone leg protectors or part of a protective suit e.g. full body, half body or vest
- **Spinal Protection**
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Cover full length of back (spine) from between shoulder blades to tail bone
 - Can be fully, partially or non-articulated in design
 - Can be standalone back protectors or part of a protective suit e.g. full body, half body or vest
 - Motocross style “roost guards” are NOT PERMITTED unless with a specific back protector, not just a rear roost deflector
- **Shoulder Protection**
 - Self-fastening – does not require auxiliary fastening devices to secure to the body
 - Outer shell should be constructed of a solid material e.g. Hard Shell Plastic
 - Can be standalone shoulder protectors or part of a protective suit e.g. full body, half body or vest
- **Neck Brace**
 - Leatt (leatt.com) or similar to work in conjunction with the Full Face Helmet
- **Hand Protection**
 - Full Finger Gloves