

7 PROTECTIVE EQUIPMENT

7.1 Cross-Country Required Protective Equipment:

The following protective equipment is required for cross country events:

	All Categories
Helmet	Compulsory
Protective Eyewear	Highly Recommended
Full Finger Gloves	Highly Recommended

7.2 Downhill Required Protective Equipment:

The following table summarises protective equipment required for downhill events specified in section 7.4:

	U15, U17	U19, Senior, Elite, Masters
Full Face Helmet (7.4.1)	Compulsory	Compulsory
Long Sleeve Shirt (7.4.2)	Compulsory	Compulsory
Elbow/Forearm Protection (7.4.3)	Compulsory	Highly Recommended
Long or Short Pants (7.4.4)	Compulsory	Compulsory
Knee/Shin Protection (7.4.5)	Compulsory for short and long pants	Compulsory for short pants
Neck Brace (7.4.6)	Compulsory	Highly Recommended
Spinal Protection (7.4.7)	Highly Recommended	Highly Recommended
Shoulder Protection (7.4.8)	Highly Recommended	Highly Recommended
Protective Eyewear	Highly Recommended	Highly Recommended
Full Finger Gloves	Highly Recommended	Highly Recommended

7.3 Enduro Required Protective Equipment:

The following table summarises protective equipment required for enduro events specified in section 7.4:

	U15, U17	U19, Senior, Elite, Masters
Full Face Helmet (7.4.1)	Compulsory	Compulsory
Elbow/Forearm Protection (7.4.3)	Highly Recommended	Highly Recommended
Long or Short Pants (7.4.4)	Compulsory	Compulsory
Knee Protection (7.4.5)	Compulsory for short pants	Compulsory for short pants
Neck Brace (7.4.6)	Highly Recommended	Highly Recommended
Spinal Protection (7.4.7)	Highly Recommended	Highly Recommended
Shoulder Protection (7.4.8)	Highly Recommended	Highly Recommended
Protective Eyewear	Highly Recommended	Highly Recommended
Full Finger Gloves	Highly Recommended	Highly Recommended