

Excerpt from Cycling NZ Mountain Bike – Technical Regulations (18/07/2019)

SENIORS – U19, ELITE, MASTERS (INCLUDES U20 SCHOOL GRADES)

Guiding Principle: All equipment used should have been designed and sold with the express purpose of being used as protective sports clothing. **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 below. Note the Chin-bar must be attached any time the rider is on course
- Approved Safety Certification standards are: ASTM-F1952 (ASTM for DH), UN/ECE Reg No. 22, AS 1698, NZ5430, British standard BS 6658 or Japanese standard T8133
- Other 2 piece helmets are not permitted as they do not meet these Safety certifications and the chin bar has not been designed to replicate the level of protection offered by a traditional full-face helmet.
- If you are unsure whether your particular helmet meets the required standard, please consult your helmet manufacturer's information.

Elbows/Forearms

- Long sleeve jersey giving at least $\frac{3}{4}$ arm cover, preferably to the wrist, **OR:**
- Short sleeve jerseys worn with elbow protectors with the following properties
- 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
- Can be elbow only or combined elbow/forearm protection
- Short sleeved jerseys (elbow and above), when worn without elbow protection are NOT PERMITTED

Knee/Shin

- Long leg pants giving full cover to the ankle, **OR:**
- Short leg pants worn with knee protectors with the following properties:
- 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
- Can be one piece knee/shin protectors or separate knee and shin padding
- Short leg pants (above ankle), when worn without knee protectors re NOT PERMITTED

The following items are highly recommended:Spinal

- 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

- 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

- Self-fastening – does not require auxiliary fastening devices to secure to the body
- Leatt (leatt.com) Brace style construction or similar

Hands

- Full Finger Gloves