



October 2015

USSA and FIS Helmet Regulations

During the USSA Congress in May 2015, the Alpine Sport Committee passed regulations updating the requirement for U14 and older athletes related to the use of helmets for GS, SG and DH meeting the new FIS standards. Following are the complete USSA helmet regulations including those changes as published in the 2016 Alpine Competition Guide.

Equipment is the responsibility of the athlete and in the case of a minor, their parents or guardians. Equipment must be maintained and utilized in accordance with manufacturer's instruction.

In FIS competitions, international competition rules will apply.

Helmets designed and manufactured for the particular event of ski racing being contested are required for all competitors and forerunners in all USSA 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. The CE mark (pictured here) shall be affixed in a non-removable way on the back of the helmet in a visible location not covered by the goggle strap.



Athletes U14 and older must use helmets that meet the new FIS standards for all USSA GS, SG and DH competitions.

In Kombi competitions, athletes must use the helmet that meets the standards for the faster discipline being contested.

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. USSA does not wish for officials to disqualify, or deny entry or starts to an athlete because the athlete has personalized his/her helmet with stickers, glitter, helmet cam mounts or other applications.

USSA does not specify nor recommend nor make any warranties as to the fitness for use of any particular ski helmet design or brand name. USSA undertakes no responsibility, liability or duties to any competitor in connection with the requirement that helmets be utilized. It is the sole responsibility of the competitor to select an appropriate helmet for accident protection in ski racing.

Caution: Age and use affect the protective qualities of all safety helmets. Some older helmets and any helmets that have been damaged either in a racing fall or from other impact may no longer provide sufficient protection – even if there are no visible indications of damage.

Anyone with questions regarding their helmet should contact the manufacturer for any specific guidelines regarding its safety or use.

Historical phase-in of new FIS helmet regulations in FIS and USSA

- Season 2012-13 required for all FIS World Cup GS, SG and DH competitions
- Season 2013-14 required for all FIS alpine GS, SG and DH competitions
- Season 2014-15 recommended for U14 and older USSA alpine competitions
- Season 2015-16 required for U14 and older USSA alpine competitions (scored and non-scored). Masters are exempt for season 2015-16 in line with FIS alpine masters rules. Masters are encouraged to use helmets that meet the current standards.