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Hello

I have had a number of calls regarding the suitability of some safety equipment. Listed below are the 2008 International rules for clothing and safety equipment. These are the requirements which will apply at the NZ National championships and lead up meetings.

Of particular note;

Jerseys tucked in.

Long sleeve Jerseys only

Pants - tear resistant. - For the purpose, Jeans are acceptable but Nylon track pants etc, are not.

Knee / Shin Guards. A point of controversy. I have never made a ruling requiring a 3rd (top) strap. The interpretation here should be that the equipment is designed for the job i.e. MTB / BMX, fits well for size and is safe. Skate knee guards are unacceptable with short pants. If it is designed with 2 straps and is safe then that is fine.

Pad sets - recommended but not compulsory

Helmet - Full Face ONLY

Remember that the ultimate decision and judgement regarding safety rests with the Chief Commissaire. In saying that, I would not expect that our officials would defer much from the accepted and sensible norm.

Regards Ian Mackie.

The Rules;

### **Helmet**

Helmets must be of full face construction equipped with a visor of minimum 10 centimeters. Helmet strap must be securely fastened during the completion

of the race. **Open face helmets are not allowed.**

### **Jersey**

The jersey shall be a loose fitted **Long-sleeved shirts whose sleeves extend down to the rider's wrists.** Lycra material is not permitted.

The fabric of the jersey must be loose enough to have a minimum of 3 cm doubled up excess material, without stretching the fabric. This shall be measured

by pinching the fabric between the index finger and thumb. **The jersey must be tucked into the pants to not cause interference.**

### **Pants**

The pants shall be loose fitting long pants made of tear-resistant material. Lycra is not permitted. Except for the ankles where the pants must be tight fitted,

the pant fabric must have a minimum of 6 cm of doubled up excess material, without stretching the fabric. This shall be measured by pinching the fabric

between the index finger and thumb. Loose fitting short pants made of tear-resistant material are permitted if used together with knee and shin protection with a rigid surface. Lycra is not permitted unless for use under the pants and to cover knee-protection. The pant fabric must have a minimum of 6 cm of doubled up excess material, without stretching the fabric. This shall be measured by pinching the fabric between the index finger and thumb.

Pants must be of a single piece construction, separated from the jersey at the waist. One piece skin suits are not permitted.

### **Gloves**

Gloves whose fingers completely cover the rider's finger tips.

### **Safety pads**

The following safety pads, each having a minimum thickness of 1 cm are recommended:

- i. A pad that surrounds the crossbar of the handlebars;
- ii. A pad that surrounds the top tube of the frame;
- iii. A pad that covers the stem connecting the handlebars to the fork.

### **Pedals**

Pedals must be securely attached to the crank arms and adjusted so as to eliminate lateral motion of the pedal body along the pedal axle. Pedal axles must be

of sufficient strength to withstand the rigors of competition. The teeth on pedal cages must be sufficiently pointed and prominent to offer effective grip on a

rider's shoes without being so sharp as to pose a safety hazard. Toe clips and straps are not permitted. Interlocking pedal-cleat systems however are allowed. Where an interlocking pedal-cleat system is used, the rider must be able to demonstrate the ability to engage and release from the pedals upon any request from an official at an event.