



## Three Rivers League Racer Helmet Requirements

Starting with the 2017 season, TRL and OISRA will enforce a “No Sticker, No Start, No Exceptions” rule when it comes to using FIS approved helmets for GS competition and practice. This does not apply to slalom races.

### What you need to know:

1. Hard-eared helmets are always required for GS.
2. This rule went into effect beginning with the 2017 season.
3. If you plan to be racing, you will need this helmet spec for GS.

### What helmets will be legal?

1. Helmets labeled as “FIS RH 2013” compliant (see example in picture below).
2. Helmets with this sticker will be legal.
3. Racers wearing helmets without this sticker will not be allowed to race GS beginning in 2017.
4. Shred and Poc offer “FIS RH 2013” compliant helmets.

All coaches are aware of this rule. If you have any questions, contact your coach.

**No Sticker  
No Start  
No Exceptions**

Starting in the **OISRA 2016-2017** racing season, all alpine athletes must train & compete with a **FIS** certified race helmet during all giant slalom events.

Contact your head coach for more information and advice on purchasing a new helmet or to determine if your current helmet complies.

**CONFORM TO  
FIS  
Specifications  
RH 2013**

Look for this sticker on your race helmet to know if you comply with the new rule. If it's not there, it's not approved.