

# Reminder of some key points of the technical regulations and recent changes regarding safety

The latest versions of all technical regulations and the Sporting Regulations are available from <https://www.fia.com/regulation/category/100>.

## 1. [Appendix L – chapter III – 1.3 – Helmets](#)



**Nowadays**, the crew members of a vehicle that won't be fitted with a windscreen (at the pre-event scrutineering of an event) will have to wear full-face helmets.

For information, the FIA Standard Guidelines for Helmets remain available thanks to the link below:

[guidelines\\_helmets](#)

## 2. [Appendix L – chapter III – 2 – Flame-resistant clothes](#)

**All drivers (and navigator(s))** entered in **any FIA Cross-Country event** must wear clothes (overall as well as a balaclava, top and bottom underwear, socks, shoes and gloves (optional for navigator(s))), **homologated to the FIA 8856-2018 standard** (Technical List No 74).

The use of clothes **homologated to the FIA 8856-2000 standard** (Tech. List No 27) remains allowed for the **crew members of the T5.2 trucks only**.

For your information, find here below the link to the FIA Standard Guidelines for Protective Clothing:

[guidelines\\_safety\\_clothing.pdf](#)

## 3. [Sporting Regulations – Art. 29.6 & 47.1 – Use of overgarment](#)



If necessary due to weather conditions and after approval of the Clerk of the Course, the usage of a waterproof overgarment on top of the drivers' equipment may be **allowed provided it complies with EN 14116**. **The use of garments with index 3 is strongly recommended.**

**Any other kind of overgarments, especially karting ones, won't be accepted!**

## 4. [Appendix L – chapter III – 3 – Frontal Head Restraint \(FHR\)](#)

Always keep in mind to choose your FHR device according to your body shape and to adjust the lengths of the straps by following the recommendations of the FHR manufacturers.

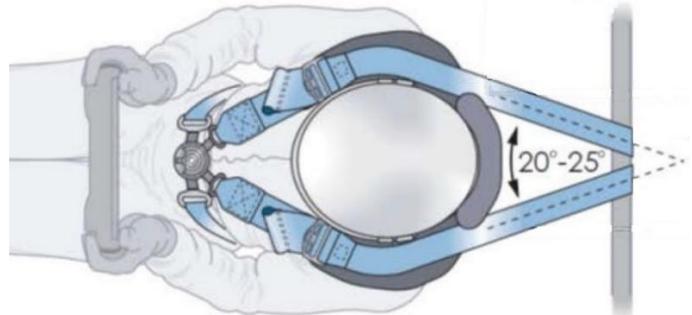
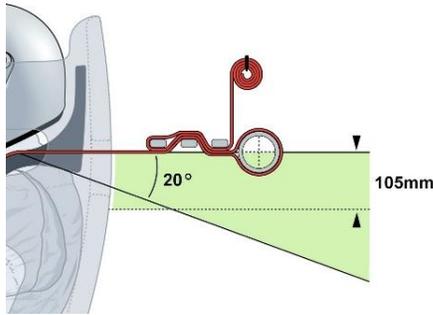
**Please have a look at the below documents, all available from the FIA website:**

- [FIA Standard Guidelines for FHR](#)
- [HANS guide and installation specifications](#)
- [HYBRID guide and installation specifications](#)

5. Art. 283-6.2.3 – Safety belts installation – Shoulder straps

Since 1/01/2023, they must be installed in compliance with the drawing shown on the left-hand side here below.

When viewed from above, the angle between the straps must not be out of the 10°-25° range.



We remind you that the straps of the seat harness must not be in contact with the edges of the seat openings.

Furthermore, to guarantee the efficiency of the FHR device in case of crash, it is absolutely forbidden to have the shoulder straps coming from above the level of the shoulders of the driver/ navigator.



## 6. Art. 283-7 – 2<sup>nd</sup> manual extinguisher

From the 1/01/2025, all vehicles must be fitted with 2 manual extinguishers.

It is recommended that the 2<sup>nd</sup> manual extinguisher is mounted in a location where it is easily accessible from outside when the 1<sup>st</sup> one must remain easily accessible to the crew members (i.e. in the cockpit).

One of the 2 manual extinguishers must be High-Voltage compatible.

**From 2027, both manual extinguishers will have to be HV compatible.**

List of the HV-compatible extinguishing agents (Art. 253-18.23.c):

- Powder (ABC type extinguishers)
- Novec 1230
- FXG-TEC FE36
- FK-5-1-12
- Monnex

## 7. Art. 283-8.3 – Minimum distance between driver/navigator helmet and safety cage paddings

**For all vehicles fitted with a safety cage homologated after January the 1st, 2024.**

The distance between the occupants' helmets and the mandatory safety cage paddings must be **no less than 40mm**. Furthermore, no point of the helmets must not be over a plan defined by 2 nearby tubes of the safety cage or roof reinforcements, fitted with the protective paddings.

## 8. Art. 283-14.2.1 – Fuel cell ventilation

All fuel cells must be fitted with **at least one breathing system** satisfying the requirements of the article in subject.

9. Art. 283-20 – Seat headrests and possible use of add-on paddings

**The use of seats homologated as per the FIA Standard:**

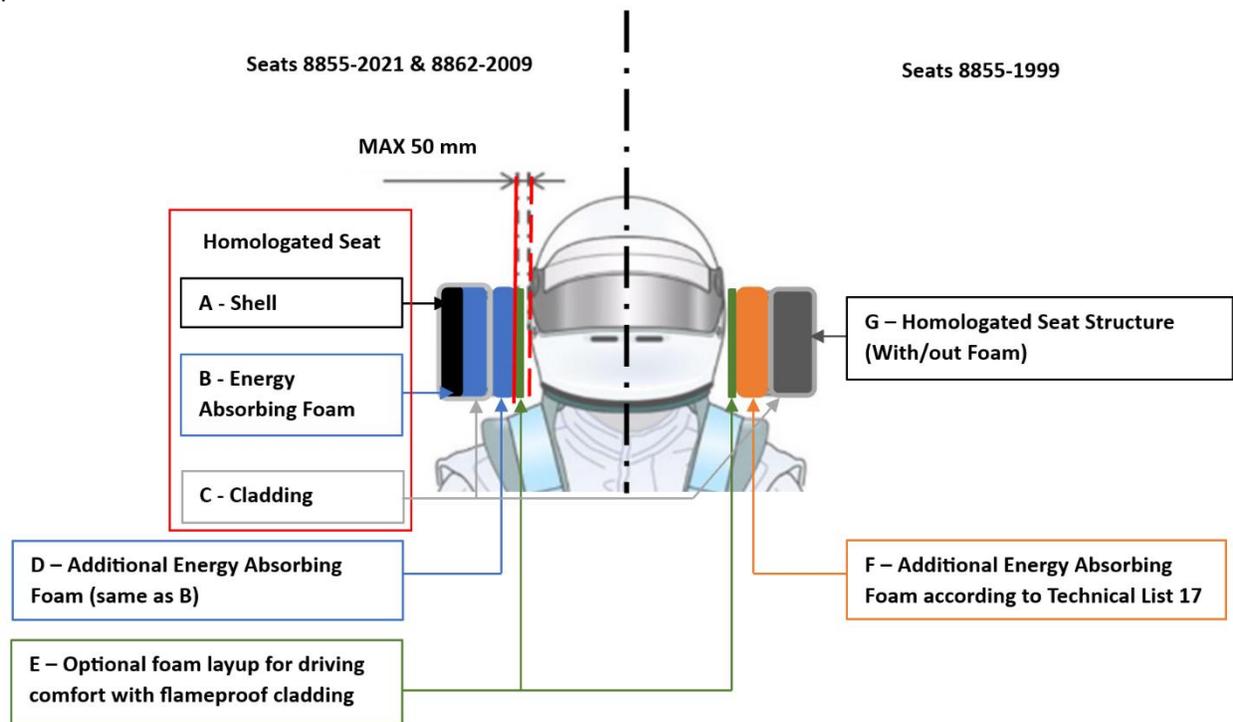
- ✓ 8855-2021 (Technical List No 91) or
- ✓ 8862-2009 (Technical List No 40)

**will be mandatory in all vehicles, of all groups, from the 1/01/2027.**

To improve comfort and to attenuate impact forces, the FIA recommend the use of add-on paddings on the side head supports and/ or on the back head support, whatever the standard of the seat.

**FIA guidelines for head support add-on paddings for FIA Standard seats**

- A layup consisting of:
    - **E – Optional foam layup for driving comfort:** a soft initial layer, typically around 6 to 12mm, and for example made from polyurethane (PUR 5kPa @40%) non-memory foam facing the helmet.
    - **F – Additional Energy absorbing Foam according to technical list 17** in order to achieve the desired helmet to seat gap
  - Wrap the foam with fire-resistant seat cladding and fixed onto the seat with Velcro
- The helmet to seat gap is recommended to be around 20mm, but, as free, it may be adjusted on driver’s preference.



[https://www.fia.com/sites/default/files/l12\\_approved\\_seats\\_115.pdf](https://www.fia.com/sites/default/files/l12_approved_seats_115.pdf)

[https://www.fia.com/sites/default/files/l17\\_approved\\_headrest\\_materials\\_0.pdf](https://www.fia.com/sites/default/files/l17_approved_headrest_materials_0.pdf)