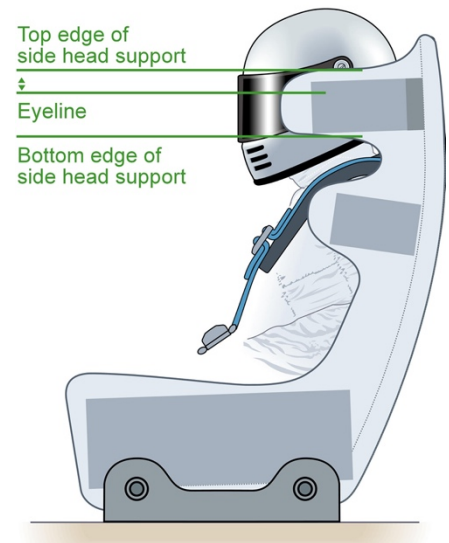




## Competitor Installation Best Practice Guidelines

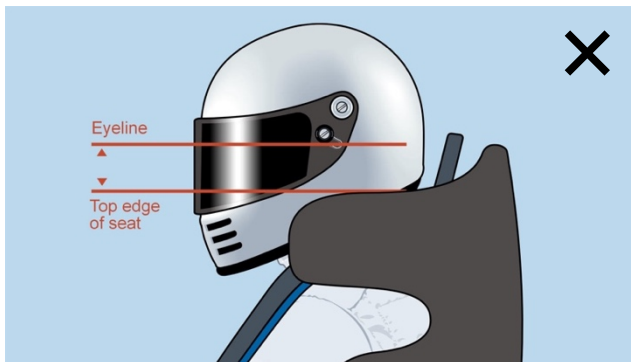
When seated in racing position, the pelvis, shoulders, and head must be supported comfortably by the seat by following these three steps:

1. Eye line must be below the top edge of the side head support, and above the bottom edge of the side head support.
2. Shoulders must fit within the side shoulder support of the seat.
3. Pelvis must be adequately supported by the side pelvis support.



If the driver's helmet is too high in relation to the seat head support, the seat may not provide lateral and rear support to the helmet in the event of a crash.

In this example below you can see how this can cause serious neck injuries, as the helmet may roll over the top of the seat head support.



Officials can deny participation in a competition if the driver and/or co-driver are not seated in the correct position, through checking compliance with the [FIA International Sporting Code under Appendix J](#) (Articles 253.16.1.1 and 283.20.1.1), which regulates the seating position as described above.

When considering seat and seating position, it is important to highlight the following risks associated with a rollover accident:

- Due to the safety harness webbing elasticity and harness installation, the driver will move vertically.
- The roof may deform while contacting the ground due to safety cage deformation.

In both cases, the gap between the top of the driver helmet and the car roof/safety cage will be reduced. To mitigate the risk of head and spinal injuries, it is important to ensure that there is enough clearance for the head of the driver and co-driver to allow for some loss of space during rollover.

Various technical regulations define a minimum vertical distance between the top of the helmet and roof or safety cage and/or rollcage padding. Competitors must respect the minimum clearance and sit as low as possible, to maximize this clearance. If the technical regulations do not define a minimum distance, we recommend that the clearance between the top of the helmet and any hard surface is at least 80mm.

Ensuring these steps are taken to give drivers and co-drivers the correct seating position, will help prevent injury to competitors in the event of an accident.

You can view all Articles to Appendix J in the FIA International Sporting Code [here](#).