



# Stage Rallying

Stage rallying is one of the most exciting forms of motorsport. It can take place on closed roads, in forests or at race tracks and on a variety of surfaces from snow to gravel and tarmac.

## How Do I Start?

For most stage rallies, you'll need a full driving licence. Then you need to buy a Motorsport UK Go Rallying starter pack, pass a BARS test and apply for a Motorsport UK RS Interclub Stage Rally Competition Licence.

Some 'Junior' stage rallies are organised for 14 to 17-year-old drivers where a full RTA driving licence is not required. Junior rally cars must have a maximum engine capacity of one-litre.

If you want to co-drive, you can apply for an Interclub licence without having to pass a BARS course.



BARS stands for the British Association of Rally Schools. There are two parts to a BARS assessment – a theory test and a driving assessment.

## I Have My Licence...What Next?

You need a car that complies with regulations and have safety gear.

You can buy a car that's already prepared for stage rallying or, if you have the time and the skills, you can build your own rally car.

Rally cars must comply with the regulations. The main safety features of a rally car include a roll cage, specialist seats and harnesses, as well as handheld fire extinguishers and a plumbed-in system, electrical cut-off switches and so on.

All rally cars must have a valid MOT. Road tax and insurance is required for events that use the public roads.

## Personal Protective Equipment

You will be required to wear a helmet, frontal head restraint (FHR) and flame-resistant race suit. Flame-resistant gloves, socks, boots, underwear and balaclava, are required for some international events but are strongly recommended for all. The standards for these are given in the Motorsport UK Yearbook.



British Association of Rally Schools - [www.rallyschools-bars.co.uk](http://www.rallyschools-bars.co.uk)  
Go Rallying Pack - <https://www.motorsportuk.org/get-started/starter-packs/>



When buying or building your own rally car, make sure the safety elements are in sound condition. NEVER skimp on safety.

## What About the Co-Driver?

Co-drivers are required to wear the same protective equipment as the driver. It may also be useful for them to have other items too, such as a stopwatch, pens, pencils, highlighters, clipboard, rubber and sharpener.

## Join a Motor Club

You need to be a member of a motor club to compete in a stage rally and its members will also be a great source of help and advice.



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