



## RULES AND REGULATIONS

### REGISTRATION

All riders must report to the registration tent on arrival. Officials will inspect:

- Hats
- Body Protector
- Horse Passports
- Penderff Equitation Membership Number
- Rider Insurance Card

### NUMBER BIBS

All riders must wear a number bib. If you do not have one these can be purchased from the organisers on the day for €25.00

Numbers will be provided at registration.

Penderff Equitation follow the FEI Eventing Guidelines on use of Tack, Equipment and Dress.

<https://inside.fei.org/fei/disc/eventing/rules>

### AGE AND HEIGHT OF HORSES

No horse under 5 years of age is eligible. A horse or pony shall be deemed to reach the age of 1 on the 1st of January following the date on which it is foaled and shall be deemed to become a year older on each successive 1st January. There are no height restrictions.

### VACCINATIONS

Horses must be vaccinated against equine influenza in order to compete and details must be recorded in their passport.

Although vaccination against tetanus is not mandatory, it is highly recommended.

Vaccination	Protocol
Primary	1st Vaccination: day 0
Course	2nd Vaccination: day 21-92
First Booster	Within 7 months of the 2 <sup>nd</sup> vaccination of the Primary Course
Subsequent Boosters	MINIMUM: within one year of previous booster vaccination

### DRESS

New equipment is not expected, but what is worn must be clean, neat, tidy and safe. It is the competitors' responsibility to ensure that their dress is in accordance with the rules. Contravention may incur elimination.

As a minimum shoulders must be covered while competing.

## **BODY PROTECTORS**

Body protectors\* are compulsory for this Test, including when schooling over Cross-Country fences. The use of air vests is recommended.

\*Back Protectors are not considered body protectors. See attached notes on Body protectors.

For general use, the responsibility for choosing body protectors and the decision as to their use must rest with the rider and/or their parents/guardians. It is recommended that a rider's body protector should not be more than 2% of their body weight. When worn, body protectors must fit correctly, be comfortable and must not restrict movement. It is recommended body protectors are replaced at least every three to five years, after which the impact absorption properties of the foam may have started to decline.

Body Protector vests must meet or exceed (and be appropriately labelled): ASTM approved standard F1937-04 (2017), BETA Level 3 body protector standard or European standard EN 13158-2018.

## **AIR JACKETS**

If a rider chooses to wear an air jacket, it must only be used when worn over a normal body protector which meets the Body Protector Rule and Standards. Air jackets must not be worn under a jacket and number bibs should be fitted loosely or with elasticated fastenings over the air jacket.

Any rider who falls from their horse must see the medic onsite immediately after the incident before riding again.

## **FOOTWEAR**

Only standard riding or jodhpur boots with a well defined square cut heel may be worn. Tassels and fringes are not allowed. No other footwear will be permitted, including wellington boots, yard boots, country boots, "muckers" or trainers. Boots with interlocking treads are not permitted.

Stirrups should be of the correct size to suit the rider's boots.

All riders must ensure that their stirrups are suitable for the type of footwear they are wearing and the activities in which they are taking part and that the stirrup leathers are in good condition.

A device which does not allow an immediate and unrestricted separation of the Athlete's boot from the stirrup in case of a fall is forbidden.

Neither the feet nor the stirrup leathers or irons may be attached to the girth, nor the feet attached to the stirrup irons.

It is strongly recommended that the design of the stirrup chosen allows the foot to be released easily in the event of a rider fall.

Spurs capable of wounding a Horse are forbidden. Spurs must be of smooth material (metal or plastic). If there is a shank it must not be more than four centimetres long (the overall shank must be measured from the boot to the end of the spur) and must point only towards the rear. The end of the shank must be blunt to prevent wounding a Horse. If the shank is curved, the spurs must be worn only with the shank directed downwards. Metal or plastic spurs with round hard plastic or metal knobs "Impulse spurs" and "Dummy spurs" with no shank are allowed.

## **GLOVES**

Are strongly recommended.

## **HAIR**

Must be tied back securely, in a safe manner to reduce the risk of hair being caught and to prevent scalp injuries.

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## HAT

While riding anywhere on the show grounds, the use of properly fastened Protective Headgear is mandatory. Such protective head gear must comply with the list of the applicable international testing standards published



It is mandatory for all Riders to wear a protective helmet at all times when mounted with the chinstrap fastened and adjusted so as to prevent movement of the hat in the event of a fall. This rule defines the quality of manufacture that is required. It is strongly recommended that secondhand hats are not purchased.

No recording device is permitted (e.g. hat cameras) as they may have a negative effect on the performance of the hat in the event of a fall. The fit of the hat and the adjustment of the harness are as crucial as the quality. Riders are advised to try several makes to find the best fit. The hat should not move on the head when the head is tipped forward. Most helmet manufacturers recommend you visit a qualified fitter. Hats must be replaced after a severe impact as subsequent protection will be significantly reduced. Hats deteriorate with age and should be replaced after three to five years depending upon the amount of use.

Hats must be worn at all times (including at prize-giving) when mounted with the chinstrap fastened and adjusted so as to prevent movement of the hat in the event of a fall.

The Official Steward/Organiser may, at their discretion, eliminate a competitor riding in the area of the competition without a hat or with the chinstrap unfastened or with a hat that does not comply with these standards.

## HAT CHECKS AND TAGGING

Penderff will appoint Official, who are familiar with hat rules, to carry out hat checks and tag each hat that complies with the requirements. Tagging indicates that a hat meets the accepted standards. No check of the fit and condition of the hat is implied. It is considered to be the responsibility of the rider and or their parent(s)/guardian(s) to ensure that their hat complies with the required standards and is tagged. They are also responsible for ensuring that the manufacturer's guidelines with regard to fit and replacement are followed.

## JEWELRY

The wearing of any sort of jewelry when handling or riding a horse/pony is not recommended and if done, is done at the risk of the rider/their parent/guardian. However, to stop any risk of injury, necklaces and bracelets (other than medical bracelets) must be removed, as must larger and more pendulous pieces of jewelry (including those attached to piercings) which create a risk of injury to the body part through which they are secured.

## MEDICAL ARMBANDS

It is the competitor's responsibility to wear a medical armband if they have a medical condition that may impact on their care in the case of an emergency. Conditions that are relevant include serious past injuries/surgery, chronic health problems such as diabetes, long term medications and allergies. If in doubt competitors should consult with their own treating physician. Cards must contain the competitor's details

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where indicated and must be worn on the competitor's arm or shoulder in such a way as to be visible at all times. It is not compulsory for competitors without any medical conditions to wear a medical armband.

## **WHIPS**

A whip no longer than 75 centimetres and not weighted at the end is allowed during these tests.

Use of the whip:

- At all times, the whip must only be used for a good reason, as an aid to encourage the horse forward or as a reprimand.
- At an appropriate time, namely when the horse is reluctant to go forward under normal aids of seat and legs or as a reprimand immediately after a horse has been disobedient.
- In the right place, namely down the shoulder or behind the leg but never overarm.
- With appropriate severity.
- No more than twice for any one incident.
- Excessive use of the whip anywhere at the event will result in disqualification.
- Use of the whip to vent a competitor's anger is always excessive.
- Use of a whip which causes injury e.g., Broken skin or a weal, is always excessive.
- Use after elimination or retirement is always excessive.
- Use on a horse's head, neck etc. is always excessive.
- Using the whip from the ground after a rider fall or dismount is always excessive.
- If the rider's arm comes above the shoulder when using the whip, this is always excessive.

## **ELECTRONIC DEVICES**

Electronic devices (i.e. headphones, mobile phones etc. enabling another person to communicate with the rider) are not allowed whilst the rider is competing. No recording device is permitted (e.g., head / bridle cameras etc.)

## **SADDLERY**

New equipment is not expected, but what is worn must be clean, neat, tidy and safe. It is the competitors' responsibility to ensure that their tack is in accordance with the rules and that they present themselves for inspection. Any competitor who presents to compete in the wrong saddlery/equipment will not be allowed to compete until they decide to re-present in the correct saddlery/equipment. Any competitor who then changes their tack after the Tack Inspection will be disqualified from the competition. The Official Steward has absolute discretion to forbid the use of any bit, gadget, spur or boot which he considers cruel or misused. Any misuse of a bit / bridle will be reported to the Event Controller.

All tack must be correctly fitted.

Any unusual decoration of the horse with unnatural things, such as ribbons, flowers, glitter etc. in the mane/tail or applied to the coat is forbidden.

Red bows in the tail are permitted for horses that kick.

Weighted Boots and pinch boots are not allowed.

Fly hoods and ear covers are permitted. The ear cover/fly fringe must not cover the horse's eyes. Nose nets are not permitted. Ear hoods may not be attached to the noseband.

Hoof Boots are not allowed.

Humane Girths are not allowed.

Humane girths pose an increased risk as many common designs may have complete girth failure if a single strap was to break.

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The only martingales permitted are Irish, Standing, Running or Bib, only one of which may be worn at the same time. Standing martingales may be attached only to the cavesson portion of the noseband fitted above the bit.

#### Nosebands

Only one may be worn unless using a standing martingale with a combination, Kineton or drop noseband or similar, in which case the addition of a cavesson is allowed. Nosebands should be correctly fitted and should not cause discomfort. Nosebands must not incorporate chain. Sheepskin nosebands are permitted.

Blinkers, leather cheek pieces or any attachment to the horse or bridle which may affect the animal's field of vision are prohibited. Sheepskin or leather may be used on the cheek pieces of the bridle providing the sheepskin does not exceed 3cm in diameter measured from the animal's face. Bit guards made entirely of rubber and smooth on both sides are permitted.

Tongue Guards are permitted. The use of tongue straps, tongue grids, or the addition of string, twine or cord in or round the horse's mouth is forbidden.

#### Bits

Any normal riding bit is accepted, hackamore or any bitless bridle. Bits should be in their original manufactured state.

### **HEALTH AND SAFETY**

Organisers of this event have taken reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone must take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers and all the officials and stewards. Neither the organisers of this event or its employees or representatives accepts any liability for any accident, loss, damage, injury or illness to horses, owners, riders, spectators, land, cars, their contents and accessories, or any other person or property whatsoever. Entries are only accepted on this basis.

#### **ACTION AFTER A FALL**

Any competitor who has a fall or sustains a serious injury anywhere at the competition site MUST see the medical personnel on the day and be passed fit to ride before riding that horse in a further test or before riding any other horse.

#### **HEAD INJURY AND CONCUSSION**

There are strict procedures around the response to concussion. Head injuries and concussion can be life changing and fatal. Serious head injuries are usually obvious, but concussion can be very subtle. It may not be immediately apparent but should be taken very seriously.

Riders may be asked not to ride by an Official (including a first aider) who believes they may have sustained concussion either at the time of injury or from a previous injury (which may not have been sustained whilst riding).

Concussion is difficult to diagnose, and practitioners of all grades must err on the side of caution. Thus, any decision must be respected, and professional medical support is advised to avoid further harm.

Any Rider involved in an incident that could cause head injury or concussion (for example, a fall from their horse/pony) should be assessed by the first aid provider in attendance.

Dependent on the level of first aid cover, the exact process of diagnosing will vary depending/based on whether the Rider has suffered:

- ▶ No head injury/concussion
  - ▶ Suspected head injury/concussion
  - ▶ Confirmed head injury/concussion
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The process for diagnosing each option is covered in more detail below. An assessment may make it immediately obvious that there is no cause for concern. Reasonable care will be taken to ensure Riders have not sustained a serious head injury or concussion.

### **Who can diagnose head injury or concussion?**

Diagnosis of a head injury or concussion can be carried out by Trained First Aiders, Qualified First Aiders or medical professionals officiating at the activity. If there is any doubt as to the diagnosis, the Rider should see the highest level of first aid cover that is present who should make the diagnosis. If a definite diagnosis is not possible then the Rider should be referred to a hospital or a doctor off site for a professional diagnosis. The Rider must not ride again until they have been seen by a doctor/ hospital.

### **Actions to be taken in the event of a suspected head injury or suspected concussion diagnosis**

If a diagnosis of a suspected head injury or concussion is made by a first aider, the Riders team and or their parents/guardians should be advised to take the Rider to hospital. Any Rider who has been diagnosed with a suspected or confirmed head injury/concussion should not be left alone and must be returned to the care of their teams/parents/guardians where appropriate.

If a Rider is advised to see a doctor because of suspected head injury/concussion and the Rider or their team/parents/guardians decide not to allow the Rider to be examined (either at the activity or in hospital), the Rider will not be allowed to ride again on the day and should be treated as if they have sustained a confirmed head injury/concussion.

Depending on the circumstances, the decision not to allow further examination may be considered a safeguarding issue. Where a doctor subsequently certifies that a Rider does not have or did not suffer a head injury/concussion, and provides evidence that they are satisfied the Rider is well enough to resume riding activity, that Rider will be treated as if they did not sustain a concussion.

Officials will endeavour to assess members in a timely way; however, head injuries can evolve over time, which may lead an official or professional to perform a series of assessments.

### **DIRECTIONS FROM OFFICIALS**

Competitors and their supporters must, under penalty of elimination or disqualification, obey any order or direction given to them by any official and they must, in particular, be careful not to do anything liable to upset or hinder the undisturbed progress of the competition.

### **EXERCISE**

Competitors may exercise their horses only in the areas provided. They must not exercise in the car or horsebox park or among spectators. They must not enter or practise on the Cross-Country course on penalty of elimination. On the day of the competition, horses competing may be ridden only by their designated riders or, in exceptional circumstances and only with the permission of the Official Steward, by another member of the same team. Lungeing of a horse is only permitted in areas designated by the organiser who may also prohibit it completely at their discretion. If allowed, lungeing may be carried out by either the rider or other persons. Lungeing of a horse with a rider onboard is prohibited. Whether competing or not, whilst exercising any horse it is permissible to use only the saddlery allowed under the Rules.

When riding-in, especially in restricted areas, riders should pass left hand to left hand; they should not pass so close as to upset another horse.

Tack adjustments should be made in a safe area without causing an obstruction.

Trainers and other pedestrians should endeavour to stand out of the way of competitors.

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## **FALL OF A HORSE**

A horse is considered to have fallen when the shoulder and quarters at the same time have touched either the ground or the obstacle and the ground, or when it is trapped in a fence in such a way that it is unable to proceed without assistance or is liable to injure itself

## **LONE COMPETITORS**

Competitors attending a competition on their own must inform the Secretary and provide Emergency Contact Details and location and details of their horsebox.

## **PERFORMANCE-ENHANCING DRUGS**

All performance-enhancing drugs are strictly forbidden

### Equine Controlled Medication

It is clearly essential for the welfare of a horse/pony that appropriate veterinary treatment is given if and when required, including appropriate medication. However, medication may mask an underlying health problem. Therefore, horses should not compete or take part in training activities when taking medication, if the combination of the medication and the activity may have a detrimental effect on the horse's welfare. Human Performance-enhancing drugs are forbidden.

## **UNSEEMLY BEHAVIOUR**

Unseemly behavior on the part of riders, parents, team officials or team supporters will be reported as soon as possible to the event controller. Any competitor who, in the opinion of the Official Steward, has been rude or aggressive towards any officials at a competition, or who has behaved in an aggressive or unfair manner to their horse, may be disqualified.

## **VACCINATION**

A valid passport and vaccination record must accompany the horse/pony to all events and must be available for inspection by the event officials. It must be produced on request at any other time during the event. All ponies/horses must be compliant with the current minimum vaccination requirements

## **THE COURSE**

### **ASSISTANCE**

Outside assistance is forbidden under penalty of elimination. Any intervention by a third party, whether solicited or not, with the object of facilitating the task of the competitor or of helping his horse, is considered forbidden assistance. If, in the opinion of the Official Steward, the assistance was unsolicited and the competitor gained no advantage then no penalty will apply. In particular the following are forbidden:

- To intentionally join another competitor and to continue the course in company with them
- To post friends at certain points to call directions or make signals in passing
- For anyone at an obstacle actively to encourage the horse or rider by any means whatsoever
- To be followed, preceded or accompanied on any part of the course by any other person
- To receive any information, by any means whatsoever, about the course before it is officially open to the competitors
- For a fence Judge or official to call back or assist a competitor by directions to rectify an error of course

EXCEPTIONS: Whips, headgear or spectacles may be handed to a competitor without them dismounting. Fence Judges are allowed to call 1st Refusal, 2nd Refusal etc.

### **COURSE COLOURS**

Each course will be colour coded

60cm Course = Blue

70cm Course = Yellow

80cm Course = Green

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## **COMBINATION FENCES**

If an obstacle is formed of several elements, each part will be flagged and marked with a different letter (A, B, C, etc) but only the first element will be numbered and all elements will be judged as one obstacle. They must be jumped in the correct sequence. A competitor who circles between two lettered elements incurs penalties. He may refuse, run out or circle only twice in all without incurring elimination. The third refusal within the obstacle as a whole is eliminated. The Rider is permitted to retake any elements already jumped, although he will be penalised for any new fault even if he has previously jumped an element successfully. They may pass the wrong way through the flags of any element without penalty in order to retake an element.

## **FLAGS**

Red and white boundary flags or indicators are used to mark the start and finish and compulsory sections of the course, to define obstacles and to indicate compulsory changes of direction. They are placed in such a way that a rider must leave a red flag on his right and a white flag on his left.

Only obstacles which are numbered, coloured and marked by two boundary flags are judged as obstacles.

All boundary and turning flags must be in position prior to 2pm on the day preceding event.

All fences immediately adjacent to those that are included in the course should be crossed flagged to ensure the safety of Riders and Spectators.

If in use Direction Markers (Yellow or Orange) are placed so as to mark the route and help the rider in keeping to the course. They may be passed on either side and keeping close to them is not necessary.

Boundary flags and direction markers shall be large and placed in conspicuous positions.

Compulsory Turning Flags may be used only if absolutely necessary and will have the Red Flag on the right and the White on the left. They should be marked on the Plan of the Course.

Black Line Flags (a black line on red and white boundary flags) are used to show that an obstacle, either single or made up of several elements, has an alternative route which may be jumped without penalty. Both sets of flags will be marked with a black line.

A competitor is permitted to change without penalty from one black line flagged route to another (e.g. jumping 9A left hand route then 9B right hand route) provided he has not presented his horse at the next element of the original line.

After having negotiated all other elements, passing around the last element to be jumped will not be penalised.

'L' markers are used to denote an easier alternative to the 'Main' obstacle, to help the less experienced to complete.

All 'L' obstacles will be marked with red and white boundary flags and with a marker having a red 'L' on a white background beneath the fence number. Jumping an 'L' fence incurs 15 penalties.

## **KNOCKING DOWN A FENCE FLAG**

There is no penalty for knocking down a fence (boundary) flag. But if in the process the horse's head and shoulders pass the wrong side of the flag, i.e. to the left of the white or to the right of the red, the competitor must retake the fence and shall be debited the penalties for the runout(s). Competitors may ask if they have to re-take the fence, and the Fence Judge is obliged to tell them. This is not considered 'forbidden assistance'. Flags do not have to be replaced by Fence Judges, but riders may request that flags are replaced. The time will not be stopped for competitors during replacement of a flag. There is no penalty for jumping a fence not on the course but the penalty for jumping a fence marked with crossed flags is elimination.

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## **LENGTH**

The length of the course and number of jumping efforts will vary according to the Level.

The cross-country course must be completed and ready for inspection by competitors, on foot only, by 2pm on the day preceding the Cross Country Test.

Unauthorised alteration to or tampering with obstacles, direction flags or stringing and foliage on the course is strictly forbidden and will be penalised by elimination.

## **MODIFICATIONS**

### **Before the start**

(After the course is opened for inspection by competitors at 2pm on the day before)

No alteration may be made, except, where exceptional circumstances (such as heavy rain) make one or more obstacles unfair or dangerous, the Official Steward is authorised to reduce the severity of or to by-pass such obstacles. In such a case the Cross Country Steward and every competitor must be officially and personally informed of the proposed alteration before the start of the Test. An official may be stationed at the place where an alteration has been made, in order to warn the competitors.

### **During the Test**

No modification to the obstacles is allowed but, if it is necessary in the interests of safety to order an obstacle to be by-passed during the competition, all jumping faults previously incurred at that obstacle shall be cancelled with the exception of eliminations. A time allowance may be made at the discretion of the Official Steward. A competitor who has been eliminated shall NOT be re-instated in the competition. Once taken out, the obstacle shall NOT be re-introduced.

## **ORDER OF STARTING**

The order of starting shall be drawn after entries have been received. This order shall be maintained throughout each part of the competition. The timetable should be regarded as a guide only and competitors who are not ready to start may be eliminated.

## **OVERTAKING**

Any competitor who is about to be overtaken by a following competitor must quickly clear the way. Any competitor overtaking another competitor must do so only at a safe and suitable place. When the leading competitor is before an obstacle and about to be overtaken, he must follow the directions of the Fence Judge. When the leading competitor is committed to jumping an obstacle, the following competitor may only jump that obstacle in such a way that will cause no inconvenience or danger for either. The penalty for wilful obstruction of an overtaking competitor, or failure to follow the instructions of the Fence Judge, or causing danger to another competitor, is elimination at the discretion of the Official Steward.

### **Competitor in Difficulty at an Obstacle**

A competitor in difficulty or likely to cause an obstruction must give way to the following horse by quickly moving away from the front of the obstacle. If, in attempting to negotiate an obstacle, a horse should be trapped in such a way that it is liable to injure itself or be unable to proceed without assistance, the competitor will be instructed to dismount and will be eliminated.

## **PLAN / MAP**

A plan of the course will be displayed by the time it is open for inspection. It will include:

- ▶ The course to be followed and its length
- ▶ The numbering of the obstacles
- ▶ Obstacles having 'L' or black line Alternatives
- ▶ Any compulsory turning points
- ▶ Any hazards

## **RETIREMENT FROM THE COURSE**

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Elimination and Retiring Competitors retiring from any part of the Cross-Country course for any reason whatsoever must leave the course at a walk and take every precaution to avoid disturbing other competitors. They may continue to jump the course of obstacles after elimination (excluding falls) if they wish.

If eliminated at a jump because of a refusal, runout or circle the competitor may continue to finish the course but may be asked to step aside if the next competitor is approaching.

## **STARTING**

All competitors must start from the start box.

A competitor may only start when given the signal to do so by the starter.

The starter will count down from five seconds before giving the signal to start and the competitor may move around the enclosure as he pleases.

Deliberately starting early may incur elimination at the discretion of the Official Steward. If the horse fails to cross the start line within 2 minutes of the signal being given, the competitor is eliminated.

Assistance within the starting enclosure is permitted, provided it ceases immediately the signal to start is given.

From that instant, the competitor is considered to be on the course and any subsequent assistance is forbidden.

If a horse is lead into the start box the handler must wear protective headgear and gloves.

A competitor who deliberately starts before the starter's signal or who canters through the start will be subject to discretionary elimination by the Official Steward.

## **SPEED AND PACE**

Throughout the event, competitors are free to choose the pace at which they ride. They should, however, always take account of the requirements of the prevailing conditions and terrain, the fitness and ability of themselves and their horse and all other factors which may be relevant to the welfare of both horse and rider. They must also have regard to and respect the optimum time and "too fast" time. It is not about speed. Going too fast is when mistakes and accidents can happen, therefore going too fast then deliberately slowing down near the end of the timed section is likely to incur a penalties.

## **TIME LIMIT**

This is double the optimum time and any time over this is deemed an unacceptable amount of time to complete the times section of the course.

## **STOPPING COMPETITORS**

If any part of an obstacle is obstructed by a competitor in difficulty, or if any obstacle has been dismantled to release a fallen horse, or if an obstacle has been broken and is not yet rebuilt, or in any other similar circumstances, any competitor approaching the jump, and any subsequent competitors, must be prepared to stop on the instructions of the Fence Judge, who will wave a flag at waist height in the path of the oncoming competitor.

Failure to stop is penalised by disqualification at the discretion of the Official Steward.



## **TIMEKEEPING**

The timed section of the course will begin the moment the horse-and-rider combination leaves the ground to jump the obstacle at the beginning of the timed section, and will end on jumping the last obstacle in the timed section. The timed sections will be noted on the course plan / map.

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## Body protector and back protectors – what’s the difference?

Body protectors and back protectors both contribute – to varying degrees – to the protection of the rider. They differ primarily in terms of the protective effect, but there are also some points that have a strong impact on comfort.

	<b>Body Protectors</b> 	<b>Back Protectors</b> 
<b>Design / Cut</b>	Body protectors equipped with foam inserts on the chest and back. Usually cut slightly longer at the back. Adjustable by means of zips or Velcro fasteners at the shoulders and chest.	Back protectors made of multi-layered foam, which are closed at the front by means of straps, zips or hook-and-loop fasteners.
<b>Which parts of the body are protected?</b>	<ul style="list-style-type: none"> <li>– thorax</li> <li>– internal organs</li> <li>– shoulder area</li> <li>– spine</li> <li>– depending on the model, parts of the collarbone</li> </ul>	<ul style="list-style-type: none"> <li>– Spine</li> <li>– depending on model, shoulder area</li> <li>– depending on model, light protectors on the rib cage and sides</li> </ul>
<b>Valid Standard</b>	EN 13158 (European test standard) – Level 3 recommended for maximum protection BETA 2018 (British test standard) – Level 3 recommended for maximum protection	Motorbike test standard EN 1621-2
<b>Variations</b>	<ul style="list-style-type: none"> <li>- Classic body protector with large foam panels.</li> <li>- Body protector with smaller panel elements made of foam that allow a more flexible fit and more room to move.</li> </ul>	<ul style="list-style-type: none"> <li>- Classic back protector with belt straps.</li> <li>- Back protectors with zip. These can have additional light chest, rib and shoulder protection.</li> </ul>
<b>Advantages</b>	<ul style="list-style-type: none"> <li>– comprehensive protection of the upper body</li> <li>– great sense of security</li> <li>– many adjustment options</li> </ul>	<ul style="list-style-type: none"> <li>– specifically protects the spine</li> <li>– high comfort due to more flexibility and therefore suitable for everyday use</li> <li>– light weight</li> <li>– good value for money</li> </ul>
<b>Disadvantages</b>	<ul style="list-style-type: none"> <li>– Restricts movement, as the foam sections have to be quite thick.</li> <li>– in summer: heat build-up</li> <li>– in winter: Clothing must be chosen accordingly</li> <li>– More expensive than a back protector</li> </ul>	<ul style="list-style-type: none"> <li>- No to little protective effect in the area of the chest (including internal organs) and the shoulders, depending on the equipment</li> </ul>