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**Protective equipment for martial  
arts —**

**Part 5:  
Additional requirements and test  
methods for genital protectors and  
abdominal protectors**

*Équipement de protection pour les arts martiaux —  
Partie 5: Exigences et méthodes d'essai complémentaires relatives aux  
coquilles et aux protections abdominales*

[ISO 21924-5:2017](#)

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## Foreword

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The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see [www.iso.org/directives](http://www.iso.org/directives)).

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This document was prepared by Technical Committee ISO/TC 83, *Sports and other recreational facilities and equipment*, Subcommittee SC 6, *Martial arts*.

A list of all parts in the ISO 21924 series can be found on the ISO website.

[ISO 21924-5:2017](http://ISO 21924-5:2017)

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# Protective equipment for martial arts —

## Part 5: Additional requirements and test methods for genital protectors and abdominal protectors

### 1 Scope

This document specifies additional requirements and test methods for genital protectors and abdominal protectors used in unarmed martial arts such as taekwondo, karate, kick-boxing and similar disciplines.

### 2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 21924-1:2017, *Protective equipment for martial arts — Part 1: General requirements and test methods*

### 3 Terms and definitions

For the purposes of this document, the terms and definitions given in ISO 21924 and the following apply.

ISO and IEC maintain terminological databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <http://www.iso.org/obp> ISO 21924-5:2017
- IEC Electropedia: available at <http://www.electropedia.org/>

#### 3.1

##### **genital protector**

device worn to protect genitalia from impacts

#### 3.2

##### **abdominal protector**

device worn to protect the abdomen below the waist from impacts

### 4 Requirements

#### 4.1 General

The general requirements for genital protectors and abdominal protectors shall be the same as those given in ISO 21924-1.

Edges of hard materials shall be covered with soft padding materials.

Genital protectors for females shall be so designed that they adapt to the body shape of the wearer.

Abdominal protectors and genital protectors may be used as a single piece or in combination (see 4.4).

## 4.2 Sizing

### 4.2.1 Genital protectors for females and males

A sizing system shall be used to define genital protectors as small (S), medium (M), large (L) or extra large (XL). If additional sizes are available, their size declaration shall be related to this sizing system.

### 4.2.2 Abdominal protectors for females and males

Abdominal protectors shall be sized in relation of the size of the users in accordance with [Table 1](#).

**Table 1 — Sizing of abdominal protectors in relation to the size of the user**

Dimensions in centimetres

Size	Body height	
	Females	Males
S	<152	<164
M	152 to 164	164 to 176
L	164 to 176	176 to 188
XL	>176	>188

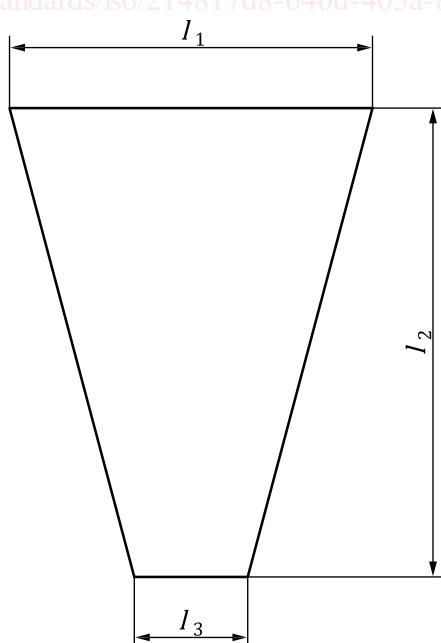
Dimensions shall be graded linearly in case of additional sizes.

## 4.3 Zone of protection

### 4.3.1 Genital protectors

#### 4.3.1.1 Genital protectors for females

The dimensions of the zone of protection of genital protectors for females shall be as given in [Figure 1](#) and [Table 2](#). Dimensions shall be graded linearly in case of additional sizes.



**Figure 1 — Zone of protection of genital protectors for females**