



Estonian Historical Fencing Association

MEDIEVAL FIGHTING IRON LEAGUE

COMPETITION RULES

Characteristics of the weapons:

- Permitted weapons:

Single-handed swords, sabers, broadswords, falchions - total length up to 110 cm, weight from 1,100 to 1,900 g;

Single-handed axes - total length up to 90 cm, weight from 500 to 1,300 g;

Single-handed maces - total length up to 90 cm, weight from 500 to 1,000 g;

Longswords (allowed only without a shield) - total length up to 140 cm, weight from 1,600 to 2,600 g;

Two handed axes and polearms (allowed only without a shield) - weight up to 3,000 g.

- The minimum diameter of the rounding peak of the blade is 20 mm (10 euro cent coin). The cutting edge of a blade is not less than 2 mm thick and rounded.

- All striking edges on axes or polearms must have a minimum length of 70mm.

- All axes, maces and polearms shall have only wooden handles and no sharp corners!

- The maximum shield length must not exceed 75 cm. The maximum shield width must not exceed 60 cm. Round shields may not exceed 65 cm in diameter. Edges of the shield are to be trimmed with leather (minimum 2 mm thick) or fabric put in three or more layers, joined with glue. Edges of the iron shield have to be forge-rolled (minimum 4 mm thick). Steel shields of only rounded shapes are allowed.

Characteristics of the protective arms:

- The fighter's head and face shall be protected with a steel helmet (minimum 2 mm thick) and sufficient padding underneath (not less than 10 mm thick when compressed between fingers). The helmet must have a chin strap which prevents the loss of the helmet during the fight.

- The fighter's hands are to be protected with gauntlets made of steel plates.

- The fighter's torso, limbs, joints and neck shall be covered with steel plates (minimum 1mm mild steel or 0,6 mm hardened), and have sufficient padding underneath. The fighter's elbows, knees and neck (also the back of the neck) must have a padded protection not less than 10 mm thick in a condensed form. The fighter's groin is to be protected with armor elements or hidden protection.

The points, rounds and the victory:

- For each clear and stout blow delivered with the combat part of the weapon to the opponent's target area the fighter who has delivered it is awarded with 1 point. The target area excludes the eyes, the neck, the groin, feet, ankles, the back of the knees, wrists and hands. A stroke is counted when it was deliberate and was not blocked by the opponent's defensive action with a shield or sword.

- For each clear and destabilizing stroke delivered with a shield, hand, leg, elbow, knee or head fighter who has delivered it is awarded with 1 point. The strike must clearly destabilize the fighting position of the opponent.

- For each successful throw that follows authorized fighting techniques and after which opponent falls down fighter who has performed it is awarded with 2 points. The throw is counted to be successful if the torso of opponent touches the ground and the performer does not touch the ground with the third point of support (hand, knee or any other part of body). When the fighter falls on his opponent and touches with the third supporting point (except for body and buttocks) only his opponent, who lies under him, the fighter is not considered as fallen. The fighter who is standing on his feet can strike the lying opponent within 3 seconds and earn 1 more point for clear and stout blow.

- The fighter is awarded with 1 additional point if the opponent loses his weapon or shield during the fight.

- The fight consists of three rounds. The round lasts for 2 min. The fighter, who has got the more points at the end of the fight (summary of all rounds) becomes a winner of the fight.

- "Technical victory" is awarded to one of the fighters if: the opponent refuses to fight before the beginning of a duel; the opponent appear on the lists more than 3 minutes after he's been invited or come unprepared; the opponent gets two warnings within the fights; armor or weapon of the opponent is broken and it cannot be fixed or replaced in 1 minute; the opponent is suspended from further participation in the fights due to injury or disqualification; the opponent cannot continue fighting because of "an accidental injury". If the fighter cannot continue due to an injury, resulting from violations of the rules by his opponent, the "technical victory" is awarded to the fighter who was injured.

Authorized fighting techniques:

- Authorized fighting techniques are: strikes at the opponents target area delivered with the cutting edge of the weapon (the target area excludes the eyes, the neck, the groin, feet, ankles, the back of the knees, wrists and hands); hitting with the edge or the plane of a shield at target area; any strikes, pushing, press with arms, hands, head, shoulder, elbows, knees and body; wrestling techniques; holds of the sword grip or shield of the opponent with free hand; blocking the enemy's strikes with a shield, blade or arms; hooking the opponent's shield with the shield.

Prohibited fighting techniques:

- Prohibited fighting techniques are: any thrusts with a weapon; strikes at the opponent's eyes, neck, groin, feet, ankles and the back of the knees; painful holds, twisting against natural direction of a limb flexing, "windmills", arch throws, fighting in the stalls; suffocating techniques, any holds with hands or weapons around the neck, direct pressure on the neck, twisting the neck by pressing on the edge of the helmet; any actions (strikes, pressure, etc.) with foot aimed at the knee joint (on either side); any vertical strikes with weapons or shield along the spine; deliberate attempts to remove any elements of the opponent's protective kit; punches with weapons' hilt or fist, aimed at the face of the opponent (if the gap between the hilt and fist in combat mitten or glove is more than 3 cm); any strikes at the head of the opponent who is bending 50° or more; inactive clinch that lasts more than 4 seconds; any actions with the intention to cause an actual injury; any actions which are not listed in chapter of „Authorized fighting techniques“.

Warnings and disqualification:

- Warning is a sanction imposed on the fighter for rules violation or not coming to the fight. In the case of an injury, resulting from violations of the rules, the offender receives a double warning. The fighter can get maximum two warnings within the event and will be disqualified after this.

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