



This document contains the ruleset for long sword, sabre, sword/messer and rapier. It is meant for FEDER tournaments and follows the standards set by the Polish HEMA Federation "FEDER".

This version is binding for the 2019 tournaments and contains corrections after Durchschlag 2019

Corrected/ammended rules have been marked by red, bold font.

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## INTRODUCTION

The following regulations have been prepared for competitions conducted with the use of : longsword, sabre, messer/sword and rapier.

Following rules can be applied in both individual and team-based tournaments.

These rules describe terms of combat, course of the tournaments, and role of the judges.

Requirements regarding weapons as well as protective equipment are described in the last chapter of this document.

Every event with FEDER patronage is obliged to apply rules about protective equipment (& 25) to any part of the event that consists full-contact bouts with steel weapons – experimental tournaments, Fechtschule, workshops with full-contact bouts etc. It does not apply to semi-contact bouts, show fights, workshops without full-contact bouts and bouts/tournaments with padded and nylon weapons.

While bouts are not regarded as precise simulations of the duels with sharp weapons, this document and rules contained within, strive to retain the most important elements of such type of combat, in an attempt to help establish environment which would make it possible to easily determine which of the contestants is a better fencer.

As such, the types of actions FEDER would like to promote are:

- acknowledging hits which would penetrate the body of the opponent, should the weapons be sharp;
- predominance of clean hits over double hits.
- fair play and sportsmanship

The following regulations do not impose on the contestants the obligation of performing the techniques in accordance to some abstract models or to current interpretation of any of the source material. The competition conducted in line with those rules is supposed to have a form of a sports event, however in understanding with the restrictions and limitations given by the characteristics of the historical weapons.

Each competitor is obliged to know the ruleset and follow its regulations. Not knowing the rules does not provide an excuse to consequences resulting from not knowing the regulations

# Chapter 1

## 1 Types of Tournaments

### **§ 1 Individual Tournament – general information**

1. Individual Polish Cup is divided into four categories: longsword, sabre, sword/messer with buckler and rapier.
2. Every single category consists of the two main phases: pools and knockout phase, the latter divided depending on the organisers intent and the number of participants into 1/32, 1/16, 1/8, semi-finals and finals.
3. In order to win a bout, a contestant must score 5 points before his opponent does so (or if both scored 5 or above the winner needs to have more points than their opponent. If no fighter manages to fulfil these criteria within 3 minutes, the bout is won by whoever scored the highest.
4. Contestants who have managed to achieve the highest score in each group enter the knock-out phase.
5. All final bouts for medals – bout for 1<sup>st</sup> place and bout for 3<sup>rd</sup> place – are up to 7 points or more. Time limit of the bout remains the same (3 minutes).

### **§ 2 Individual Tournament – time limits**

1. Time limits in individual tournament:
  - a. Each bout lasts 3 minutes
  - b. Time is counted from the command "FIGHT" until the command "STOP". Breaks are not counted towards time of the bout.
  - c. If one or both competitors score 5 or more points (and they are not tied) before 3 minutes elapse, the bout ends. Whoever scored more is the winner.
2. After 3 minutes elapse, in the pools phase, the winner is:

- a. The contestant who scored the highest. In case of a draw the contestant who scored the first clean hit during the bout.
3. After 3 minutes pass, in the knockout phase, the winner is:
  - The contestant who scored the highest.
  - In case of a draw, the contestant, who scored the first clean hit in 1 minute of extended time.
  - If the 1 minute extended time does not yield a clean result the winner is determined by who scored the first clean hit in the entire fight.

### **§ 3 Course of a bout in individual tournament**

1. The scorekeeper calls out two contestants and informs who should prepare for the next bout. If any contestant fails to show up at the field, the call out is repeated three times in one minute long intervals.
2. Both contestants take their starting positions and salute each other.
3. The referee asks the contestants "READY?". Each of the contenders has to clearly confirm they are ready before the bout begins.
4. The referee commences the bout with the command "FIGHT". Scorekeeper begins the three minute count down.
5. Contestants try to score a hit. Referee and line judges move around the field in order to gain the best view of the ongoing exchange.
6. The exchange is halted with the command "STOP". After it's announced, scorekeeper stops the count down.
7. The referee announces his decision and the contestants go back to their starting positions.
8. Steps 3-7 are repeated until the bout is over.
9. In case any piece of the equipment is damaged, the contestant has 5 minutes to either replace or fix it. After this time the referee may issue a reminder and extend the time by another 5 minutes, or, should there be no way of fixing or replacing the broken equipment, disqualify the contestant.
10. Any new or fixed piece of the equipment has to undergo the safety check by the referee.

11. In case of any injury, ability to continue the fight has to be confirmed by the medical personnel within 10 minutes.
12. Contestant who notices that either himself or the opponent sustained an injury, that any piece of the equipment is damaged or sees any other issue requiring the bout to be stopped needs to communicate it in one of the following ways:
  - a. by shouting "STOP" or similar (for example lifting their hand up)
  - b. by immediately increasing the distance between him/her and the opponent, observing them all the time
  - c. By stopping all offensive actions, resorting only to defense. In such situation leaving the field of the bout is allowed.
13. Contestant who notices any of the above behavior displayed by his or her opponent is obliged to stop fighting until the situation is clarified.

#### **§ 4 Pools classification in individual tournament**

1. The position in the group is determined by the amount of bouts won.
2. In case of a tie, their position in the group is determined on the basis of total amount of points scored plus one and minus all the points lost (with all double hits)
3. In case two contestants end up with equal number of points, their position is determined on the basis of who received less warnings.
4. Should the two contestants have the same amount of warnings, the position in the group will be determined on the basis of who received less cautions.
5. Should the two contestants have the same amount of **cautions**, an additional bout will be held to decide the position in the group classification.
6. If the contestant is disqualified during the group phase, all of their bouts are considered not to have happened.
7. If the contestant is disqualified during the group phase or knock out phase, none of the bouts they participated in are counted towards the final ranking.

## **§ 5 Team Tournament – General Information**

1. Teams of three HEMA contestants each, compete with each other in matches consisting of three individual bouts. In one match, single participant fights with one of three preselected weapons. **The fights take place in random order determined before the match begins.**
2. Each match consists of three bouts, every single one of them lasting three minutes or until one of the contestants scores 5 points. Subsequent contestants must reach the score of 10 and 15 points respectively – this is a total score shared between all three fighters.
3. Each participant can compete in only one fight per match. The weapons with which the participants fight can be altered from match to match.
4. Matches between the teams last until one of them scores 15 points or until the 3 minutes of the last fight elapse. Each match has a time limit of 9 minutes. Each bout has a time limit of 3 minutes. After 3 minutes elapse the new bout (with new contestants using different weapons) begins.
5. After the group phase of the tournaments is concluded, three teams fight in final matches. One (or more depending on the organiser) team from each group fights in knock-out phase.

## **§ 6 Rules of Combat in Team Tournament**

1. During the team tournament time limit for a bout, during both pools and knock-out phase, is 3 minutes each. Maximum time of a full team match is 9 minutes.
2. Time of a fight is counted from the “FIGHT” command until “STOP”. Breaks are not counted
3. If the sum of the points achieved by the team is 5 or 10, before the time passes, the fight is stopped and next pair of contestants start to fight with their scheduled weapons.
4. After 3 minutes the fight is stopped and next pair of contestants start to fight with their scheduled weapons.
5. If any team achieves 15 or more points, without a tie, it means the end of the match and victory of this team.
6. After 9 minutes (both in pools and knock-out phase) the match ends and the team with more points wins
7. After 9 minutes, In case of a tie:
  - team with less warnings wins
  - in case of a tie, team with less cautions wins



- in case of a tie, there is a one minute rematch (in the same configuration as the first fight) , after one minute without a victory coin toss decides

## **§ 7 Team Tournament – rules of combat**

1. Both the teams nominate contestants who shall fight with a particular type of weapon.
2. Timekeeper calls the first pair and informs the rest which pair shall fight next.
3. If any contestant fails to show up at the field, the call out is repeated three times in at least one minute long intervals.
4. The contestants assume their starting positions and salute each other.
5. The referee asks the contestants "READY?". Each of the contenders has to clearly confirm they are ready before the bout begins.
6. The referee commences the bout with the command "FIGHT". Scorekeeper begins the three minute count down.
7. Contestants try to score a hit. Referee and line judges move around the field in order to gain the best view of the ongoing exchange.
8. The exchange is halted with the command "STOP". After it's announced, scorekeeper stops the count down.
9. The referee announces his decision and the contestants go back to their starting positions.
10. Steps 6-9 are repeated until the bout is over.
11. In case any piece of the equipment is damaged, the contestant has 5 minutes to either replace or fix it. After this time the referee may issue a reminder and extend the time by another 5 minutes, or, should there be no way of fixing or replacing the broken equipment, disqualify the contestant.
12. Any new or fixed piece of the equipment has to undergo the safety check by the referee.
13. In case of any injury, ability to continue the fight has to be confirmed by the medical personnel within 10 minutes.
14. Contestant who notices that either himself or the opponent sustained an injury, that any piece of the equipment is damaged or sees any other issue requiring the bout to be stopped needs to communicate it in the way described in individual combat rules.
15. If any of the fighters swap places in violation of previous arrangements the whole team gets disqualified.

## **§ 8 *Group classification in Team Tournament***

- 1. The position in the group is determined by the amount of bouts won.**
- 2. In case of a tie, their position in the group is determined on the basis of total amount of points scored plus one and minus all the points lost (with all double hits)**
- 3. In case two teams end up with equal number of points, their position is determined on the basis of who received less warnings.**
- 4. Should the two teams have the same amount of warnings, the position in the group will be determined on the basis of which one received less cautions.**
- 5. Should the two teams have the same amount of cautions, an additional bout will be held to decide the position in the group classification. This bout shall be fought by two contestants who fought first in the team combat.**
- 6. If a team is disqualified during the group phase, all of their bouts are considered not to have happened.**

## **Chapter 2. Terms of combat.**

### **§ 9 *Allowed actions and attacks***

#### **1. Allowed extra actions**

- a. Grappling is allowed**
- b. Grabbing of the opponent's blade is allowed but only after gaining control over his weapon (e.g. by binding his blade). Such action is regarded as successful in the following situations:**
  - if the contestant while performing the action did not receive a hit**
  - if the contestant whose weapon has been grabbed had significantly reduced ability of maneuvering it, therefore preventing him from landing a hit**
- c. Disarmament, throws and ground combat are all allowed, however in order to score a point a contestant has to perform a clean hit, force the opponent to tap out, or winning a clear domination in ground grapple (decided by the referee).**
- d. Hitting the opponent using your head or limbs is allowed, but does not score a point**
- e. Hitting the opponent in the front mesh of the mask with the pommel is allowed and does score a point**

**2. After the command "STOP" all defensive actions are still allowed (such as binding, deflecting opponents blade, covers, increasing distance).**

3. All other actions not specified in the point above and not explicitly banned are allowed.
4. Whenever the ruleset mentions "tempo" you should understand by it the time needed to execute a single action (a step, a cut, etc.).

### **§ 10 Prohibited Actions**

1. Hits in the groin area
2. Hits in the back of the neck
3. Hits with the crossguard, side rings and basket hilts
4. Hits with the pommel of the weapon (unless aimed at the front mesh of the mask, as stated in the previous section)
5. The judge can issue a warning to a contestant for halting the bout without any justification.
6. Questioning decision of the judge is not allowed. After stopping the exchange and announcing the verdict, the contestants are allowed to:
  - a. admit to have received a hit which went unnoticed by the judges
  - b. admit to landing a hit that lacked penetrative power for example one that landed with a flat of the blade or lacked in strength necessary to deal any damage.
  - c. Ask referee to explain his decision and give his own opinion. But referees decision is final
7. Contestants remarks are not binding for the judge
8. Intentional removing of opponents protective gear, using it in clinch or ground fighting is not allowed.
9. All actions with the use of excessive and unjustified force or brutality, posing threat to health and/or life of other contestants are prohibited. For example attacking with full force opponent who is either disarmed or on the ground is not allowed. It is also forbidden to perform any sort of offensive actions after the "STOP" command is announced.
10. Throwing the weapon at your opponent is not allowed.
11. Techniques involving strangulation and techniques performed in such a way as to expose athletes to injury (violent joint levers, fracture attempts, etc.).

### **§ 11 Actions awarded with points**

1. Points are awarded for successful execution of actions, which result in gaining the advantage over the opponent in a hypothetical duel with sharp weapons, which means a clean hit.
2. **A clean hit** is either a cut (visible strike with sharp edge of the weapon), thrust with the tip of the weapon (with visible flexing of the blade) or slicing (drawing the sharp edge of the weapon against the opponent, exerting visible pressure).
3. Grabbing uncontrolled opponents blade (while it's in movement) results in the opponent scoring a point.
4. Every clean hit must bear the signs of body penetration - trajectory, power and speed of the blow should correspond to an effective hit with a sharp weapon.
5. After a clean hit, the contestant has to prevent the opponent striking a double hit by either:
  - a. escaping out of hitting distance
  - b. parrying opponents blade
  - c. controlling opponents blade in a fashion that will prevent him from responding with a hit in the tempo immediately after he received a clean hit
  - d. successful repetition of the blow without receiving a hit in the same tempo**
  - e. executing ringen, making it impossible to receive a counterblow for at least one tempo**
6. **Throw and strike** is a situation in which one of the contestants receives a blow after being brought down to the ground. Using excessive force in this situation may result in a warning or disqualification.
7. **Ground fighting strike** is a situation when both the contestants are brought to the ground and one hits the other.
8. Should a contestant tap out during ground grapple they lose a point. Tapping out ends the current exchange, but not the bout.
9. A point can be granted to one of the contestants by the judge, should it be decided that he or she is in full control of the situation while ground fighting.
10. Whenever a ground fighting or clinch situation occurs, the contestants have 10 seconds to carry on, after which the exchange is ended by the judge.
11. Ground fight domination or tapping out cannot yield more than a single point awarded by the referee.
12. **Disarming and striking** is taking away opponents weapon in such a way that he no longer has any control over it, and subsequent scoring a hit (either with yours or your opponents blade).
13. A disarmed contestant may still attempt to grapple or try to perform a disarming technique on their opponent.

14. The exchange is not stopped in case of disarming, for as long as it hasn't been followed by a successful strike carried out by the contestant who has conducted a disarm and for as long as the disarmed party actively and immediately attempts to enter into a short distance.
15. If the disarmed party does not attempt to shorten the distance after being disarmed, it is treated as a clean strike (one point) for the contestant who carried out disarming. Furthermore, if the disarmed person leaves the field he will receive a warning and a point is awarded to his opponent.
16. If the weapon is lost accidentally it is treated exactly as disarming.

## **§ 12 Scoring and Hit Areas**

1. Contestant is awarded 2 points for landing a clean hit (cut, thrust or slicing) in the head or torso (including neck and shoulders)
2. One point is awarded for landing a clean hit (cut, thrust or slicing) into hands or legs.

## **§ 13 Double Hits**

1. Double hit occurs when one contestant lands a successful strike, while at the same tempo receiving proper hit from his opponent.
2. **Double hit also occurs – (as a so called “Long double”)** when the attacking party receives a hit that is a direct result of an action initiated, either in the same tempo or immediately after. Long double is treated just like a double hit.
3. Double hit does not result in a point being awarded to either of the contestants but is entered into the bout's record.
4. Exchange will be stopped after a double hit

## **§ 14 Leaving the Field**

1. It is considered that the contestant has left the field if two of his legs are outside the outline of the field.
2. Contestant who leaves the field receives a warning. After receiving three warnings in a bout, a point is awarded to the opposing party. Every subsequent warning results in awarding the opponent a point.
3. Standard scoring rules apply to all the hits (both clean and doubles) dealt either before or at the time of leaving the field.
4. Contestant who receives a clean strike while leaving the field can still carry out one finishing action.

5. Warning is not given when the field was left by one of the contestants during a scored hit.
6. Hit scored after leaving the field is not counted.
7. If one of the contestants leaves the field, the exchange is stopped and then repeated.

## **Chapter 3.**

### **Refereeing**

#### ***§ 15 Refereeing Team***

1. The refereeing Team comprises of:
  - a. Referee
  - b. Line Judges
  - c. Scorekeeper
2. It is recommended that the full Refereeing Team should be assembled in one of the following ways:
  1. Augmented Refereeing Team consists of the Referee, four Line Judges and a single Scorekeeper.
  2. Regular Refereeing Team consists of the Referee, two Line Judges and a single Scorekeeper.
  3. Minimal Refereeing Team consists of the Referee, one Line Judge and a single Scorekeeper.

#### ***§ 16 Referee***

1. The Referee serves as an impartial Master of Ceremony. He is bound to conduct himself in a manner that doesn't impair the contestants in their fight and to ensure they enjoy themselves during the tournament. His chief role is to record the course of the bout with as much good will and skill as he can muster. To fulfil these goals the Referee:

- a. Moves within the field of the bout as well as safety zone
- b. Signals the beginning (FIGHT) and the end (STOP) of the exchange
- c. Counts the time in clinch or ground fighting situations

- d. Judges quality and accuracy of the hits.
  - e. Assigns number of points for hits and other actions utilising methods he deems necessary
  - f. Can call no exchange and repeat in case of referee mistake, lack of certainty of the result, leaving the field or technical reasons.
  - g. Gives contestants warnings, cautions and may disqualify a contestant
  - h. Keeps the bout within the set time limits.
2. The Referee may, after the fight stops, communicate with the Line Judges and the contestants.
  3. The Referee pronounces the final, undisputable verdict on the bout and its results, taking full responsibility for any mistakes he may have made.
  4. The Referee may order any person he judges as interfering with the to leave the field or put at least 10m distance between themselves and the field.
  5. In case of any issues with the Referee's conduct the proper channel of complaint is through the Coordinator.

## **§ 17 Line Judge**

The Line Judges are the Referee's aides. They are bound to conduct themselves according to the same guidelines that bind the Referee. The main task of the Line Judge is to help the Referee with recording the bout especially by observing the action from the angles unavailable to the Referee. To fulfil these goals the Line Judges:

- a. Move within the safety zone
- b. Let the Referee know which contestant, in their opinion, scored a hit by raising a flag with the colour corresponding to the scoring contestant.
- c. Signals to the Referee the double hit situations.
- d. Signals when contestants leave the field of the bout.
- e. Can stop the exchange ONLY in case of noticing technical or safety problems by shouting "STOP".

## **§ 18 Scorekeeper**

The Scorekeeper's role is to record, on a proper form, the results of exchanges and bouts. To that end the Scorekeepers uses the Referee's verdicts and:

- a. Keeps written record of the course of the bout
- b. Counts the time of the exchange and match, stopping the clock at each "STOP" and restarting it after each "FIGHT".
- c. Calls out the contestants in the predetermined order.
- d. Calls out the contestants who should prepare for the next fight.

### **§ 19 Coordinator**

1. Oversees the work of all the jury committees during the entire tournament. He may simultaneously act as a line judge or scorekeeper.
2. In case of any doubts in regards to the decisions made by the jury, all the comments and complaints should be directed to the Coordinator in the first place, or as the last resort to the representative of the organisers , who shall then notify the Coordinator on behalf of the complainant at their earliest convenience.

### **§ 20 Disputing the Exchanges**

1. In case of the error on behalf of the referee or if the bout has been stopped due to technical reasons, the Referee can repeat the exchange with a command "REPEAT". If an exchange is stopped in such a way, it is not counted and is not protocolled.
2. Referee may decide to use video recording in order to properly assess the outcome of the exchange.
3. In case the contestant does not agreeing with the decision of the referee, they may request the Referee to watch it. Contestant can only do it once per bout, unless the recording proves they were right. In that case they retain the right until the first mistake. It may happen only when video recording is provided by organiser or other attendees.

### **§ 21 Penalties**

1. Referee can penalize the contestant with a warning, a caution or disqualification.
2. The Referee issues a warning (counted for each fight) for:
  1. Leaving the field of bout



2. Clearly hitting the floor with the weapon as this is considered to be inability to properly control the weapon
3. Commencing the fight before "FIGHT" command is given.
3. The second and every subsequent warning issued to a contestant results in awarding a point to their opponent.
4. If during the course of a bout one of the contestants was issued a caution or a warning other than the warning for leaving the field of bout, and the other contestant scored a hit both the warning and a point is awarded.
5. The Referee issues a caution (counted for whole tournament) for:
  1. Continuing the fight after the "STOP" command is given.
  2. Fighting with excessive (as seen by the Referee) force and brutality.
  3. Other actions at odds with the tournament's rules.
  4. Unsportsmanlike conduct.
6. Third caution within the entire tournament automatically disqualifies the contestant from the entire tournament.
7. The Referee may disqualify a contestant, regardless of the number of issued cautions if:
  1. The contestant is exceedingly brutal and/or poses a real threat to the health and safety of the opponent, Referee, judges or any other persons.
  2. Multiple or glaring infringement of the rules of the Tournament.
  3. Not being ready for the bout three times.
8. The Referee may pronounce a walkover if a contestant is not ready for the fight in spite of being called out three times with 1 minute intervals. Fight is ended with the result 5:0 for fencer who did not pronounce a walkover.

## ***§ 22 Gestures and signs used by the Referees and Line Judges***

1. Referee uses hands for signaling.
2. Line judges use two flags in different colors, matching the colours on the fencers.
3. Referee points at the contestant who has received hit with a pointing finger and then raises his other hand at the shoulder height with the palm facing the contestant who has scored a hit.
4. The Referee signals a warning by waggling their finger at the contestant. A caution is signalled by shaking a fist.
5. The Referee signals the exchange repeat by dynamically crossing and uncrossing their arms at the chest height.

6. Double hit:
  - a. Referee - raises both open palms at the head height.
  - b. Line Judge - raises both of his flags at the head height.
7. Assigning points
  - a. Referee raises their hand pointing above the head of the contestant who scored two points or pointing at the feet of a contestant awarded one point.
  - b. A Line Judge signals the hit by raising a flag with a colour corresponding to the **scoring contestant**.
8. No score/lack of opinion
  - a. Referee - covers their eyes with open palms
  - b. Line judge - covers their eyes with flags
9. Commencing countdown of time while combatants are in clinch of ground fighting: the Referee raises their right fist above the head.
10. Leaving the field
  - a. Referee - one hand pointing on the line and the other on the contestant who has left the field
  - b. Line judge - one flag pointing at the line and the other at the contestant who has left the field.

## **Chapter 4.**

### **Organisation & Logistics**

#### **§ 23 *Equipment control***

1. A jury appointed by the event's organisers checks the equipment in presence of all contestants in place and time decided by the organisers.
2. If the contestant fails to show up for the equipment check after being called out three times in at least one minute long intervals, he may be disqualified.
3. In case of any doubts whether any given piece of the equipment should be approved, jury may make its decision with majority of votes. In case of opinions being split equally among jury members, the final decision is up to the jury leader.

4. The decision of the jury regarding whether to allow given piece or set of the equipment is binding for the duration of the entire tournament.
5. The contestant is obliged to inform the referee about any changes in the protective equipment. New piece of equipment has to undergo the approval process conducted by the referee. Failure to comply with this rule may be basis for disqualification.

## **§ 24 Field of bout**

1. Bouts are conducted on a rectangular field with the length of the sides ranging from 6m up to 15m, clearly marked and on an even surface.
2. Every field should have at least 1 meter of safe zone around it, which may be surrounded by barriers.
3. Field of the bout cannot be marked in any way that would put the contestants who leave the field at risk (for example as a consequence of being pushed out, falling over, etc.) - no platforms, indentations, ditches, beams or fire/snake pits are allowed.
4. The starting positions for contestants are in the two opposing corners of the field
5. If under special circumstances the tournament is conducted outside, different type of surface is allowed, such as grass or gravel, for as long as both the event organizer and the Federation approve it.

## **§ 25 Gear and protective equipment**

1. Referee is obliged to check fencers equipment in various angles and can ask fencer to change his stance and position (deep lunge, hands above head etc.) to see if all safety requirements are met (no gaps in jacket, trousers etc.)
2. Fencing mask has to meet the criteria of FIE certificate. It is highly recommended to either use a coach mask or those that have been certified up to 1600N FIE standard.
3. Mask has to fit the head properly. It has to be additionally secured by means of stiff fastener. The regular velcro and elastic strap all masks come equipped with are not sufficient. **Mask must have sufficient padding (original, or added by fencer for example rugby cup) so it doesnt move even when pushed to sides by hard blows.**
4. **Mask will be checked without any overlay to see if FIE atest mark is visible and to check good condition of the mask (mesh without any holes, wires, sharp parts etc.). Displacements in mask are acceptable until they do not hit the face after strong hit.**
5. Gauntlets have to cover fingers along their entire length. The entire palm has to be protected. No gloves that expose any part of the hand, including the inside of the palm, will be allowed. **Gauntlets must have stiff element protecting wrist.**

6. Leaving exposed, unprotected skin on any part of the body is prohibited.
7. Use of protectors made out of metal (or with metal elements) is allowed, for as long as all the metal elements are covered with either fabric, plastic, leather etc.), in such a way that the judges can clearly make out by the sound of the blow, whether it was parried or landed on the body of the contestant. What is more, such protector cannot prevent from thrusts landing properly (i.e. it cannot be shaped in such a way that would cause the thrust to slip). Gauntlets with metal elements are also allowed, however all the metal elements of their construction have to be covered with additional layer of either fabric, plastic, leather etc.
8. Stiff elbow and knee protectors are mandatory. Knee pads must also provide protection for quadriceps tendon.
9. Stiff protectors for forearms and shins are mandatory
10. Stiff or semi-stiff protector for the back of the head is mandatory. It has to meet the requirements listed below:
  - Must cover the entire length of the neck with rigid protectors when the neck is bent all the way forward (with chin touching the sternum). No constructions are allowed that allow for easy access to the neck (without the need of raising or removing part of the protector), made entirely and solely out of elastic elements (fabric, styrogum thinner than 6mm, chainmail etc.) or ones that do not provide protection for the entire neck.
  - Designs that leave a gap between the rear edge of the mesh of the mask and the protector are not allowed, and especially those that leave visibly exposed part of the skin on any part of the neck in any position of the head.
11. It is recommended that the protector be further secured inside the mask with the tongue of the mask.
12. Groin protectors are obligatory for men and recommended for women.
13. It is required that the neck is protected with rigid or semi-rigid element, such as gorget, bit of the styrogum or gambeson or plastron with high collar. Just the mask bib alone is regarded as insufficient and as such will not be accepted as the only protection for the neck.
14. Gambeson/jacket should be equipped with collar that can be fastened and should be cut in a way that fits the shape of the body of the user. It cannot reach lower than the half of the thighs and must provide protection for the hips. The sleeves must be full (cannot have any gaps) and must provide protection for the armpits. All of the fastenings should be covered with fabric. Jacket/gambeson must provide protection against penetration from the broken blade.
15. If the jacket/gambeson does not provide enough protection for the hips, additional protection must be worn (in form of skirt piece or fencing breeches etc.) made from a puncture resistant material.
16. Plastron has to be equipped with a stand up collar covering front and sides of the neck. This rule also applies to integrated plastrons - that is jacket/gambeson must have a stand up collar consisting of two layers.
17. Plastron has to be fastened in a way that ensures it stays in place during combat

18. Plastron cannot be made in a way that causes the thrusts to slip off. It also cannot be covered in substances that could cause that.
19. While using the plastron is not mandatory, it is highly recommended.
20. Front and back of the neck must be protected with at least two different layers of protectors.
21. All the protectors have to be clean, look aesthetically and in a good technical shape. They cannot contain any elements that would be dangerous (such as spikes or sharp edges) or contain any elements of the construction that could increase the chances of the blade being snapped (e.g. by having gaps in which tip of the blade could be trapped).
22. It is allowed to wear leg protectors underneath pants.
23. It is recommended to use additional protectors for the thighs or at least make sure they are covered with a puncture resistant fabric, especially at the front and on the inside part.
24. Legs on their entire length, down to the ankles, have to be covered with fabric in a way that no bare skin is visible.
25. It is recommended to use rigid spine protection along the entire length of the spine, in case of any accidental hits received in that area. In order to provide full degree of protection, it should reach up to the neck and collar of the jacket/gambeson in order to provide, along with the head and neck protectors, cover for the entire length of the spine when the neck is bent all the way forward (with chin touching the sternum). Spine protector cannot form folds, indentations or dents that could pose a threat in case of being hit or falling over.
26. For saber combat it is recommended contestants wear rigid torso protectors under their fencing jackets and also rigid arm and collarbone protectors.

## **§ 26 *General remarks regarding weapons***

1. The final decision whether or not given weapon is to be allowed for use during tournament is at the sole discretion of the jury who conducts the safety check. In order to avoid unnecessary controversies, should there be any doubts we encourage those who wish to participate in a tournament to get in touch with the event organizers beforehand and send photos and videos illustrating how given blade behaves in a thrust, which should help determine whether given piece of equipment will meet the safety criteria.
2. As an approximate safety standards compliance test in regards to its flexibility, we recommend you perform a "thrust in the ground" test on the kitchen scale. The weapon should bend up to a point after which the scale reading will stop increasing (or increase very minimally). Safe blades should estimate around 13-14 kg. Values above 17-18 kg are deemed as unsafe and such weapons may not be allowed. Please reference the instructions contained in a separate file. This test is only an approximation and still the jury's opinion is primary.
3. No sharp or jagged edges, no burrs, no rust. The weapon must be in good state.

4. Pommels and cross guards ending in sharp points are prohibited. If such equipment is submitted the organiser may demand that protective caps (eg. Styrogum or rubber) are used. If that's not possible such a weapon shall not be permitted.

## **§ 27 Specific remarks regarding weapons**

### ***Longsword must fulfil these criteria:***

1. Length 120-135cm
2. Weight 1300-1650g
3. PoB 5-10cm
4. Safe tip and proper flex (ref. the General remarks regarding weapons)
6. Simple crossguard (side rings, basket hilts etc. are forbidden)

### ***Sabre must fulfil these criteria:***

1. Length of the blade 75-85cm
2. Weight 700-900g
3. Curvature 0-8cm
4. There is no special requirements regarding type of crossguard or basket. However if a full basket hilt is lacking the contestant is required to wear heavy sword gloves (as a minimum Red Dragon or similar, like reinforced hockey gloves, Sparring Gloves, Spes and similar).
5. In case of full basket hilt unmodified hockey gloves shall be sufficient).
6. Hits to the hands are treated as scoring
7. Styrogum or leather basket overlays for increased hand protection are allowed, however they are counted as a hit areas (treated equally as a hand or glove).
8. Required flexibility on a comparable level to ensifer light/standard feders (ref. the General remarks regarding weapons)
9. Rolled or thickened tip is required (ref. the General remarks regarding weapons)
10. In case of exceptionally flexible blades (judged by the jury) weapons with at least 2mm thick tip will be allowed, however the tip will have to be further secured with an overlay (for example one made out of styrogum or rubber)

***Rapier must fulfil these criteria:***

1. Length of the blade measured from the bell 90-105cm
2. Weight 1000-1250g
3. Any type of hilt is allowed: swept, bell, quillons etc.
4. however if it's not cup or basket hilt, heavier gloves will be required (with the minimum thickness comparable to hockey or red dragon glove). Otherwise light gloves can be worn
5. Considering style of fencing FEDER wishes to promote and in order to clearly differentiate rapier from other tournament weapons, only the thrusts are scored.
6. No hybrid blades are allowed (like sports epee blades mounted on a stiff pipe etc.). The blade must be one piece only.
7. It is allowed to fight with rapier alone, rapier and buckler or rapier and dagger.
8. Dagger must have a safe point and a clear flex.
9. Hits with the dagger are scored just as hits with the rapier.
10. The dagger length must be within 45-55cm

***Messer must fulfil these criteria:***

1. Maximum handle length 20cm
2. Maximum total length 90cm
3. Weight 650-850g
4. PoB 5-15cm
5. For messer/sword and buckler tournaments weapons with both messer and sword types of hilt and blade are allowed, if they meet all other criteria.

***Buckler must fulfil these criteria:***

1. Maximum diameter 35 cm
- 2 Every material is allowed
3. No sharp edges, burrs, protrusions, or elements that could catch a blade.
4. Rounded edges.

5. In case of full steel bucklers they should be covered in fabric or other sound dampening material (eg. felt).
6. A buckler may but does not have to be used in the off-hand during a rapier or messer fight.
7. A buckler cannot be used to strike the body of the opponent.
8. The hand wielding the buckler must be protected with at least a light glove (there is no requirement for a heavy glove).