

# EMMAA Tournament Rules

EMMAA's Combat and Safety rules have been created to use in conjunction with combatants that recreate the Medieval Martial Arts. These guidelines include protective requirements, a safety check list, a basic rule set and explanations of the different outcomes and styles that can be used. These rules will make up a national rule set that allows the recreation of combat to follow more closely to their historical counterparts yet stay modern and up-to-date with current combative trends and safety/insurance requirements.

## Basic Rule Set

A framework for full contact (QLHF/ALHF skilled force), armoured historical combat of the 14th and 15th centuries

These rules form the basic rule set for all combat that is approved with by EMMAA. If any of the rules in the basic set are disregarded, then the combat is considered void and not approved by EMMAA. The marshal can stop the combat at any time forcing someone to yield. Any judge can put combat on hold while they discuss their concerns with the marshal, though the marshal has final say. A predetermined representative of the troop may yield as a proxy for his combatant.

### Basic Rules

Any person that physically or *verbally* yields will be disqualified  
 All weapons will be of historically accurate design and weight  
 All weapons which historically had sharp edges or points will be blunted  
 Combatants will have shown themselves to be at an acceptable level of fitness  
 Combatants will have shown themselves to have had basic training and safety knowledge  
 Combatants will have shown basic competence in each weapon they propose to use  
 Armour failure that impedes safe striking, breaches safety standards that is not fixed in a timely manner leads to disqualification

### Disallowed techniques and behaviour include but are not limited to:

Eye gouging of any kind  
 Biting  
 Fish hooking  
 Small joint manipulation, hands and feet  
 Striking to the spine or the back of the head of an unarmoured opponent  
 Stomping (axe kicking) a grounded opponent  
 Direct and/or intentional attacking of the kidney  
 Spiking an opponent to the ground on his head or neck  
 Spitting at an opponent  
 Unsportsmanlike conduct that causes an injury to an opponent  
 Verbally or physically baiting an opponent so as to encourage disallowed behaviour  
 Attacking an opponent on or during the break  
 Attacking an opponent who is under the care of the referee  
 Attacking an opponent after yield / submission / end of the period of combat  
 Interference by the corner, except for proxy yield  
 Thrusting at the face, neck and throat (Exception - When using the WMA Combat and Safety Rules or foot lance).  
 Thrusting / striking at the groin and spine

Disallowed techniques and behaviour will lead to instant disqualification.

**Single Warnings** –Combatants will have one warning in the below if they accrue by accident

- \*Hair pulling.
- \*Disregarding the direct instructions of the referee.
- \*Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently removing/releasing helmet / visor or faking an injury.
- \*Kicking the head of a grounded opponent.
- \*Kneeing the head of a grounded opponent.
- \*Blows below the belt if that has been pre-agreed.

**All fights instantly end via the below conditions**

1. Yielding by physical or Verbal
2. Marshal's decision that a fighter is physically and/or mentally unable to continue
3. Forfeit
4. Disqualification (see above)

\*Actively pursuing dangerous and/or overly aggressive objectives will result in an instant disqualification with the possibility of a permanent ban.

\* Any individuals found deliberately or intentionally aiming to injure or harm another individual will instantly lose his membership to EMMAA.

**Examples of victory with predetermined rule sets**

1. Good strike – Number of predetermined 'good strikes' has been achieved
2. Thrown/knocked/Carried to Ground – Number of throws has been achieved with the required body parts touching the ground.
3. During a 'To Yield' fight, one combatant yielded.
4. Driven from the lists
5. Disarmed
6. Any variation of the about and anything historically used.

**Combat**

During combat many offensive and defensive skills can be employed in many ways to gain advantage. Unless techniques are disallowed by the basic rule set or removed during combat condition negotiations or inappropriate period techniques, all techniques delivered by unarmed, wrestling, throws, small and single handed weapon, two handed weapon and pole weapons are approved.

**Unarmed, Wrestling and Throws.**

Unarmed refers to all techniques using body parts to block, strike, bind, hold and throw your opponent. While direct historical techniques are preferred, all styles are accepted unless disallowed in the basic rule set or agreed conditions. This includes open/closed hand striking and elbows, striking with the feet and knees. All standing and ground based holds and binds.

**Small and single handed weapons.**

Small and single handed weapons include but are not limited to, daggers, axe, mace, falchion, Single hand swords, bucklers and shields, made in a historical fashion and in the style of the 14<sup>th</sup> and 15<sup>th</sup> centuries. Small and single handed weapons may be used in all techniques unless disallowed in the basic rule set or agreed conditions.

**Two Handed Swords**

Two handed swords must fall within historical requirements of length and be in the style of the 14<sup>th</sup> and 15<sup>th</sup> centuries. They are not to be overly undersized or oversized and come close to historical weight. All sword based strikes and techniques are accepted unless disallowed in the basic rule set, or agreed conditional rules. Striking with the cross or using the cross in a manner in which the cross may cause injury through striking is disallowed.

**Pole Weapons**

Pole Weapons must fall within historical requirements of length and be in the style of the 14<sup>th</sup> and 15<sup>th</sup> centuries. They are not to be overly undersized or oversized and come close to historical weight. All pole techniques are accepted unless disallowed in the basic rule set or agreed conditions. If a thrusting spike is fitted the weapon must conform to the thrusting rules found in the disallowed techniques section.

**BFAT – Basic Fitness Assessment Test – This only applies to full contact armoured combat**

30 Push ups in 2 minutes (Straight body and down to at least right angles in the arms)

60 Sit ups to a cadence / count (sliding hands from below knees to past knees)

2km run in 10 minutes

## Armoured Combat and Safety rules

A framework for full speed and skilled force, armoured historical combat of the 14th and 15th centuries

These armour standards are in place for your safety, if you don't dress correctly for combat you can't compete safely. It is highly recommended that all combatants seek plate harness components made of spring steel at their earliest convenience.

1. Aketon or other form of padded/quilted armour used as body armour as a base for plate harness.
2. Maille habergeon or hauberk of riveted design or riveted/Solid alternating design. Links may be round link with round rivets, round link with wedge rivets or flat wedge riveted and should have an internal ring diameter no greater than 9mm in diameter preferably 8mm or smaller. Differing sizes of ring diameter are acceptable in the same garment. Maille may be attached to an aketon either in full coat form or in gusseting exposed areas that are not protected by plate including legs and feet as preferred. Maille garments may be omitted if the combatant is wearing gusseted maille (voiders, skirt etc) if it is suitable for the culture and period being depicted. Maille may also be omitted in some harnesses which do not require a maille component such as cotte armour.
3. Helm of 1.6 to 2 mm mild steel or if made of an alternate material it must provide the same protective qualities. Combatants must have an enclosed helm; visored bascinet, great helm Armets and Sallets with Bevors are all acceptable. Helmets must be fitted with maille as per the requirements of maille armour. All visors must be riveted firmly in order to prevent them from flapping about in combat.
4. Helm must be sufficiently padded 1/2 inch – 12mm compressed, with a historical liner that also covers the neck and collar bone. In the case of a great helm worn without a helm that

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- has an attached aventail, a mantle must take its place. All aventails, camails, mantles must meet requirements of maille and must be lined with padding as per helm requirements.
5. Standard or collar to protect the neck and throat made of maille as per maille requirements on a leather or padded cloth base or made of steel/iron in brigandine fashion.
  6. Body armour in the form of steel breastplate, single piece/back and breast, coat of plate or brigandine.
  7. Gauntlets, Gothic, hourglass or splint with steel metacarpal.
  8. Arm defences of steel or splint with couter/elbows of steel or cuir boille leather
  9. Spaulders of steel or of cuir boille
  10. Leg Defences, separate greaves of steel or splint and a cuisse of steel or splint with attached knee polyens. Heavily gamboised or quilted upper leg defences are permitted for an impression from 1340-1345
  11. Sabatons or feet protection of maille is optional but highly recommended.
  12. Recommended groin protection, mouthguard and lock down visor.

\*\*All mild steel components must be a minimum of 1.2mm in thickness except for helms that must be a minimum of 1.6 to 2mm. Heat treated steel components may be of lesser gauge but must have the same if not better protective qualities.

22/09/2011 – Unless ruled out by the event organisers butted Maille that is as strong as riveted mail will be allowed until 31/12/2012

### 3 Level Safety check list

Safety is the single most important aspect of EMMAA combat. A weakness in any part of the following safety check will allow a vulnerability that could lead to increased risk of injury. The EMMAA 3 level safety check is to ensure combatants dress both historically and in accordance with safety provisions.

Level 1, 2 are completed by both a member and where possible an independent person.

Level 3 is done by the presiding marshal.

Level 1 Check: Foundation garments – groin protection (recommended), under garments, over garments, pointing garment and padded garments. Throat protection, padded helm liner and aventail, camail or mantle.

Level 2 Check: Armour - helm, visor (lock/strap down recommended), riveted aventail / camail, riveted hauberk / haubergeon, large/small plate protection on the chest, arms, shoulders and legs.

Level 3 Check: Overall Check – Weapons have their edges, cross-guard ends and thrusting point rounded and that the weapons are not under or over historical weights. Helmet visor is secure (lock/strap down Recommended). The neck, front, back and collar bone are padded sufficiently. The armour in general fits and is found not inhibiting movement as the combatant can crouch, sit, roll and stretch. All strapping is in good order and secure.

## Lightly Armoured Combat and Safety rules

A framework for skilled  $\frac{3}{4}$  speeds and force (pulled shots) lightly armoured combat.

These armour standards are in place for safety, if you don't dress correctly for combat you can't compete safely.

1. Gambeson, aketon or other form of padded/quilted armour used as body armour or as a base for maille and plate armour.
2. Maille and combination of riveted or riveted/solid alternating design no greater than 9mm in diameter.
3. Helm of 1.6 to 2 mm mild steel or if made of an alternate material it must provide the same protective qualities. Helmet must cover the complete head including temples. Helm must be sufficiently padded (1/2 inch – 12mm compressed )
4. Historical hand protection sufficient enough to receive a weapon hit and made from one or more of the following padding, leather, steel and or maille

\*\*Recommended items: Additional armour, groin protection and neck protection

\*\*All mild steel components must be a minimum of 1.2mm in thickness except for helms that must be a minimum of 1.6 to 2mm. Heat treated steel components may be of lesser gauge but must have the same if not better protective qualities.

### Lightly Armoured Safety check list

Safety is the single most important aspect of combat. A weakness in any part of the following safety check will allow a vulnerability that could lead to increased risk of injury. An experienced member of EMMAA must be chosen to do the below check before combat takes place.

Lightly Armoured Check: Under garments, over garments, pointing garment and padded garments are well fitted and correct. Maille is correct. Hands and head are covered correctly with well fitted equipment. Additional armour in general fits and is found not inhibiting movement. All strapping is in good order and secure.

### Non-target locations for lightly armoured combat

Front: Face, neck, groin, thrusting into and above armpits.

\*\* It's recommended that direct strikes to joints and hands should be avoided when possible

Back: Neck and spine

\*\*when striking a lightly armoured opponent from behind use one sufficient and reasonable force for them to know they have been hit.

# Western Martial Arts (WMA) Combat and Safety rules

Medieval technique driven modern fencing combat

Similar to modern fencing, WMA combatants score points by using medieval techniques and weapons to hit legal target locations on opponent's bodies until the bout is over.

These weapon and armour standards are in place for safety, if you don't dress correctly for combat you can't compete safely.

1. 350n 3-weapon fencing mask
2. Ankle to wrist covering (clothing, no skin should be showing)
3. Strong padded gloves made of solid leather, steel, plastic or fabric.
  - a. Lacrosse gloves, WMA gloves, steel gauntlets are preferred
4. Steel long swords made from a reputable manufacture historical accurate in style, shape and size.
5. Synthetic long swords - Dave Rawlings synthetic simulator

## Recommended Equipment

6. Additional throat protection, groin protection, mouthguard, addition padding and protective equipment historical/modern

## WMA Safety check list

Safety is the single most important aspect of combat. A weakness in any part of the following safety check will allow a vulnerability that could lead to increased risk of injury. An experienced member of EMMAA must be chosen to do the below check before combat takes place.

WMA Armoured Check: Fencing masks are correctly made and in good working order. Additional armour in general fits and is found not inhibiting movement. All strapping is in good order and secure.

## Non-target locations for WMA combat

Front: Throat and groin.

\*\* It's recommended that direct strikes to joints and hands should be avoided when possible

\*\* Its recommended that forearms and hands are removed for WMA combat help discourage arm snipers

Back: Back off head, neck and spine

\*\*when striking a WMA combatant from behind please use sufficient and reasonable force.

## Rules

The basic rule set for combat is used for WMA combat with the below addition.

7. The 'No striking to the spine or the back of the head of an unarmoured opponent.' Is in effect with fencing masks that don't have a harden leather WMA back cover.

**Additional WMA Compleitive Rules**

All bouts will last a maximum of 5 minutes, or until a combatant has had 15 points scored against them. To score, a combatant must be standing (i.e. have 1 foot) on the 4mx4m area in the centre of the combat arena at the completion of their strike. All strikes must land with a valid part of the weapon, for most swords this includes the point, edge and pommel to the face.

- Points are awarded for clean strike as follows:
  - Hit to the head - 2 points
  - Hit to the upper arm, leg or torso. Being disarmed, thrown to ground, controlled strike with the hand. By forcing your opponent out of the ring, while remaining in the area yourself – 1 point
- A double hits count as 0 points scored against each combatant.
- Grapples are counted as a nothing if there is no clear winner within a 3 count
- The combatant with the least points scored against them at the end of the bout is declared the winner.
- Both hands must be on the "sword" at point of contact. Single handed thrusts are not permitted.
- Strikes/thrusts will be delivered at full force / speed.
- Combatants who disregard the above rules, will incur the following penalty
  - a warning (for the first offence during the tourney)
  - followed by points scored against the offender (yellow card)
  - disqualification from the competition (red card)

**Credit**

Armour standards used are from Justin Webb of EdC

The core of the WMA Rules have been taken from Marcus Byron of WMMA