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## **Adrian Empire Imperial Estates Meeting**

**July 20-21, 2002**

### **Appendix D**

#### **Combat Manual**

This appendix was originally published as [Combat-02.pdf](#).

Since its presentation to the Imperial Estates in March 2002, there were changes in the content and formatting at the request of the Estates. These were finalized and published April 26, 2002.

Nothing has changed in this document since its publication April 26, 2002.

So say We,

HIMs Maedb Hawkins and Karl von Katzburg

The Adrian Empire, Inc.

# IMPERIAL ESTATES WRIT #17

## COMBAT MANUAL

AS ADOPTED NOVEMBER 2000  
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Anyone is welcome to point out any error or omission that they may find.

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## PREFACE

This is the manual containing the rules and regulations for combat within the Adrian Empire, being the year sixteen anno Adriano, and revised during the reign of Their Imperial Majesties, Sir Karl von Katzburg and Dame Maedb Hawkins of the Drakonja. Special thanks to the many members who have contributed significantly to the recent revisions, who include (but are certainly not limited to):

- Sir Fredrick von Burg
- Sir Coda der Drachesohn
- Sir Arion Hirsch von Schutzhundheim
- Sir Trakx Greenwood
- Sir James of March le Coirnoir

## I. GENERAL RULES AND REQUIREMENTS

### A. HEALTH

Combat within the Adrian Empire is a martial art. Anyone wishing to participate should be in sound physical condition. It is strongly recommended that each person has a medical check prior to engaging in the combatant arts. This is solely at the option of each person - under no circumstances will the Empire or any of its members be responsible for the consequences to any person's health who chooses to participate in the combatant arts.

Under no circumstances will a pregnant woman be allowed into combat, regardless of her stage of pregnancy.

### B. INHERENT DANGERS

All combatants shall acknowledge that there are dangers inherent in combat as practiced in the Empire. Combatants shall assume unto themselves all risk and liability for injuries sustained by such combat. All combatants must sign a waiver of liability at the beginning of an event prior to participating in combat.

### C. PROOF OF QUALIFICATION

It is the responsibility of the combatant to provide proof of qualification (i.e. combat card) in the combat type and weapons form in which the combatant wishes to engage. An authorized marshal shall then inspect armor to assure the minimum armor standards are met.

### D. MINIMUM AGES

All combatants under the age of 18 must have written parental/guardian approval. The minimum age requirements for combat participation in Adrian tournaments, wars or demonstrations are:

1. **SHINAI**  
13 years of age
2. **RENAISSANCE**  
16 years of age
3. **ARMORED**  
16 years of age
4. **COMBAT ARCHERY**  
13 years of age for Shinai, and Schläger  
16 years of age for Cut and Thrust, and Armored

## E. GENERAL RULES OF COMBAT

1. All combatants shall conduct themselves in a safe and courteous manner at all times.  
Acting in a manner unsafe to themselves or others, loss of temper and use of vulgarity are causes for dismissal from the field by the Crown Marshal, marshal or Minister of Joust & War.
2. Combat shall not take place at an official event without at least two (2) qualified marshals present.  
Combat and warm-up must take place in a designated area, which is either supervised by a marshal or Knight Combatant. Those warming up should always be mindful of bystanders.
3. A combatant may not enter the field of combat without:
  - a. Having signed a liability waiver
  - b. Having proof of qualification\* (combat card issued by Minister of Joust and War)
  - c. Meeting minimum armor requirements
  - d. Taking the sword oath

*\* The combat card must be presented to the lists person at the time the combatant signs in.*
4. The command of "Lay-on" is the signal to commence combat.
5. The command of "Hold" stops all combat instantly.  
A scoring blow that was started before the Hold is considered valid.  
The combatants, field marshals or Crown may call a Hold for any reason. Spectators may call Hold only for:
  - An unsafe situation pertaining to bystanders
  - Armor or weapon failure
6. Spectators may NOT call out blows received by a combatant during combat. If a spectator feels the need to discuss the combat with the marshal, that may be done after the completion of the combat.
7. A combatant is not allowed to:
  - a. Thrust with weapons not meeting the required standards for thrusting
  - b. Purposefully strike the hand at the break of the wrist or below unless the opponent is using the hand defensively (e.g. using it to block a blow) or offensively (e.g. attempting to grab the opponent or his equipment).
  - c. Strike the leg at the knee or below.
  - d. Kick an opponent or his equipment.
  - e. Strike an opponent who has fallen (torso on the ground). In war, a combatant has the option of demanding his opponent's surrender, calling their opponent dead at weapon-point, or allowing his opponent to regain his knees or feet. In tournament, a Hold shall be called and the opponent must allow the fallen combatant to regain his feet or knees, as appropriate, prior to continuing combat. Likewise, a combatant who has fallen may not attack from a prone position.
  - f. Strike at an opponent that he cannot clearly see. Swinging blindly or flailing while falling are unsafe behaviors that will cause the combatant to be warned or dismissed as the marshal determines.
8. All combatants shall submit to the decisions of the Marshal of the Field (see [Marshals Manual](#)) but may appeal to the presiding noble, whose decision is final.

A local sovereign may not overrule the decision of an Imperial Combat Minister (being the Imperial Minister of Combat, Imperial Minister of Joust and War, or Imperial Crown Marshal), their deputies, or the rules set forth by the Combat Manual. The Imperial Minister of Combat (in conjunction with the Imperial Minister of Joust and War) has the final decision on issues pertaining to the Combat Manual or the Marshals Manual, subject to the approval of the Imperial Throne.

9. Officers in the chain of command (from lowest to highest):
- Marshal
  - Crown Marshal
  - Minister of Joust and War
  - Local Sovereign
  - Deputy Imperial Combat Minister
  - Imperial Crown Marshal
  - Imperial Minister of Combat or Imperial Minister of Joust and War
  - Imperial Sovereign

An officer shall not rule on any dispute arising from a specific combat in which that officer was a combatant. The officer shall defer to the field ruling or appeal to the next higher officer.

10. A combatant may not deliver a blow of greater force than that necessary to insure that it is felt by his opponent.

It is presumed that every combatant is capable of delivering an armor-piercing blow. The safety of the populace shall not be risked in demonstration of this.

The marshal shall issue two (2) warnings for excessive force or unsafe behavior. On the third infraction, the marshal will dismiss the combatant. Any combatant committing a third infraction shall be ejected from the event. Any combatant being expelled from two (2) consecutive events for excessive force or unsafe behavior may be banned from combat within the Empire for three (3) months, and his combat card shall be taken away for that duration of time. See [Marshal's Guide](#) for further details.

11. Blows intended to strike the shield or weapon shall be delivered with no greater force than those delivered to a combatant's body.

A blow that is intended for the body that is **actively** blocked may land with greater force than would be delivered to the body without being considered excessive. Combatants who intentionally do excessive damage to the equipment of his opponents can be subject to the guidelines for use of excessive force as described in [Article I.E.8](#).

12. A combatant deliberately targeting non-target areas of an opponents body will be warned two (2) times. On the third infraction, the combatant can be subject to the guidelines for use of excessive force as described in [Article I.E.8](#).

13. All combatants are on their honor to verbally or visibly acknowledge all blows fairly received.

14. "Punch-blocking", the act of extending the shield to meet an opponents weapon, is allowed. "Shield-hooking", the act of catching the edge of an opponents shield with your shield to move it out of position is also allowed.

15. Striking an opponents body with the edge of a shield is not allowed.

16. Combatants are assumed to be of heroic stature and can continue fighting when “wounded”.
- A combatant who receives a blow to the:
- **Arm:** that arm becomes unusable and must be held behind the back for the remainder of the round.
  - **Leg or hip:** the combatant must fight from his knees. Combatants who fight from their knees may rise up from a sitting position. A combatant having one "uninjured" leg may move about or pivot so long as the knee of the wounded leg remains in contact with the ground. A combatant who has received wounds to both legs may not move or pivot on the ground. He may move himself by using his hands or weapons. A combatant with one or both wounded legs may be helped around or off the field by another combatant. The assisting combatant and the wounded combatant put a hand on each others shoulder and both may *walk* to another location. Once at the new location, the wounded combatant goes back to his knees as before. **There is to be no hopping around on one leg.**

## F. SINGLE COMBAT LIST RULES

1. A combatant may decline any challenge or the use of a particular weapon by his opponent, should the combatant deem the weapon unusually dangerous or unsafe.
 

If the weapon is found to be unsafe by the marshal or local sovereign, or does not conform to the weapon standards set herein, then the weapon shall be removed from the field and the combat may commence with a different choice of weapons.

If the weapon is found to be safe and within Adrian specifications, the combat shall continue. If the combatant so chooses, he may forfeit the match rather than fight against that combatant or weapon.
2. Sergeant's list combatants may only use shields for defensive purposes and may not rush, smash, or intentionally strike their opponents body with it.
 

Knight's list combatants may use shields aggressively (“shield-bashing”), rushing or intentionally striking their opponent only with the **flat** of the shield. Both combatants must be on the Knight’s list and agree to do so prior to combat within the constraints [Article I.E.8.](#) for excessive force.
3. If Knight's list combatants desire to conduct “knightly combat” (i.e. shield bashing, grappling, etc.), they shall notify the marshals prior to the start of combat.
 

Likewise, the marshals shall make sure both combatants have agreed to knightly combat.

Grappling includes grabbing an opponents shield, arms, legs, torso, but not the helm. This is to avoid the possibility of having the helm accidentally removed or cause a neck injury. An opponent's weapon may be grasped by the hilt or half, but never the blade.
4. In the Sergeant's lists, determination of good blows shall be made by the combatants.
 

These determinations shall be augmented by the judgment of the marshal. A marshal may stop combat at any time to explain to the combatants what mistakes they are making as pertains to the rules of the lists.

5. In the Knight's lists, the combatants shall determine victory by the acknowledgement of blows. Our combat system is based on honor.

The marshal shall disallow any blow they determine to be delivered with excessive force, land with the flat of the blade or the haft of the weapon.

If the marshal determines that either combatant is **blatantly** ignoring blows, the marshal shall first call a Hold and discuss any incidents with the combatant. If blows continue to be ignored, the marshal may step in and call blows for the combatant. Required conduct for marshals, judges and referees is detailed in the [Marshals Manual](#).

6. A combatant has the right to ask the field marshals for a judgment of a particular blow, given or received.

The decision of the marshal is final, as detailed in the [Marshals Manual](#).

7. A combatant may not back up into the boundaries of the list field to escape attack.

The combatant shall have two (2) warnings for backing into the boundary. On the third infraction, the combatant will be called dead for that point.

8. A combatant on his feet may not circle around outside the weapons range of a "legged" opponent to gain an advantage. They must engage them from the front.

## G. MELEE AND WAR COMBAT RULES

1. A combatant may not strike an opponent from behind.

"Behind" includes to the side of the opponent such that the opponent has no knowledge that the attacker is there.

The proper method for killing from behind is for the combatant to lay the flat or haft of a single-handed weapon in front of his opponents face, within his range of vision and call out "**Dead from behind**". With a pole weapon, the combatant must place the shaft such that the head or point of the pole weapon is within his range of vision, and call out "**Dead from behind**". All three words must be uttered for this to be valid. This gives the combatant time to acknowledge being killed and imposes a reasonable amount of time it would take to really kill a person. Yelling "Dead!" is not sufficient.

2. Once a combatant is killed from behind, they may not cry out with the intent of informing the rest of the army of the enemy's presence.
3. A combatant may be called "dead on the ground" as in [Article I.E.5](#) if they are not being defended by another combatant capable of reaching the combatant attempting to kill the man on the ground.  
Likewise, the combatant on the ground may not attack from a prone position.
4. Only the combatants, marshals, water bearers and unarmored squires are allowed on the field of combat during a Hold.
5. Only the combatants and marshals are allowed on the field of combat after a Lay-on is called.
6. Marshals have the right to judge blows to any combatant, calling them dead or wounded as appropriate.

7. Archers may **only** be struck with missile weapons.  
This is to avoid damage to the bow or the bowstring that could cause the bow to snap or spring unexpectedly. Archers can be called dead if they are within the attacker's weapons reach and not being actively defended by a non-archer.  
“Actively defended” means that if the attacker rushes the archer, the defender can react in time to prevent the attacker from striking the archer.
8. Archers may not use their arrows as single-handed weapons.
9. Any combatant *actively* blocking a small missile with a weapon will be assumed to have been hit and shall be called dead.  
Arrows and other small missiles, such as javelins and throwing axes, are assumed to be moving too fast to be blocked by hand-held weapons.  
Small missiles can be blocked with shields. If a small missile inadvertently strikes a weapon, that missile is assumed to have missed. It does not destroy the weapon.
10. Once an arrow or other small missile has made contact with anything (e.g. weapon, shield, body), it is spent and may not cause further damage.
11. The “golf-tube” missile is considered a javelin and may be thrown during melee combat.
12. Missiles are considered dead after first use.  
They may be gleaned from the combat field for re-use during melee if the scenario is expressly written to allow it.
13. Large missiles launched from siege engines are currently in the experimental stage and are approved for limited play-testing in certain areas of the Empire.  
In areas approved for siege engine play-test, “rocks” and “ballista bolts” are approved large missiles. These large missiles must be constructed in strict accordance with published guidelines and be inspected and approved by field marshals prior to each use. Construction of rocks and ballista bolts is described in the [Missile Construction Manual](#).  
All blows delivered by large missiles are considered unobstructed until the missile is spent.
14. Ballista bolts cannot be blocked with shields and are considered “spent” only after they stop moving, or hit the ground or a fixed obstacle (e.g. tree, hay bale, etc.).  
All blows delivered by the head of a ballista bolt (even deflected ones) are considered unobstructed until the bolt is spent.
15. “Rocks” cannot be blocked with shields.  
Any combatant hit by a rock on any part of the body or shield is considered killed. If a rock inadvertently hits a weapon, that weapon is considered destroyed and must be taken off the field. All blows delivered by a rock (even deflected ones) are considered lethal until the rock stops moving.

## H. SCORING

1. A scoring blow is any unobstructed blow (unblocked by a weapon, shield, etc.), which lands on a valid target area with the killing surface of the weapon.

A weapon is sufficiently blocked when a block has noticeably decreased its momentum. A deflected blow may still be considered good if the deflection did not noticeably reduce its momentum.

Scoring blows are considered to be of two types:

- **Lethal:** Head, neck, or torso from the point of the shoulder inward, above the hip and downward into the groin area.
- **Disabling:** Arms from the point of the shoulder to but not including the wrist, legs from the hips to but not including the knees. If struck on a hand or wrist, which is not being used to hold a weapon or shield, or in the case of Renaissance schläger, a mailed glove, the result will be the loss of the whole arm.

Thrusts with legal thrusting weapons are always considered unobstructed. When parried, these weapons automatically change lines (or direction) making a new point of first contact even if the parrying device is still in contact with another part of the weapon.

2. Pommel strikes (in armored combat) are not considered lethal unless both combatants agree to make it so.
3. The technique of pool-queuing (thrusting where the back hand is gripping the pole and the forward hand is allowing the pole to slide through the hand) is allowed as long as the forward hand does not lose control of the pole.

A combatant may not aim the pole weapon at an opponent, and then let go of the pole with the forward hand while thrusting.

Shinai pole weapons are non-thrusting weapons and must be gripped firmly with both hands when striking.

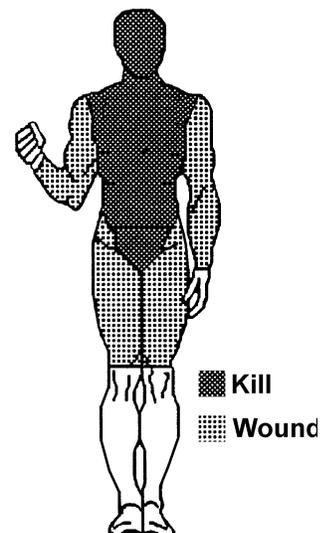
4. A weapon that has been blocked cannot cause injury to an opponent unless it disengages and changes direction prior to coming into contact with the opponent.

For example, if a combatant throws a sword blow that is sword-blocked by his opponent and the combatant then pushes through the block to hit the opponent, the blow is not considered good since the initial force of the blow was removed when the sword block was made. However, if the combatant disengages the sword block and changes the angle of attack, the resulting unobstructed blow would be considered valid.

5. Draw-cuts are only allowed in Shinai and Renaissance types of combat.

Draw-cutting is defined as the practice of placing a blade on an opponent (usually after missing a thrust or having a weapon blocked) and drawing the blade back to cut an opponent.

Armored combatants are assumed to be wearing sufficient armor to render this technique ineffective.



6. There are three types of "kills":
  - Lethal blow
  - Disarmament (a combatant with both arms disabled is considered killed)
  - Double kill (both combatants score lethal blows or disarmament simultaneously\*).

*\*Simultaneous* is defined as having both blows already started by the time the first blow lands. This is considered a draw and the bout shall be fought until one or the other combatant wins. No losses will be assigned for a double kill unless specifically stated as being the case for that tournament.

In the case of one combatant being disarmed and the other combatant killed, the disarmed combatant is considered the winner.
7. If a situation occurs where neither the combatants nor the marshals can make a clear determination of a winner, step back and start over. *"When in doubt, fight it out."*
8. Combat arrows and other small missiles may only cause injury if they strike the opponent with the head end first and cause the same wounds as would a sword.
9. Although the valid/legal targets are listed here, this does not exclude the limiting of targets for a particular tournament or scenario. For example, if a particular tournament calls for 'killing blows only' or 'head shots only,' it would be allowed. Targets can be restricted so long as they do **not** conflict with the safety goals of this manual.

## II. ARMED COMBAT TYPES, LEVELS & TYPES

### A. TYPES OF ARMED COMBAT

There are three (3) types of armed combat within the Adrian Empire:

#### 1. SHINAI

Shinai combat is the introductory combat type for the Adrian Empire. All combatants with little or no weapons combat experience begin with Shinai and will eventually move on to Renaissance and/or Armored combat. Shinai combat is slash-only. There are no weapons approved for thrusting for this type of combat.

#### 2. RENAISSANCE

This includes Schläger, and Cut & Thrust (C&T) types of combat. Schläger and C&T are their own styles of combat. Schläger combat is intended to depict late renaissance swordplay involving both thrusting and slashing. C&T combat is intended to depict early to middle renaissance swordplay that employs heavier swords and more armor. This allows more aggressive techniques to be used. Neither Schläger nor C&T are to be fought with as if they were a Shinai or Armored combat type. C&T-type combat is:

- considered a knights list weapon
- may only be used where both combatants agree to do so
- may only be used in one-on-one type list (including champion battles at wars)
- may not be used against Schläger bladed rapiers (in melee or anywhere else)

#### 3. ARMORED

Armored combat is fought with all manner of rebated metal weapons that existed within our time period and geographic boundaries with the exception of those weapons listed in the Banned Weapons List section. Armored combat is considered a knightly combat form and all Armored combatants have achieved the rank of Sergeant or higher.

## B. LEVELS OF TOURNAMENT COMBAT

There are two (2) levels of tournament combat within the Adrian Empire. Prior to participating in combat, a combatant must meet the requirements described in the Adrian Bylaws and pass the qualification test described in the [Marshals Manual](#). The two (2) levels of combat are:

### 1. SERGEANT

The sergeant's level consists of combat with shinai weapons, shinai pole arms and schläger bladed renaissance weapons respectively. This level of combat is open to Yeomen and Guardsmen level combatants.

### 2. KNIGHT

The knight's level consists of combat with Renaissance combat type weapons and various Armored combat type weapons. This level of combat is open to sergeant- and knight-level combatants. A combatant who has attained the rank of Sergeant or higher may no longer participate in the Sergeant level of combat with the exception of Shinai and Renaissance battles at wars.

## C. STYLES OF COMBAT

Each combat type has styles that may be used for participation in any combat event. Each combatant should seek training in a style prior to using it in combat. Some weapon styles require a separate qualification. See the [Marshals Manual](#) for more information.

### 1. SHINAI STYLES

- a. Single sword (a single sword used with either hand or both)
- b. Sword and shield (a single sword used in conjunction with a shield)
- c. Double weapon (two swords used simultaneously)
- d. Pole arm

### 2. RENAISSANCE STYLES

The Renaissance styles may be used in both sergeant's and knight's lists:

- a. Single rapier (a single rapier used with either hand)
- b. Rapier & secondary (a single rapier being used in conjunction with a cloak, mailed gauntlet, etc.)
- c. Rapier & poniard (a single rapier used with a parrying dagger)
- d. Case of rapiers (two rapiers used simultaneously)
- e. Sword and shield (a single rapier used in conjunction with a buckler)

### 3. ARMORED STYLES

- a. Single weapon
- b. Single weapon and shield (a single weapon used in conjunction with a shield)
- c. Double weapon (any combination of two weapons used simultaneously)
- d. Pole arm

## D. COMBAT ARCHERY

Combat archery is identical for all types of combat.

### III. ARMOR AND WEAPON STANDARDS

To promote and enhance the safety and authenticity on the field, all armor shall be made to appear as realistic or authentic as reasonably possible. Blatantly mundane articles, such as tennis shoes, blue jeans, plastics, aluminum, modern sports and military gear, shall be covered up or disguised in some fashion. The marshals have the authority to disallow any item of armor or weaponry they deem to be unsafe or glaringly unauthentic looking.

The following are the parameters for the minimum armor requirements for each form of armed combat. This is intended to be the basic rules for maintaining the minimum safety standards. Materials or armor exceeding the minimum requirements is completely acceptable.

#### A. ARMOR: GENERAL REQUIREMENTS (ALL TYPES)

1. Equivalents to stated materials other than those mentioned, must be approved by the Crown Marshal or higher officer prior to their first use on the field. "*Rigid material*" can be of any inflexible material that can withstand a sharp impact without shattering such as 18-gauge stainless steel, T6 aluminum, high impact plastic, etc. When considering equivalents, the marshal may also consider multiple layers of or a combination of materials to satisfy the required standard. For example, a coat of plates that have too large a gap between the plates, or a too-light chain hauberk will not pass on their own. But when combined, may provide sufficient protection to satisfy the body armor requirement for Armored combat.
2. "Semi-rigid material" can be any somewhat flexible material such as 6 oz. leather or several layers of quilted heavy canvas.
3. Men are required to wear a rigid athletic cup (or equivalent).
4. Women are **highly encouraged** to wear some form of semi-rigid breast protection that completely covers the breasts. High-impact breast protectors sold by fencing suppliers are recommended.
5. Armor or weapons that do not meet the approval of the Minister of Joust & War and/or the marshals shall not be allowed on the field.

Consult with the local Crown Marshal or Minister of Joust and War before constructing or purchasing armor or weapons to be use in combat if you are unsure of their suitability. It is the responsibility of the marshal to ensure that the armor meets the minimum safety requirements set forth in this manual. It is the responsibility of the combatant to ensure that his armor is in good repair and safe for use on the field. If the Minister of Joust & War or a marshal deems a weapon or piece of armor unsafe, then the marshal has the right to not allow its use - even if it meets the minimum requirements.

6. There shall be **no bare skin** allowed on any combatant in any combat form.
7. Combatants are required to wear some form of enclosed toe and heel shoes of a heavy material, leather or equivalent. Some form of rigid ankle support is recommended.
8. The intent of head and neck armor is to protect the neck and face from both thrusts and slashes. It will be the responsibility of the inspecting marshal to determine if the head and neck protection function properly together.

## B. ARMOR: SHINAI COMBAT

### 1. HEAD

- Fencing mask, hockey helm or similar. Some fencing masks do not offer adequate throat protection. In this case, additional protection must be added. Masks with snap-in bibs are not sufficient and require neck protection as well.
- No opening shall be large enough to allow the end of a shinai to enter through the front.
- The back of the head must be covered with one-quarter-inch (1/4") of padded material or equivalent. Rigid protection is recommended.

### 2. NECK

- A gorget of heavy or rigid material shall be used. Light leather or medium weight fabric, with rigid plates attached is also sufficient (See *Gorget* in the Glossary).
- A dog-collar style gorget alone is **not** sufficient.

### 3. BODY

- A gambeson or equivalent padding (See *Gambeson* in the Glossary)

### 4. ARMS AND LEGS

- One layer of sweatshirt- or terrycloth-weight material.
- Elbow pads are required. One-quarter-inch (1/4") padded gambeson sleeves are sufficient.
- Kneepads are recommended, but not required.

### 5. HANDS

- Leather gloves or similar.

## C. ARMOR: RENAISSANCE COMBAT (SCHLÄGER)

### 1. HEAD

- A three-weapons fencing mask or a fully enclosed helm with fencing mask type mesh. Some fencing masks do not offer adequate throat protection. In this case, additional protection must be added. Masks with snap-in bibs are not sufficient and require neck protection as well.
- The back of the head must be covered with one-quarter-inch (1/4") of padded material or equivalent. Rigid protection is recommended.
- The openings on the visor shall not be wider than one-eighth-inch (1/8") in any direction.
- Metal helms require a minimum of one-quarter-inch (1/4") of padding and chinstraps.
- 18-gauge lobster tail helms are recommended, but not required.

### 2. NECK

- A gorget of heavy or rigid material shall be used. Light leather or medium weight fabric with rigid plates attached is also sufficient (See *Gorget* in the Glossary).
- A dog-collar style gorget alone is **not** sufficient.

### 3. BODY

- A minimum of one-quarter-inch (1/4") thick quilted gambeson or leather buff coat is required.
- Kidney protection is recommended, but not required for combatants 18 years of age and older. Rigid kidney protection is required for combatants under the age of 18 years.

**4. ARMS AND LEGS**

- Elbow pads are required. Padded sleeves on gambesons as an alternative to elbow pads are **not** sufficient.
- Arms are to be covered by at least one (1) layer of sweatshirt material or equivalent.
- Kneepads are recommended, but not required.
- Semi-rigid shin and forearm protection is highly recommended.

**5. HANDS**

- Medium weight leather gloves or similar

**D. ARMOR: RENAISSANCE COMBAT (CUT AND THRUST)****1. HEAD**

- A fully enclosed padded metal helm of no less than 16-gauge steel or equivalent. A three-weapons mask is **not** allowed in this type of combat.
- Heavy mesh or perforated metal front of no less than 16-gauge steel or equivalent.
- Helms must have a chainmail camail, be worn with a chainmail coif, or include a bevor that protects the underside of the chin.
- The openings in the visor shall not be wider than one-quarter-inch (1/4") in any direction.
- Padding and chinstraps are required.

**Equivalentents**

- 18-gauge stainless steel
- 18-gauge reinforced mild steel

**2. NECK**

- A gorget of heavy or rigid material shall be used. Light leather or medium weight fabric with rigid plates attached is also sufficient (See *Gorget* in the Glossary).
- A dog-collar style gorget alone is **not** sufficient.

**3. SHOULDERS**

- 10 oz. leather or other rigid material covering the point of the shoulder is required. Metal cops or spaulders are recommended.
- One-quarter-inch (1/4") padding under shoulder armor if not already supplied by a gambeson.

**4. BODY**

The body **must** be protected by any one, or a combination of the following:

**Buff Coat**

- A one-quarter-inch (1/4") quilted gambeson with a 5 oz. leather buff coat, or equivalent, is required. The body protection must include coverage of the buttocks and groin area.
- Extra padding or rigid protection over the kidney area is required.

**Brigandine or Wisby Coat**

- A one-quarter-inch (1/4") quilted gambeson with a coat of plates of rigid material, mounted to leather or heavy canvas, with no gap greater than one-half-inch (1/2"). The body protection must include coverage of the buttocks and groin area.
- Any overlap at the sides should be the front over the back.

**5. ARMS AND LEGS**

- Rigid elbow protection and padding are required.
- 10 oz. leather or rigid material on the forearms is required.

- One-quarter-inch (1/4") quilted padding or semi-rigid material covering the upper legs is required.
- Rigid knee protection and padding are required.
- Rigid shin protection is highly recommended.

#### 6. **HANDS**

- Heavy leather gloves that extend past the wrist or similar
- Rigid protection for the hand and fingers is required if not sufficiently protected by the sword guard and hilt. An authorized marshal will determine if the combination of hand protection and sword hilt is sufficient.
- Demi-gauntlets of heavy leather or 18-gauge steel is highly recommended

### E. **ARMOR: ARMORED COMBAT**

#### 1. **HEAD**

- A fully enclosed helm of no less than 14-gauge steel
- A full faceplate of 14-gauge steel or 16-gauge reinforced steel
- All seams must be welded or riveted together.
- One-quarter-inch (1/4") of closed-cell foam or equivalent padding is required inside the helm.
- A chinstrap that prevents the helm from contacting the face (when pressure is applied to the grill) is required.
- The openings on the visor shall not be wider than three-quarter-inch (3/4") in any direction.

#### 2. **NECK**

- If the helm does not feature a built in gorget or camail of at least 16-gauge steel, then a separate gorget of leather reinforced with no less than 16-gauge steel or steel equivalent covering the clavicle is required.
- The combination of head and neck armor must not allow the neck to be exposed to a slash when tilting the head.

##### **Equivalents**

- Rigid material covered by leather
- 10-ounce boiled leather
- 14-ounce unboiled leather
- 18-gauge stainless steel

#### 3. **SHOULDERS**

- Spaulders of at least 16-gauge steel or equivalent. If a chain hauberk with sleeves is worn, a cap covering the point of the shoulder of rigid material is sufficient. This may be worn under or over the chain hauberk.
- A minimum of one-quarter-inch (1/4") of padding underneath if not already provided by the gambeson.
- The shoulders and shoulder blades must be completely covered if not already covered by the body armor.

##### **Equivalents**

- 18-gauge stainless steel.

#### 4. **BODY**

The body **must** be protected by any one, or a combination of the following:

**Chain Hauberk or Shirt**

- Chain hauberk or shirt of at least 16-gauge steel with a maximum inside ring diameter of five-sixteenths-inch (5/16")
- For 14-gauge steel a maximum inside ring diameter is one-half-inch (1/2")
- For 12-gauge steel or larger a maximum inside ring diameter is seven-eighths-inch (7/8")
- Padding beneath the chainmail must be at least one-quarter-inch (1/4").
- Rigid protection over the kidney area is required.
- Aluminum mail is **not** considered equivalent to steel. Because of the low mass of aluminum, it serves as negligible protection against Adrian weapons.

**Brigandine or Wisby Coat**

- Coat of plates of 16-gauge steel or equivalent, mounted to leather or heavy canvas, with no gap greater than one-half-inch (1/2")
- Any overlap at the sides should be the front over the back.

**Equivalents**

- High impact plastic or one-quarter-inch (1/4") ABS
- Rigid boiled 10 oz. leather
- Unboiled 15 oz. leather
- T6 or similar aluminum

**Rigid Boiled Leather**

This type of armor must cover the torso including the groin and tops of the shoulders. Armor may be segmented to allow movement as long as no gaps occur when bending.

- Rigid boiled 10 oz. leather
- Unboiled 15 oz. leather
- T6 or similar aluminum (covered with light leather)
- High impact plastic or one-quarter-inch (1/4") ABS (also covered with light leather)

**Breast and Back Plate**

- Breast and back plate of at least 16-gauge mild steel or equivalent that overlap at the sides.
- The breast plate must provide complete coverage of the entire stomach and chest.
- The back plate must completely cover the spinal chord and underlap or overlap the gorget by at least one-half-inch (1/2") at all times.

**Equivalents**

- Leather covered high impact plastic or one-quarter-inch (1/4") ABS
- 18-gauge stainless steel

**5. ARMS AND LEGS**

- Elbows and knees must be covered by steel cops with wing of at least 16-gauge mild steel or 18-gauge stainless steel.
- Articulations can be other rigid material.
- Upper and lower arm and upper leg must be covered with chainmail, or rigid material.
- Semi-rigid shin protection is required (soccer shin guards are sufficient). Rigid shin protection is highly recommended.

**6. HANDS**

- Gauntlets of at least 16-gauge mild steel or equivalent must be worn at all times during combat.
- Gauntlets may be of any design as long as full hand and wrist protection is achieved.

- Heavy leather gloves like welding gloves, are required as a minimum for the inside of shields with steel hand guards.
- Cage-style hand guards that cover the hand and wrist must have no more than a three-quarter-inch (3/4") opening to preclude the requirement for a gauntlet.
- For shields without steel hand guards, gauntlets are required.
- Demi-gauntlets are allowed for the inside of shields only if the shield has built-in hand protection such as a center boss. Demi-gauntlets are not sufficient protection even when used with basket-hilted weapons. Basket hilts on single-handed weapons do not remove the requirement for a steel gauntlet.

#### **Equivalents**

- 18-gauge stainless steel

### **F. WEAPONS: SHINAI COMBAT**

All weapons must meet with the approval of the Imperial or Crown Marshal or Minister of Joust and War, and conform to the following guidelines:

#### **1. SHINAI**

- Shinai from dagger to great sword in length, with minimum of 18 inches blade length.
- Must have all four (4) sides/slats.
- Commercial martial arts supply weapons only. Modifications to commercial equipment are subject to the approval of the local marshal with an emphasis on safety.
- The forward sword edge shall be marked with contrasting tape.
- The back edge is marked by the string (or contrasting tape as well).
- Shinais are treated as double-edged weapons.

#### **2. SHINAI POLE ARMS**

- Consists of a length of PVC or wood that is relatively non-flexible, attached to a shinai.
- A wooden dowel may be inserted into flexible PVC to stiffen it.
- The shinai must be attached such that there is no danger of it slipping out of the pole during combat.
- Variations to shinai pole weapons must be approved by the Crown Marshal, Minister of Joust and War, or higher officer before its first use.
- Seven-foot (7') maximum length.

#### **3. CROSS-GUARDS**

- Shall protrude no more than 10 inches from the handle
- Shall be rounded or padded such that they are no smaller than the end of a shinai

#### **4. THRUSTING WEAPONS**

- There are **no** thrusting weapons approved for Shinai combat.

### **G. WEAPONS: RENAISSANCE COMBAT**

All weapons must meet with the approval of the Imperial or Crown Marshal or Minister of Joust and War, and conform to the following guidelines:

#### **1. SCHLÄGER BLADES**

- Nominal one-half-inch (1/2") width
- Blunted tips with dulled edges as described in [Appendix B](#).

- Blades must be purchased from a reputable dealer or forge (for safety and breakage reasons). No homemade blades are allowed.
- The overall weight of the sword is not to exceed 2.5 pounds.
- Metal swept hilts that protect the fingers from a slashing impact are highly recommended on rapiers and daggers.
- Blades must have a flex to them of at least five inches (5"). No stiffer blades will be allowed. The acceptable method for testing flexibility is described in [Appendix B](#). Any blade that retains a sharp bend after being flexed must be permanently removed from the field. A slight bend over the length of the blade is acceptable.

## 2. CUT AND THRUST BLADES

- Three-quarter to one inch (3/4 to 1") in width (measured at the ricasso).
- Blunted tips with dulled edges as described in [Appendix B](#).
- Blades must be purchased from a reputable dealer or forge (for safety and breakage reasons). No homemade blades will be allowed.
- The overall weight of the sword is not to exceed 3.5 pounds.
- Blades must have a flex to them of at least two inches (2"). No stiffer blades will be allowed. The acceptable method for testing flexibility is described in [Appendix B](#). Any blade that retains a sharp bend after being flexed must be permanently removed from the field. A slight bend over the length of the blade is acceptable.
- Rapier blades and daggers used in C&T must have metal swept hilts that protect the fingers from a slashing impact unless suitable rigid hand protection is being worn.

## 3. POINTS

- Points (on blades) must be padded with rubber tips or equivalent and be covered with red-colored tape to allow for easy recognition.
- Marshals must check tips during weapons inspection before every list or practice by tugging on them to ensure they cannot come off.
- Any blade that loses a tip shall be removed from the field for the day and will not be allowed back on until the tip is replaced by the method described in [Appendix B](#).

## 4. DAGGER BLADES

- Dagger blades must be no more than 19 inches long (measured from the ricasso), and tipped like the schläger blades.
- Thrusting blades must have reasonable flexibility of at least two-and-one-half inches (2-1/2") and reasonable memory to allow for safety in thrusting. The acceptable method for testing flexibility is described in [Appendix B](#). Any blade that retains a sharp bend after being flexed must be permanently removed from the field. A slight bend over the length of the blade is acceptable.
- Non-flexible blades must have a rounded tip and are to be used for cutting or parrying only.

## 5. POLE ARMS

- There are no pole arms approved for Renaissance combat.

# H. WEAPONS: ARMORED COMBAT

All weapons must meet with the approval of the Imperial or Crown Marshal or Minister of Joust and War, and conform to the following guidelines:

## 1. SWORDS AND DAGGERS

- Minimum 18 inches blade length for slashing or thrusting weapons (measured from the ricasso).
- Blades under 18 inches in length are for thrusting only and require legal thrusting tips.

- Minimum one inch (1") blade width measured two inches (2") from the tip.
- Tips of swords shall be rounded such that they do not come to a chisel point and shall not protrude more than three-quarter-inch (3/4") into a legal helm.
- Overall weight not to exceed four (4) pounds for single-handed swords
- Overall weight not to exceed seven (7) pounds for hand-and-a-half or two-handed swords.

## 2. OTHER SINGLE-HANDED WEAPONS

Although many kinds of weapons may be purchased and suitable for use in combat, homemade weapons are still allowed.

- The striking surfaces of all weapons must be metal.
- Overall weapon length is not to exceed 36 inches.
- One-handed thrust-only spears shall not exceed the maximum overall length of 60 inches. A short pole-arm with a thrusting tip may be used one-handed for thrusting if it is no longer than 60 inches in length.
- Weight is not to exceed four (4) pounds overall, with a maximum head weight of two (2) pounds. Weigh the head by supporting the weapon in the middle and weighing the head end.
- Thrusting tips shall consist of no less than a one-and-one-half inch (1.5") sphere, or one inch (1") flat surface, fixed to the end of the shaft or blade (a pipe cap on the end of a spear is also acceptable).
- Chopping edges (e.g. axe blade, mace flanges) shall be no thinner than one-eighth-inch (1/8") and have no smaller curvature than a two-inch (2") diameter circle on the striking surface.
- Hooks shall have no smaller curvature than a one-inch (1") diameter circle and no less striking surface curvature than a chopping edge. Hooks shall not extend more than four inches (4") from the shaft.
- Hammer heads shall be no less than one inch (1") in diameter. Any square corners must be rounded so as not to leave angular dents in an opponent's armor.
- Butt spikes must be identifiable and conform to the standards for thrusting tips.
- No hooks, points or striking surfaces shall protrude more than three-quarter-inch (3/4) into a legal helm.
- Undisguised aluminum weapons are not allowed.

## 3. POLE ARMS AND JOUSTING WEAPONS

- All pole weapons must have some kind of metal striking surface at one or both ends to be considered lethal to an armored combatant.
- Pole weapons may be constructed with any of the features described for single-handed weapons provided they conform to the same dimensions.
- Pole weapons shall weigh no more than eight (8) pounds overall.
- Pole weapons weighing more than four (4) pounds overall may not be used one-handed for offense though they may be used for defense. However, a pole-arm no longer than 60 inches, with a legal thrusting tip, may be used one-handed for thrusting.
- Pole weapons shall not exceed the maximum overall length of 120 inches.

## I. SHIELDS

Shields can be any period shape so long as they do not exceed the specified outer dimensions listed below.

### 1. MAXIMUM SHIELD SIZES

- a. **War Shields (Shinai or Armored)**
  - **Round:** 42 inches in diameter.

- **Rectangular** (including Norman, square, oval, scutum, etc.): 48 inches tall by 36 inches wide measured across the front.
- b. **Tourney Shields (Shinai or Armored)**
  - **Round**: 30 inches in diameter
  - **Rectangular** (including heater, square, oval, etc.): 36 inches tall by 24 inches wide measured across the front.
- c. **Renaissance Buckler (war or tourney)**
  - **Round**: 18 inches diameter for Schläger and 24 inches for C&T.
  - **Square**: 16 inches for Schläger and 20 inches for C&T
- d. **Other Defensive Items (Renaissance only)**
  - Other defensive items such as cloaks, mailed gauntlet, mug, etc. may be used for defense only. Practically anything can be used for defense so long as it does not pose a danger of being broken into sharp pieces during combat.
  - Marshals are encouraged to use common sense in allowing odd items to be used in tournament or wars, with an eye towards authenticity and safety.
  - Cloaks are not proof or armor against the striking of a blow. Any cut or thrust that strikes the combatant, even if it goes through the cloak first, still counts as a valid blow.

## 2. SHIELD CONSTRUCTION

- a. **Wooden Shields**
  - Must be constructed of at least one-quarter-inch (1/4") plywood for Shinai or Renaissance and one-half-inch (1/2") plywood for Armored.
  - The edges must be bound in leather or equivalent.
  - The edge of a shield must not be less than one-half-inch (1/2") thick. This is to prevent splintering or weapon breakage.
  - A wooden shield may be faced with a metal covering.
  - Shields must be painted. Consult with the Sovereign of Arms on the rules governing the painting of arms on shields (a single solid color is always acceptable).
  - Weapon-like protrusions of any kind are not allowed (rounded bosses are acceptable).
- b. **Metal Shields**
  - May be used if the edges are rolled, rounded or covered by material, giving the shield edge one-half-inch (1/2") of thickness.
  - Metal Renaissance bucklers are allowed to have a rolled or rounded edge of one-quarter-inch (1/4") of thickness.
  - Weapon-like protrusions of any kind are not allowed (rounded bosses are acceptable).
- c. **High-Impact Plastic**
  - May be used for Shinai combat only
  - Must be covered by canvas or leather
  - Must be edged as described for wooden shields
  - Weapon-like protrusions of any kind are not allowed (rounded bosses are acceptable).

## 3. PAVISE

Pavises are large war shields that can be carried around on the field to be used as defenses against projectile weapons such as arrows. Pavises are approved for use **only in war scenarios that involve missile combat**. Pavises may not to be used aggressively like normal shields, but they can be moved on the field with an army.

They may have a support arm from the back to the bottom, which prevents them from falling over backwards and makes them freestanding. The angle from the face to the ground is to be 20° to 40° from the back. This allows the pavise to have a slight slope without being 90° and being subject to falling forward.

Pavises may not have an opening in the front.

The pavises are to be made in the accordance with the following specifications:

- Wood construction with the face being a minimum 3/8-inch (3/8") plywood.
- The face of the pavise can be up to 5 feet (5') in height by 3 feet (3') wide.
- The supporting arms can be up to 4 feet (4') in length and attached in the center of the upper half of the back of the shield.
- The edges of the shield face are to be bound in leather or equivalent like other wooden shields.
- As with shields, pavises are to be painted.
- No weapon-like protrusions of any kind are allowed. Rounded bosses are acceptable.

#### 4. MANLET

Manlets are large war shields that can be rolled around on the field to be used as defense mechanisms against projectile weapons such as arrows. Manlets are approved for use **only in war scenarios that involve missile combat**. Manlets may not to be used aggressively like normal shields, but they can be moved on the field with an army.

They are to have a support arm from the back on the bottom, which prevents them from falling over backwards and makes them freestanding. The angle from the face to the ground is to be 60° to 80° from the back. This allows the manlet to have a slight slope without being 90° and being subject to falling forward.

Manlets may have an opening in the front, but not required, which would allow an arrow to pass. The opening may be straight or cross in shape. This opening is to be less than two feet (2') in length, or 2' wide by 3' high for cross openings) and no more than three inches (3") in width.

**No weapons are to be used through the opening except arrows!** Marshals are to watch for this.

The manlets are to be made in the accordance with the following specifications, with wooden or other period style wheels:

- Wood construction with the face being a minimum one-half-inch (1/2") plywood.
- The face of the manlet shall be no more than six feet (6') in height by four feet (4') wide.
- The supporting arms can be four to five feet (4-5') in length.
- The edges of the shield face are to be bound in leather or equivalent like other wooden shields.
- The backside of the face should have some sort of support brace to help with rigidity.
- As with shields, manlets are to be painted.
- No weapon-like protrusions of any kind are allowed.

## IV. BANNED WEAPONS LIST

This section lists the weapons that are banned in Adrian Combat (this list may be added to over time). A weapon may be banned for safety, authenticity or suitability reasons. All weapons on this list shall have a brief reason for their banning.

#### A. FLAILS (INCLUDING MORNING STARS)

**Safety:** The chain or rope attaching the two (or more) parts of the weapon may loop around an opponent's limb, resulting in an unsafe situation. Additionally, flails are extremely difficult to control and it may not be possible to stop or pull back a blow once started.

#### B. BUTT-MAULS ON POLE ARMS

**Authenticity:** The use of a mace head on the back of a pole weapon is undocumentable in Western Europe within our period.

#### C. QUARTERSTAFF

**Suitability:** Firstly, the quarterstaff was a peasants weapon and not used in armored combat in tournament or war. All armored combatants in Adria are assumed to be of the Knightly class, or they would not be in armor. Secondly, we are doing live steel combat. Thus all weapons replicate steel weapons.

#### D. KATAR OR PATA STYLE WEAPONS

These weapons are characterized by a sword blade attached to a gauntlet or handle and extend straight out from the wearers forearm.

**Safety:** These weapons prevent the wrist from bending. This causes an unsafe situation should the combatant fall or be charged by his opponent.

**Authenticity:** These weapons were only found in India thus are not within the geographic boundary of our period.

## APPENDIX A: CHANGES AND CLARIFICATIONS

From time to time this manual shall be updated. If an issue is presented which is not covered in this manual, then the Imperial Minister of Combat, Imperial Minister of Joust or their deputies may be required to make a decision. After clarifications or changes by the Imperial Minister of Combat, these decisions will be listed this appendix of the manual and notification will be sent to the Crowns of the various subdivisions. **No changes are to be made to the text of the manual, unless the manual is being rewritten completely.** This is to ensure that changes and clarifications are easy to locate. When a new manual is being drafted, the changes in this appendix will be reviewed first.

## APPENDIX B: BLADE FLEXIBILITY AND BLUNTING

### A. TESTING FLEXIBILITY

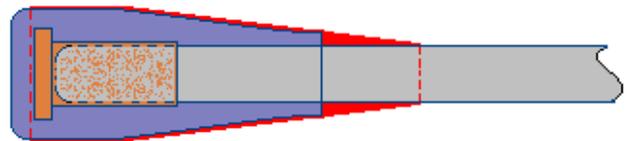
The only acceptable method for testing the flexibility of a Schläger or C&T rapier blade is:

1. Hold the weapon handle firmly to a table or counter such that the blade is horizontal to the floor with the flat facing the floor.
2. Hold a ruler to the tip at zero (0).
3. Hang a one-pound (1lb.) weight off the tip of the sword and measure the amount of deflection.

### B. BLUNTING

The only acceptable method for blunting a Schläger or C&T rapier blade is:

1. Epoxy an empty bullet shell casing (9mm or .38 caliber) to the tip of the blade. Allow time for the epoxy to dry completely before continuing to the next step.
2. Force a rubber rabbit blunt over the top of the shell casing.
3. Completely cover the casing, blunt and tip with red tape (or a red "Kem-Dip" type paint).



For C&T blades with wider tips that will not fit in an above described shell casing:

1. File the tip flat so that it is at least one-quarter-inch (1/4") wide.
2. Pinch the sides of the shell casing so that it will fit over the end of the blade. The shorter 9mm shell casing will probably need to be used. If the blade still does not bottom out on the base of the casing, split the casing evenly down the sides to allow the blade to be inserted into the casing until it bottoms out.
3. Follow steps 1-3 as described for Schläger. The rubber blunt may need to be trimmed as well.

## GLOSSARY

**Ballista** - A large crossbow that must be fixed in place before it can be fired.

**Bevor** - A separate or built-in steel augmentation to a helm that protects the chin and throat of the wearer.

**Boss** - A bowl-shaped hand guard mounted in the center of a shield.

**Brigandine** - Body armor made from small plates riveted or laced onto the inside of a leather or heavy cloth coat. It may or may not have half sleeves but usually provides top of the shoulder protection.

**Camail** - Neck protection made of chain or leather that is suspended from the helmet.

**Coif** - A hood made of chain or quilted material that covers the neck from the chin to below the top of the breastbone, most of the tops of the shoulders, and back of the neck.

**Cop** - A single piece of dished armor used to cover a joint such as an elbow, knee, or the point of the shoulder.

**Demi-gauntlet** - A partial gauntlet that only covers the back of the hand, upper thumb and wrist.

**Gambeson** - A coat made of several layers of heavy batting, covered by a heavy broadcloth or trigger material. Moving blankets are a good example. If the gambeson is of sufficient padding and coverage, then elbow pads may not be required for Shinai. The gambeson should cover the torso and at least the buttocks. It may or may not require sleeves. Please consult with your local Crown Marshal. One (1) layer of moving blanket or two (2) layers of terricloth counts as one-quarter-inch (1/4") of padding.

**Gorget** - Neck protection that covers the front, sides, and back of the neck. They have a bib to cover the clavicle, throat down to below the top of the breast bone, and cervical vertebrae of the wearer. The neck protection must be capable of preventing a thrust from coming up under the gorget and impacting the larynx. They can be made of leather and augmented with plastic or metal plates as dictated by the armor requirements.

**Haft** - Shaft of a pole weapon or one-handed weapon that is not part of the handle or striking/killing surface of the weapon.

**Ricasso** - The part of a sword just above the guard and before the start of the "sharpened" edge.

**Pauldrons** - Rigid leather or steel plate armor that covers the top and sides of the shoulder and includes lames that cover the top of the upper arm.

**Shinai** - A practice sword used in Kendo and other martial arts. It is made from four (4) slats of bamboo, shaped so they fit together into a round sword, and held together with leather bindings and grip. Shinais are readily available at martial arts supply stores and usually come in blade lengths from 34 to 39 inches. Shinai short sword blades are around 18 inches in length.

**Spaulder** - Rigid leather or steel plate armor that covers the point of the shoulder and include lames that cover the upper arm.

**Wisby Coat** - Body armor from the Battle of Wisby in 1361. It is made from large plates riveted onto the inside of a leather or heavy cloth vest. It provides torso and some top of the shoulder protection. It is a little less flexible than brigandine, but is better protection against impacts.