



ACL Rules and Regulations V.4-2018

Safety, Honor, Sportsmanship and Fair Competition are the hallmarks of the ACL. All competitors are expected to behave with regard for the well-being of other combatants. This sport has inherent risks; it is the duty of the officiating staff to enforce the following to maintain a safe level playing field in this fierce but honorable contest.

"Home of the Brave"

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1. EQUIPMENT

1.1. ARMOR: A fighter's armor consists of 3 layers:

1.1.1 Primary Armor: Head, neck, torso, arms and legs and hands must be protected by steel and must be analogous to historic originals.

A. HELMS:

- i. Stainless Steel: 2.35 mm
- ii. Hardened Steel: 2.25 mm between RC35 and RC48
- iii. Mild Steel: 2.6 mm carbon/mild steel top and sides RC35 or less
- iv. Faceplates: 1.90 minimum thickness any steel
- v. Any helm Harder than RC48 is not suitable for ACL Combat.
- vi. Open Face Helms not permitted. The limited use of protective bars is permitted as long as there is an attempt to disguise the bars and not distract from the medieval appearance of the combatant.
- vii. The fighter's helmet shall be equipped either with padding, or padded cap must be used. The helmet must also have anti concussion material.
- viii. Eye slots shall not have any opening with a surface area greater 1" without a divider or comparable or greater material strength to the rest of the visor.
- ix. Forward chin strap and Rear retention system is required.

B. TORSO AND LIMBS:

- i. 1mm steel mild
- ii. .6 mm stainless or hardened steel
- iii. 1mm titanium for arms, legs, torso and 1.5mm titanium for spine and back (legs and torso, must provide protection equivalent to 0.6 mm hardened steel.)
- iv. Body parts such as: neck, shoulders (top and back), whole spine (including lumbar section and tailbone/coccyx), chest, elbows and knees must be covered with steel armor. (mail or double aketon / padded jack is not sufficient)

C. HANDS:

- i. The combatant's hands shall be protected by gauntlets made of steel plates
- ii. Gauntlets shall be made from materials with documented historical analogs
- iii. Gauntlets should follow the medieval form and function of the time and region being portrayed
- iv. Gauntlets shall cover all exposed portions of the wrist
- v. Gauntlets shall protect all fingers and thumb of both hands

- vi. “Hoof”/Locking Gauntlet/”Russian Fist” hand protection not permitted for duels or melee. They are permitted for KnightFights

1.1.2 Secondary Armor: Aketon, gambeson, supplemental mail, voiders, shoes etc.; materials must aesthetically match historic analogs.

1.1.3 Private layer: Hidden supplemental protection such as modern athletic groin protection, knee braces, etc. can be worn to enhance safety. Such items must stay completely hidden and not distract from the medieval appearance of the combatant and be under the other two layers.



1.2 WEAPONS: WEAPON SPECIFICATION/REQUIREMENTS

- 1.2.1** All weapons used in ACL combat must be analogues of historic originals. A weapon used must also be within the same time period and region as the weapon bearer's armor.
- 1.2.2** Weapon edge rounding is generally divided into two categories: striking edges and non-striking edges.
- 1.2.3** All weapons to be used in medieval combat must have a striking edge with a minimum thickness of 2mm. This edge must be rounded so that it is not sharp (rebated). All striking edges must be clear of graters, nicks, uneven surfaces and chips.
- 1.2.4** All weapons must be in good repair, free from rust, burrs and nicks. All weapon heads must be securely attached to their handle, haft, or pole. All hafted weapon heads must be securely attached to their handle, haft, or pole with a pin.
- 1.2.5** For swords, one handed axes and maces, the striking edge must have a minimum curve matching the outline of a circle with a radius of 35mm or more, up to a straight edge. The non-strike rounding of a sword (the point of the sword) must have a minimum curve matching the outline of a circle with a radius of 10mm.
- 1.2.6** For all two-handed swords, axes and polearms the striking edge must have a minimum curve matching the outline of a circle with a radius of 50mm or more up to a straight edge. All non-striking edges or rounding must have a minimum curve of the outline of a circle with a radius of 15 mm or more up to a straight edge in the event of a striking edge.
- 1.2.7** Referees have the right to ban any weapons that pose a distinct threat to the safety of opponents.
- 1.2.8** Below you can find length and weight requirements for specific weapon types. Any weapon types not mentioned here are not allowed for use in ACL Combat. Any weapon that does not fall under these weight and length minimum – maximum requirements is not allowed for use in ACL Combat.

1.2.9 SWORDS:

- i. Single handed swords (including falchions): maximum length of 1100mm, weight up to 1900g.
- ii. Longswords: length between 1100 and 1400mm, weight up to 3000g.
- iii. Two handed swords: length minimum 1400mm, weight up to 3500g.

1.2.10 AXES AND POLEARMS:

- i. All striking edges on axes or polearms must have a minimum length of 70mm.
- ii. Single handed axes: maximum length of 900mm, weight up to 1300g . Hafts may be of steel or wood
- iii. Two handed axes and polearms: minimum length greater than 910mm*, weight up to 3000g.
- iv. Any axe or polearm over 910 mm must have a wooden shaft

1.2.11 MACES:

- i. Maces: weight up to 1000g hafts may be of steel or wood

1.2.12 ALL WEAPONS with a hammer face are forbidden from use.

1.3 SHIELDS:

- 1.3.1** All wooden, wicker, leather, or steel shields should be made only on the basis of reliable historical analogues and correspond to the form of the analogue in all three planes. A shield can only be used with a set of armor of the same epoch and region.
- 1.3.2** The edges of all wooden, wicker or leather shields are to be trimmed with 2mm or thicker leather, rawhide or three or more layers of fabric attached with glue. Any metal edge reinforcement is required to be fully covered by the fabric leather rawhide covering. All edges of the shield are expected to be in good repair, no splintering edges, no exposed metal or sharp surfaces will be permitted. No metal handles will be allowed. Metal tacks are permitted to secure leather fabric or rawhide, but shall not present a safety risk and be firmly attached to the body of the shield. The edges of steel shields shall have a rolled or rounded edge with a minimum thickness of 3mm throughout.
- 1.3.3** The weight of any shield shall be less than 5000g.
- 1.3.4** Metal handles are not allowed on shields excluding small center grip shields commonly known as bucklers.
- 1.3.5** The maximum diameter for a buckler is 40cm

2. AUTHORIZED FIGHTING TECHNIQUES IN MELEE

3 vs. 3, 5 vs. 5, 10 vs. 10 or 16 vs. 16 Melees; or other group competitions

2.1. A fight conducted on the lists is regulated by this list of authorized ACL techniques:

2.1.1 Any punches, strikes with a weapon's cutting edge, pommel strikes or shield at the opponent's allowed legal strike zone.

2.1.2 Striking motions with the butt end of a pole arm or sword are considered pommeling. (Pommeling = a strike with the pommel or butt of the weapon with at least one hand on the grip)

2.1.3 Strikes at the opponents who have lost their balance until they fall to the ground.

2.1.4 Pushes or strikes with head, shoulder, elbows, knees and body.

2.1.5 Holds of non-combat parts of the weapons or shields of the opponents with the free hand.

2.1.6 Attacks with free hand: strikes, holds, pressure on the allowed zones.

2.1.7 The fighter can strike with a free hand, but only when a weapon is in the other hand.

2.1.8 Attacks on an opponent who has lost their weapon.

2.1.9 Kicks to the allowed legal strike zone with the exception of the knee.

2.1.10 Wrestling techniques, throws, back heels, etc.

2.1.11 Painful holds, suffocating techniques, suplex or similar throws designed to deliver an opponent onto the top of the head such as a pile driver or tombstone, and fighting from the ground are prohibited.

2.1.12 Tripping is permitted.

2.1.13 Holds of the body of the opponent with weapons from the front, from behind and from the sides, which do not place pressure on the neck.

2.1.14 Any holds with direct pressure on the neck are prohibited; see section 3, Prohibited fighting techniques/melee.

2.1.15 Overlapping of a shield, blocking of the opponent's hands with a shield, and putting a shield's edge under an armed hand.

2.1.16 Strikes with the edge or body of a shield at legal strike zones.

2.1.17 Opponents are eliminated when there are 3 points of contact to the ground or when they submit. The feet are always considered to be in contact with the ground equaling 2 points. Touching the ground and supporting weight with weapon, shield or any third body part is considered a third support point.

2.1.18 A fighter who breaks a weapon must immediately drop the broken weapon.

2.1.19 A fighter who drops or breaks a weapon must immediately stop fighting and either arm himself with a secondary weapon or go to his team's starting zone and retrieve a spare weapon from a team mate.

2.1.20 Only team mates for that competition or designated replacements may supply him with a secondary weapon. A rack for secondary weapons may also be used.

3. PROHIBITED FIGHTING TECHNIQUES IN MELEE

3 vs. 3; 5 vs. 5; 16 vs.16 Melees; or other group competitions

3.1 The use of any prohibited strikes or actions against opponent constitute a serious breach of the rules. Sanctions for breaching the rules might include a verbal warning or a disqualification, and shall be imposed whether a breach was made accidentally or on purpose.

3.1.1 Thrusting is forbidden and grounds for immediate sanction.

3.1.2 Any thrusts with weapons at any portion of an opponent's body. When using axes or poles, the setting aside of an opponent's weapon is not considered a thrust.

3.1.3 Strikes with a weapon, shield, legs or arms in the non-legal strike zone.

3.1.4 The non-legal strike zone includes: the feet, ankles, back of the knee, groin, throat and back of the neck.

3.1.5 Strikes with a weapon, shield, legs, feet or arms, behind the knee.

3.1.6 Any vertical strikes with weapons or shield along the spine.

3.1.7 Kicks to any part of the knee or application of significant downward pressure with foot or body to the opponent's knee is prohibited.

3.1.8 Downward stomps to the calf are prohibited

3.1.9 Twisting against natural direction of a joint and/or painful holds.

3.1.10 Pressure or hooking the base of a helmet with a hand, as well as actions aimed at twisting the neck by pressing on the edge of the helmet.

3.1.11 Deliberate attempts to remove any elements of the opponent's protective kit.

3.1.12 Punches with weapon hilts aimed at the face of the opponent (if the gap between the hilt and fist in combat mitten or glove is more than 30mm, or if a similar protrusion exists).

3.1.13 Any holds, hold-downs, suffocating techniques with hands or weapons around the neck from any direction. Any direct pressure on the neck. The neck is defined as a section between the lower edge of a helmet and shoulders even if this area is covered with chainmail armor.

3.1.14 Any strikes at a prone or kneeling fighter.

3.1.15 Any strikes at the neck or the head of the opponent who is bending 50° or more.

3.1.16 When the opponent is bending 50° or more for any reason, it is allowed to strike the body, punch, push them or back heel, but it is not permitted to strike in any way at the neck or the head.

3.1.17 Combatants should be in control of their weapons; wild uncontrolled flailing is a hazard to fighters and officials alike and is forbidden.

3.1.18 Any attacking actions towards a fighter who has raised one hand with an open palm.

3.1.19 A raised hand with an open palm is a sign of voluntarily leaving the battle. Having raised a hand with the open palm and kneeling on one knee (if there is such opportunity) the fighter is automatically considered out of the fight and cannot re-join the fight.

3.1.20 Inactive clinch that lasts more than 5 seconds. (Defined as when two fighters are engaged in a passive grapple and are not actively fighting with punches weapons or kicks.) In this case an officials can pull the fighters - who are in the clinch - apart, giving a command “Break!” and hanging a yellow referee flag attached to a baton, between the opponents’ helmets. After this the fighters have to stop fighting in a clinch immediately and step apart; 2 steps from each other. An additional command “Fight”, given by the official who has stopped the clinch, ACL which serves as an additional signal that the battle is still in progress, both in general, and for the fighters who were in clinch in particular.

3.1.21 The local commands “Break!” and “Fight” are only for the fighters in clinch. After the command “Fight” a fighter can continue the battle against their opponent or attack another opponent.

3.1.22 Any attacking or blocking actions with no weapon in the hands.

3.1.23 The fighter who is out of the battle (due to falling down or decision of a referee),

but is on the lists, is strongly prohibited from standing up on both legs before the command of the head Referee "All rise!" If the fighter is out of battle because of falling, losing equipment, voluntarily or because of Referee's decision, they should take a comfortable sitting or lying position on the lists and wait for the end of the round, without interfering in the battle. With this comfortable position the fighter shows that they are not injured.

3.1.24 Grasping the barrier with one's hand or hooking it with the arm is prohibited. A referee or field judge will audibly exclaim "Hook", then issue a verbal count to three and if the fighter has not released the rail they will be considered down and told to sit. Repeated abuse of this rule to gain tactical advantage will result in a yellow card for unsportsmanlike behavior. (three count example: 1 Mississippi . . .2 Mississippi...)

3.1.25 Horizontal strikes/holds to the throat (front of the neck) and/or base of skull (where the neck and head meet - back of the neck) are forbidden

3.1.26 Fighters are forbidden from interfering with non-combatants during a contest.

- A. Non-combatants include referees in the arena, and all others outside the arena, including alternates of the opposing team.
 - . No non-combatant excepting referees may enter or reach into the arena during a contest should they do so, they are considered a field obstacle until they are removed.
 - . Regarding the handing in of replacement weapons, a fighter may not interfere with the efforts of an opposing alternate to supply their teammate with a weapon, unless the alternate's body enters the arena.

4. DISCIPLINARY ACTIONS

4.1 THE VERBAL WARNING: The verbal warning is a sanction applied to the fighter for insignificant rules violations. The aim is to draw the fighter's attention to their actions. The verbal warning is not noted in the record.

4.2 WARNING - YELLOW CARD: The warning is a yellow card given to the fighter for rules violation and it is to be noted in the record. The yellow card influences the rating of the fighter and team. The yellow card can be given only by the head Referee of the tournament. A fighter can get the yellow card in the following cases:

4.2.1 For use of any prohibited actions by using PROHIBITED or FORBIDDEN techniques.

4.2.2 For rising and standing up on both feet after falling on the lists before the command "All rise!"

4.2.3 For unsportsmanlike behavior, boorishness, foul language, shouting at the referees, opponents or spectators.

4.2.4 For starting the battle before the command "Fight!"

4.2.5 For continuing to attack after the command "Stop!" and a yellow flag hanging in front of the face.

4.2.6 For ignoring the Referee's or field judge's commands.

4.2.7 For continuing to fight without an element of their primary equipment after they are made aware of it by an official.

4.2.8 For all the violations mentioned above, the fighter can get one or two yellow card(s) for one violation, depending on the seriousness of the violation and decision of the Referee.

4.2.9 For unsportsmanlike conduct or actions during weapons checks

4.2.10 If a fighter gets two yellow cards, they are removed from the competition. Two yellow cards equals one red card.

4.3 DISQUALIFICATION - RED CARD

4.3.1 Disqualification (the red card) is the sanction applied to a fighter for serious or recurrent (the second yellow card) rules violation, which should be stated in the report. After the fighter gets the red card, they are to be immediately removed from any further participation in the tournament (including any ceremonies or presentations), and not be replaced by a substitute fighter of the team for the next two rounds. Should this fight conclude before the next two rounds are fought then this reduction of the team will continue into any subsequent fights until the two rounds have been completed. After the two rounds are completed then the team may continue the competition with a substitute fighter. Only the Referee of the tournament can disqualify a fighter.

4.3.2 Grounds for disqualification:

- i. Systematic violation of the rules, when a fighter gets two yellow cards within the event.
- ii. Injuring an opponent using a prohibited fighting technique.
- iii. Striking a grounded fighter
- iv. Helmet retention system failure
- v. Gross and systematic dissents with the referees, groundless appeals against their decisions, insults to the opponents or disrespectful behavior towards them, as well as other parties of the competition.
- vi. Disqualification of a fighter affects the rating of the fighter's team in the battle, in which a fighter got the red (or the second yellow) card.
- vii. The word "team" in this instance refers to the specific team (3 man, 5 man, 10 man, 16 man etc.) and the receipt of cards or disqualification shall not affect the combined team, club or national team beyond the team which took the field and received the yellow or red cards.

4.4 TEAM DISQUALIFICATION: In the case of two fighters on the team are disqualified (got one red card each) and any fighter of the team gets a yellow card, the Referee of the tournament may disqualify the entire team.

4.4.1 Team disqualification is the sanction applied to the entire team in the following cases:

- A.** The team gets more than two red cards within an event & one warning to a team fighter.

- B.** The team and its captain enter into dissent with officials and contest their decision, insult opponents or behave disrespectfully towards them, as well as other parties of the competition.



5. FILING AN APPEAL

5.1.1 In case of a well-reasoned disagreement with the decision of the officials, a protest can be made.

5.1.2 A protest can only be made in cases where the error has definitively changed the outcome of the tournament.

5.1.3 Any appeal has to be delivered in writing by the team captain of a complaining national organization to one of the knight referees in the specific tournament.

5.1.4 The protest is to be delivered in writing before the end of the day where the incident occurred.

5.1.5 The protest has to be considered by a council of all the tournaments referees, presided over by the senior Referee, the verdict must be passed before the official start of the tournament the day after the protest is made. The decision of the council is based on video from the fight, the decision both involves if the appeal was correct, and if the appeal warrants any changes in what occurred. This means that a complaint or appeal can be correctly made and true, but not have any effect if the council rules that it did not sufficiently change the outcome of the event.

5.1.6 The result of an appeal may be:

A. Removal of a red card.

B. Removal of a yellow card.

C. Giving of a red card

D. Giving of a yellow card

E. Reconsideration of the score of the round

F. In the most extreme circumstances where an official's error has definitively changed the outcome of a tournament a repeated round can be done.

5.1.7 The Referee is the highest power on the subject of appeals and their verdict is final.

6. 3 vs. 3 MELEE CATEGORY

6.1 The category 3 vs. 3 Melees are held in accordance with the ACL rules, taking into account the number of fighters put out of action.

6.1.1 There are no weight categories in the category 3 vs. 3 Melees

6.1.2 The panel of officials includes the Referee, four field judges, and a score keeper. In case of any disagreements a deciding vote belongs to the Referee.

6.1.3 Melees are held in a list field of the following size:

- A.** Length 15 to 40 m (50 ft. to 130 ft.)
- B.** Width 7 to 20m (23 ft. to 65ft.)
- C.** The height of the sides of the lists is from 1.0 to 1.5 m

6.2.1 A group of fighters for the category 3 vs. 3 consists of 3-5 fighters (3 active and 2 reserve fighters), but not more than 3 fighters from each group may participate in a melee held on the lists at one time. The reserve fighters must remain outside the list barrier and available to provide backup weapons or armor to the 3 active fighters on the lists.

6.2.2 The 2 reserve fighters may substitute the active fighters with any frequency and in any number between the rounds or rounds.

6.2.3 Reserve fighters cannot participate in the melees as members of any other five-member teams.

6.3 PRINCIPLES OF CONDUCTING 3 vs. 3 MELEES

6.3.1 The Melee lasts until two round victories are achieved consisting of 2, 3 or more rounds (if the number of rounds won by each team is a draw). The team which defeats all opposing fighters first, gets a victory in the round.

6.3.2 Each round lasts no more than 8 minutes and at the end of this time the team with the most fighters capable of continuing the melee wins the round. If the number of fighters is equal, the teams have to re-fight the melee.

6.3.3 The points for a win in a round are scored at the rate of 1 point for each fighter standing on their feet. When the melee is stopped and there are 3 vs. 1 fighters on the lists, the victory is awarded with the score 3-1.

6.3.4 A win of the round is the main scoring point of tournament advancement. The number of wins in the rounds and the scores in them are additional data for the rankings and overall point determination as well as point standings of individual fighters.

6.4. REGULATIONS FOR 3 vs. 3 MELEES

6.4.1 The Referee invites two teams to the lists, and then asks two other teams to prepare for combat.

6.4.2 Two teams invited for the next Melee shall come to a special place near the lists, where they go through a pre-combat historical, aesthetic and technical inspection of equipment. The functions of the historical and technical committee of the event are performed by the field judges and Referee.

A. The invited teams must appear at the lists within 1 minute.

B. The Referee may ask the fighters to enter the lists with their helmets off. After the verification of fighters' identities via the list of stated participants, they will be given 60 seconds to put on their helmets and be ready for the Melee. The seconds who are behind the lists' barrier, may help the fighters to put on the helmets. The fighters may not leave the lists before the start of the Melee. This measure is necessary to prevent the possibility of substitution.

C. If the fighters appear on the lists later than 3 minutes after they've been invited or come unprepared, the opposing team is awarded a "technical victory".

D. Referee confirms the readiness of the Referees and the fighters.

6.4.3 The Referee signals the start of the Melee, giving the command "Fight!"

6.4.4 The field judges or the Referee dealing with the video observation, observe the Melee in their sectors of the lists, while staying behind the barrier, record the violations they see, but do not interfere in the course of the Melee except to correct immediate safety issues.

6.4.5 The field judges observe the Melee on the lists, moving along it, and monitor compliance with the rules. The field judges can bring those who were withdrawn from the Melee with the violation of the rules, back to action, as well as separate inactive clinches that last more than 5 seconds.

- A.** The Referee observes the general course of the fight and assesses the interaction of the teams and fighters on the lists.
- B.** The round is to be finished after the command of the Referee “Stop fight!”
- C.** At the end of the round, the fighters are to remain either standing or on the ground as they were at the command of “Stop Fight” to enable scoring of the round.
- D.** At the Referee’s “All Rise” command, fighters return to their original positions on the lists.
- E.** The field judges approach the teams and ask whether they have any claims against the opponents or the panel of officials, at this time, the team captains may invoke the appeals process if they so choose.
- F.** The field judges come to the Referee and report concerning the observed violations. Relying on the reports of the field judges, as well as the Referee’s own observations, the Referee decides on the result of the round. After that, the Referee considers the protests (if any), announces the result of the round or Melee, gives the oral warnings or the yellow or red cards to the fighters if required.
- G.** The Score Keeper has to record the results in the ratings.
 - i. Victor of the round.
 - ii. Round score (the number of fighters of both teams remaining in Melee at the end of the round)
 - iii. Any disciplinary actions performed during the round
- H.** The Referee announces the second round. The second, and the third round (in case of a draw), are held according to the above arrangement.
- I.** After getting two wins in the rounds, the winner of the round is to be announced.

7.5 vs. 5 MELEE CATEGORY

7.1 The category 5 vs. 5 Melees are held in accordance with the ACL rules, taking into account the number of fighters put out of action.

7.1.1 There are no weight categories in the category 5 vs. 5 Melees.

7.1.2 The panel of referees includes the Referee, four field judges, and a score keeper.

a. In case of any disagreements a deciding vote belongs to the Referee.

7.2 5 vs. 5 MELEES ARE TO BE HELD ON A FIELD OF THE FOLLOWING SIZE:

A. Length 15 to 40 m (50 ft. to 130 ft.)

B. Width 7 to 20m (23 ft. to 65ft.)

C. The height of the sides of the lists is from 1.0 to 1.5 m

7.2.1 A group of fighters for the category "Group Melees" 5 vs. 5 consists of 5-8 fighters (5 active and 3 reserve fighters), but not more than 5 fighters from each group may participate in a Melee held on the lists at one time. The reserve fighters must remain outside the list barrier and available to provide backup weapons or armor to the 5 active fighters on the lists.

7.2.2 The 3 reserve fighters may substitute the active fighters with any frequency and in any number between the rounds or matches. a. Reserve fighters cannot participate in the Melees as members of any other five-member teams.

7.3 PRINCIPLES OF CONDUCTING 5 vs. 5 MELEES

7.3.1 The match lasts until two round victories are achieved. The match may therefore consist of 2, 3 or more rounds (if a number of rounds end in a draw). The team that defeats all opposing fighters first, gets a victory in the round.

7.3.2 Each round lasts no more than 8 minutes and at the end of this time the team with the most fighters capable of continuing the Melee wins the round. If the number of fighters is equal, the teams have to re-fight the Melee.

7.3.3 The points for a win in a round are scored at the rate of 1 point for each fighter standing on their feet.

7.3.4 When the Melee is stopped and there are 4 vs. 1 or 5 vs. 1 fighters on the lists, the victory is awarded with the score 4-0 and 5-0, respectively.

7.3.5 A win of the match is the main scoring point of tournament advancement. The number of wins in the rounds and the scores in them are additional data for the rankings and overall point determination as well as point standings of individual fighters.

7.4 REGULATIONS FOR 5 vs. 5 MELEES

7.4.1 The Referee invites two teams to the lists, and then asks two other teams to prepare for combat.

7.4.2 Two teams invited for the next Melee shall come to a designated place near the lists, where they go through a pre-combat historical, aesthetic and technical inspection of equipment. The functions of the authenticity and technical committee of the event are performed by the officials.

A. The invited teams must appear at the lists within 1 minute.

7.4.3 The Referee may ask the fighters to enter the lists with their helmets off. After the verification of fighters' identities via the list of stated participants, they will be given 60 seconds to put on their helmets and be ready for the Melee. The seconds, who are behind the lists' barrier, may help the fighters to put on the helmets. The fighters may not leave the lists before the start of the Melee. This measure is necessary to prevent the possibility of substitution.

7.4.4 If the fighters appear on the lists later than 3 minutes after they've been invited or come unprepared, the opposing team is awarded a "technical victory".

7.4.5 The Referee confirms the readiness of the Referees and the fighters.

7.4.6 The Referee signals the start of the melee, giving the command “Fight!”

7.4.7 The field judges observe the Melee on the lists, moving along it, and monitor compliance with the rules. The field judges can bring those who were withdrawn from the Melee with the violation of the rules, back to action, as well as separate inactive clinches that last more than 5 seconds.

- A.** The Referee observes the general course of the fight and assesses the interaction of the teams and fighters on the lists.
- B.** The round is to be finished after the command of the Referee “Stop fight!”
- C.** At the end of the round, the fighters are to remain either standing or on the ground as they were at the command of “Stop Fight” to enable scoring of the round.
- D.** At the Referee’s command, fighters return to their original positions on the lists.
- E.** The field judges approach the teams and ask whether they have any claims against the opponents or the panel of officials. At this time, the team captains may invoke the appeals process if they so choose.
- F.** The field judges come to the Referee and report concerning the observed violations. Relying on the reports of the field judges, as well as the Referee’s own observations, the Referee decides on the result of the round. After that, the Referee considers the protests (if any), announces the result of the round or Melee, gives the oral warnings or the yellow or red cards to the fighters if required.
- G.** The Score Keeper has to record the results in the ratings.
 - i. Victor of the round
 - ii. Round score (the number of fighters of both teams remaining in Melee at the end of the round)
 - iii. Any disciplinary actions performed during the round
- H.** The Referee announces the second round. The second, and the third round (in case of a draw), are held according to the above arrangement.
- I.** After achieving two victorious rounds, the winner of the match is to be announced.

8. 10 vs. 10 MELEE CATEGORY

8.1 The category 10 vs. 10 melees are held in accordance with the ACL rules, taking into account the number of fighters put out of action.

8.1.1 There are no weight categories in the category 10 vs. 10 melees

8.1.2 The panel of referees includes the Referee, field judges (4 persons), and a score keeper In case of any disagreements a deciding vote belongs to the Referee.

8.1.3 10 vs. 10 MELEES ARE TO BE HELD ON A FIELD OF THE FOLLOWING SIZE:

A. Length 15 to 40 m (50 ft. to 130 ft.)

B. Width 7 to 20m (23 ft. to 65ft.)

C. The height of the sides of the lists is from 1.0 to 1.5 m

8.2 A group of fighters for the category 10 vs.10 consists of 10-15 fighters (10 active and 5 reserve fighters), but not more than 10 fighters from each group may participate in a melee held on the lists at one time. The reserve fighters must remain outside the list barrier and available to provide backup weapons or armor to the 10 active fighters on the lists.

8.2.1 The 5 reserve fighters may substitute the active fighters with any frequency and in any number between the rounds or rounds.

8.2.2 The team captain may make substitutions to this roster from available national fighters prior to the commencement of the day's event.

8.3 PRINCIPLES OF CONDUCTING 10 vs. 10 MELEES

8.3.1 The melee lasts until two round victories are achieved consisting of two, three or more rounds (if the number of rounds won by each team is a draw). The team which defeats all opposing fighters first, gets a victory in the round.

8.3.2 Each round lasts no more than 8 minutes and at the end of this time the team with the most fighters capable of continuing the melee wins the round. If the number of fighters is equal, the teams have to re-fight the melee.

8.3.3 The points for a win in a round are scored at the rate of 1 point for each fighter standing on their feet.

8.3.4 When the melee is stopped and there are 3 vs. 1 fighters on the lists, the victory is awarded with the score 3-1.

8.3.5 A win of the round is the main scoring point of tournament advancement. The number of wins in the rounds and the scores in them are additional data for the rankings and overall point determination as well as point standings of individual fighters.

8.4 REGULATIONS FOR 10 vs. 10 MELEES

8.4.1 The Referee invites two teams to the lists, and then asks two other teams to prepare for combat.

8.4.2 Two teams invited for the next melee shall come to a special place near the lists, where they go through a pre-combat historical, aesthetic and technical inspection of equipment. The functions of the historical and technical committee of the event are performed by the judges and Referee.

A. The invited teams must appear at the lists within 1 minute.

B. The Referee may ask the fighters to enter the lists with their helmets off. After the verification of fighters' identities via the list of stated participants, they will be given 60 seconds to put on their helmets and be ready for the melee. The seconds who are behind the lists' barrier, may help the fighters to put on the helmets. The fighters may not leave the lists before the start of the melee. This measure is necessary to prevent the possibility of substitution.

C. If the fighters appear on the lists later than 3 minutes after they've been invited or come unprepared, the opposing team is awarded a "technical victory".

8.4.3 The Referee confirms the readiness of the Referees and the fighters.

8.4.4 The Referee signals the start of the melee, giving the command

"Fight!"

8.4.5 The linesmen (referees) or the Referees dealing with the video observation, observe the melee in their sectors of the lists, while staying behind the barrier, record the violations they see, but do not interfere in the course of the melee except to correct immediate safety issues.

8.4.6 The field referees observe the melee on the lists, moving along it, and monitor compliance with the rules. The field referees can bring those who were withdrawn from the melee with the violation of the rules, back to action, as well as separate inactive clinches that last more than 5 seconds

- A.** The field referees come to the Head Referee and report concerning the observed violations. Relying on the reports of the field referees (and, if necessary, reports of the linesmen or referees dealing with the video observation), as well as the Head Referee's own observations, the Head Referee decides on the result of the round. After that, the Head Referee considers the protests (if any), announces the result of the round or Melee, gives the verbal warnings or the yellow or red cards to the fighters if required.
- B.** The Score Keeper has to record the results in the ratings.
 - i. Victor of the round.
 - ii. Round score (the number of fighters of both teams remaining in Melee at the end of the round)
 - iii. Any disciplinary actions performed during the round
- C.** The Referee announces the second round. The second, and the third round (in case of a draw), are held according to the above arrangement.
- D.** After getting two wins in the rounds, the winner of the round is to be announced.

9. 16 vs. 16 MELEE CATEGORY

9.1 The category 16 vs.16 melees are held in accordance with the ACL rules, taking into account the number of fighters put out of action.

9.1.1 There are no weight categories in the category 16 vs.16 melee.

9.1.2 The panel of officials includes the Referee, four Field Judges, and a score keeper.

9.1.3 In case of any disagreements a deciding vote belongs to the Referee.

9.2 16 vs. 16 melees are held in a list field of the following size:

A. Length 15 to 40 m (50 ft. to 130 ft.).

B. Width 7 to 20m (23 ft. to 65 ft.).

C. The height of the sides of the lists is from 1.0 to 1.5 meters.

9.2.1. 16 vs. 16 melees are conducted with teams of 16 to 21 combatants. Only 16 fighters per team may be in the lists at one time, leaving any remaining reserve fighters outside the barrier to distribute back up weapons as needed.

9.2.2. The reserve fighters may day-to-day substitute in between rounds as needed.

9.2.3. The team captain may make substitutions to this roster from available national fighters prior to the commencement of the day's event.

9.3 PRINCIPLES OF CONDUCTING 16 vs. 16 MELEES

9.3.1 The matches are won by best 2 of 3 rounds. The team that defeats all rival fighters first earns a victory in a round.

9.3.2 Each round lasts not more than 8 minutes and at the end of this time the team with the most fighters capable of continuing the melee wins the round. If the number of fighters is equal, the teams have to re-fight the round.

9.3.3 The points for the round are scored at the rate of 1 point for each fighter legally standing on their feet at the Referee's command of "Stop Fight".

9.3.4 When the melee is stopped when there are 4 or more vs. 1 fighters on the lists, the victory is awarded with the score 4-0 and 5-0, 6-0 etc.

9.3.5 A win of the match is the determining factor for advancement in the tournament. The number of round victories and the scores of them are additional data for the rankings and overall point determination.

9.3.6 Points for fighters statistics are awarded in the category 16 vs.16 melee

9.4 REGULATIONS FOR CONDUCTING 16 vs.16 MELEES

9.4.1 The Referee invites two teams to the lists, and then asks two other teams to prepare for combat.

9.4.2 Two teams invited for the next melee shall come to a designated place near the lists, where they go through a pre-combat historical, aesthetic and technical inspection of equipment. The functions of the authenticity and technical committee of the event are performed by the referees.

- A.** The invited teams must appear at the lists within 1 minute.
- B.** The Referee may ask the fighters to enter the lists with their helmets off or visors open. After the verification of fighters' identities via the list of stated participants, they will be given 60 seconds to put on their helmets and be ready for the melee. The seconds, who are behind the lists' barrier, may help the fighters to put on the helmets. The fighters may not leave the lists before the start of the melee. This measure is necessary to prevent the possibility of substitution.
- C.** If the fighters appear on the lists later than 3 minutes after they've been invited or come unprepared, the opposing team is awarded a "technical victory"

9.4.3 The Referee confirms the readiness of the field judges and the fighters.

9.4.4 The Referee signals the start of the melee, giving the command "Fight!"

9.4.5 The officials dealing with the video observation, observe the Melee in their sectors of the lists, while staying behind the barrier. They record the violations they see, but do not interfere in the course of the Melee except for immediate safety issues.

9.4.6 The field judges observe the melee on the lists, moving along it, and monitor compliance with the rules. The field judges can bring those who were withdrawn from the Melee with the violation of the rules, back to action, as well as separate inactive clinches that last more than 5 seconds.

- A.** The Referee observes the general course of the fight and assesses the interaction of the teams and fighters on the lists.
- B.** The round is to be finished after the command of the Referee “Stop fight!”
- C.** At the end of the round, the fighters remain standing or on the ground depending on their status at the Referee’s command “Stop Fight” so that the round may be scored.
- D.** At the Referee’s command “All Rise!” fighters return to their original positions on the lists.
- E.** The Referees approach the teams and ask whether they have any claims against the opponents or the panel of officials. At this time, the Captain of the team may invoke the appeals process for good cause.
- F.** The field judges come to the Referee and report concerning the observed violations. Relying on the reports of the field judges as well as the Referee’s own observations, the Referee decides on the result of the round. After that, the Referee considers the protests (if any), announces the result of the round and gives the verbal warnings or the yellow or red cards to the fighters if required.
- G.** The Score Keeper has to record the following results of the round:
 - i. Victor of the round
 - ii. Round score (the number of fighters of both teams remaining in Melee at the end of the round)
 - iii. Any disciplinary actions performed during the round
- H.** The Referee announces the next round. The second, and the third round (in case of a draw), are held according to the above system.
- I.** After achieving two victorious rounds, the winner of the match is to be announced.



10. DUELS - SINGLES COMPETITIONS

Male and Female Competitions use the same rules and conventions but will compete separately based on gender.

10.1 SWORD AND SHIELD

10.1.1 3 rounds per Match.

10.1.2 60 seconds per round.

10.1.3 60 seconds rest between each round.

10.1.4 Counted strikes:

A. Each strike = 1pt.

B. Disarms = 1pt.

C. Falls = 1pt.

10.1.5 Each round is won by the competitor having the highest number of points in the round.

10.1.6 Each match is won by the competitor winning the most rounds.

10.1.7 If a competitor wins the first two rounds the match is over 2-0.

10.1.8 Details:

A. Pushing with shield permitted.

B. Shield Punches to the limbs and torso with the shield front or edge is permitted.

C. Shield Punches to the face with a shield are forbidden.

D. Strikes to grounded opponents are forbidden

E. Grappling and throws are forbidden.

F. Kicks are forbidden.

G. Strikes to the hand are worth 0 points (hands are measured to 5cm above the wrist).

H. Strikes to the groin and feet are forbidden.

I. Strikes behind the knee are forbidden.

J. Clinches broken after 3 seconds.

10.1.9 Equipment

A. Swords:

- i. Total weapons length including pommel, tip to tip, 75cm to 110cm in length.
- ii. Total weapons weight 1100g to 1900g.

B. Shields:

- i. All wooden, wicker or leather shields or steel shields shall be made only on the basis of reliable historical analogues and correspond to the form of the analogue in all three planes. A shield can only be used with a set of armor of the same epoch and region.
- ii. The edges of all wooden, wicker or leather shields are to be trimmed with 2mm or thicker leather, rawhide or three or more layers of fabric attached with glue.
- iii. The edges of steel shields shall have a rolled or rounded edge with a minimum thickness of 4mm throughout.
- i . The weight of any shield shall be less than 5 kg=11.03 lbs.
 - . Metal handles are not allowed on shields excluding small center grip shields commonly known as bucklers.
 - i. Maximum shield Length not to exceed 75cm.
 - ii. Maximum Shield Width not to exceed 60cm.
 - iii. Round Shields may not exceed 65cm in diameter.
- i . Shields shall be measured across their convex surface.

10.2 LONGSWORD

10.2.1 3 rounds per Match.

10.2.2 60 seconds per round.

10.2.3 60 seconds rest between each round.

10.2.4 Counted strikes.

A. Each successful edge strike = 1pt.

B. Pommel strikes =1pt.

C. Disarms = 1pt.

D. Falls = 1pt.

10.2.5 Each round is won by the competitor having the highest number of points in the round

10.2.6 Each match is won by the competitor winning the most Rounds.

10.2.7 If a competitor wins the first two rounds the match is over 2-0

10.2.8 Details:

A. Pushes are permitted.

B. Pommel strikes are permitted.

C. Strikes to the hand are worth 0 points (hands are measured to 2 inches above the wrist).

D. Strikes to the feet are forbidden.

E. Only strikes with both hands on the weapon will count.

F. Strikes behind the knee are forbidden.

G. Strikes to the groin are forbidden.

H. Strikes to grounded opponents are forbidden

I. Grabbing your opponent or his weapon with your hand is forbidden.

J. Punches permitted = 0pts.

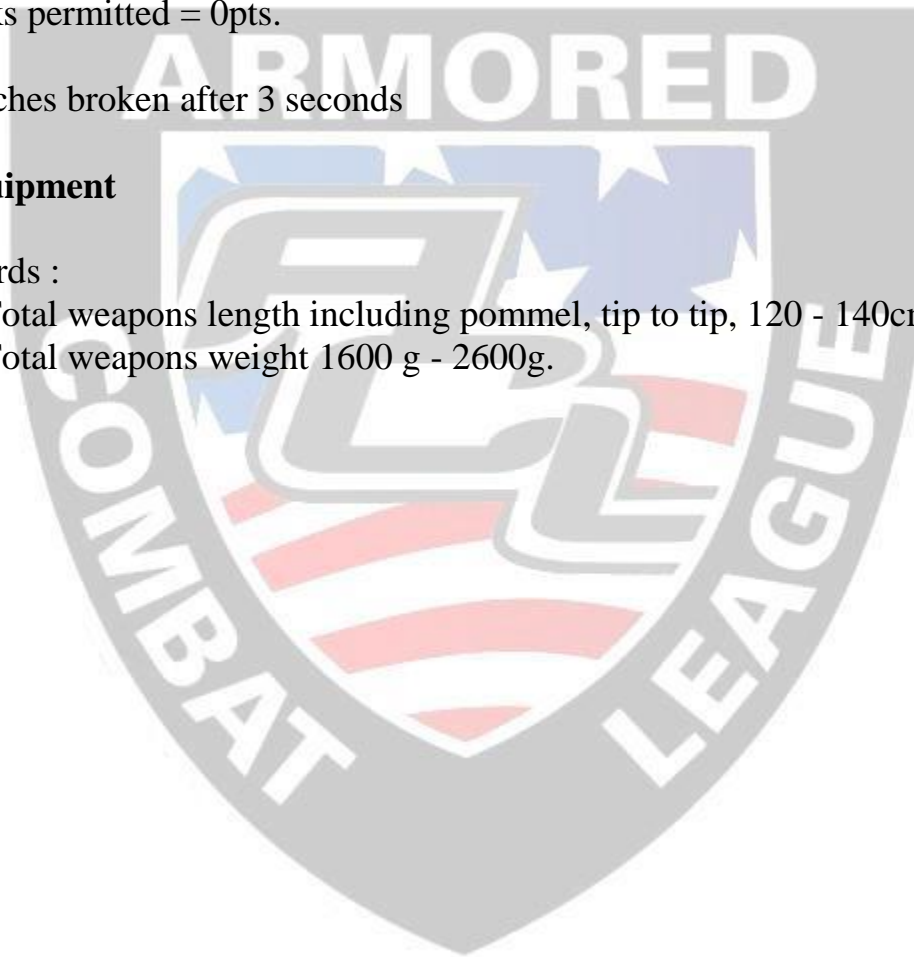
K. Kicks permitted = 0pts.

L. Clinches broken after 3 seconds

10.2.9 Equipment

A. Swords :

- i. Total weapons length including pommel, tip to tip, 120 - 140cm.
- ii. Total weapons weight 1600 g - 2600g.



10.3 POLEARM/ HAFTED TWO HANDED WEAPON

10.3.1 3 rounds per match.

10.3.2 60 seconds per round.

10.3.3 60 seconds rest between each round.

10.3.4 Counted strikes

A. Each successful strike = 1pt.

B. Falls = 1pt.

C. Disarms = 2pts.

D. Haft strikes permitted = 0pts.

E. Butt strikes permitted = 1pts.

10.3.5 Each round is won by the competitor having the highest number of points in the round.

10.3.6 Each match is won by the competitor winning the most rounds.

10.3.7 If a competitor wins the first two rounds the match is over 2-0.

10.3.8 Details:

A. Pushing with weapon permitted.

B. Only strikes with both hands on the weapon will count.

C. Strikes to hands worth 0 pts (hands are measured to 5cm above the wrist).

D. Strikes to groin and feet forbidden.

E. Strikes behind the knee are forbidden.

F. Strikes to grounded opponents are forbidden

G. Grabbing your opponent or his weapon is forbidden.

H. Strikes to the horizontal plane of the neck are forbidden.

I. Punches permitted = 0pts.

J. Kicks permitted = 0pts.

K. Clinches broken after 3 seconds.

10.3.9 Equipment

A. Pole Arm/ Hafted Weapon

- i. Total weapons length including head, tip to tip, 170cm to 200cm in length.
- ii. Total weapons weight 2 to 2.5 kg.
- iii. May be of any medieval head design that meets ACL legal parameters.

11. DUELS - COUNTED BLOW CATEGORIES:

In addition to the World Championship duel categories, counted blow events can also include the following:

11.1 SWORD AND BUCKLER

11.1.1 Up to 3 rounds per match.

11.1.2 Each round contested to 5 counted blows.

11.1.3 Counted Blows

- A. Edge blows with sword
- B. Falls

11.1.4 60 seconds rest between each round.

11.1.5 Each match is won by the competitor winning the most rounds.

11.1.6 If a competitor wins the first two rounds, the match ends.

11.1.7 Details:

- A. Pushing with the buckler is permitted.
- B. Punches to the limbs and torso with front or edge of buckler are permitted, but are not counted.
- C. Punches to the face with the buckler are forbidden.
- D. Grappling and throws are forbidden.
- E. Strikes to the hand are not counted.

11.1.8 EQUIPMENT

A. SWORDS

- i. Total weapons length including pommel, tip to tip, 75cm to 110cm
- ii. Total weapons weight 1100g to 1900g.

B. BUCKLERS

- i. Construction must be of wood, wicker, leather, or steel, and feature a center-grip.
- ii. Maximum diameter is 40cm.
- iii. Maximum weight is 5000g.

11.2 LONG AXE

11.2.1 Up to 3 rounds per match.

11.2.2 Each round contested to 5 counted blows.

11.2.3 Counted Blows

- A. Edge blows with axe.
- B. Pommel strikes.
- C. Falls

11.2.3 60 seconds rest between each round.

11.2.4 Each match is won by the competitor winning the most rounds.

11.2.5 If a competitor wins the first two rounds, the match ends.

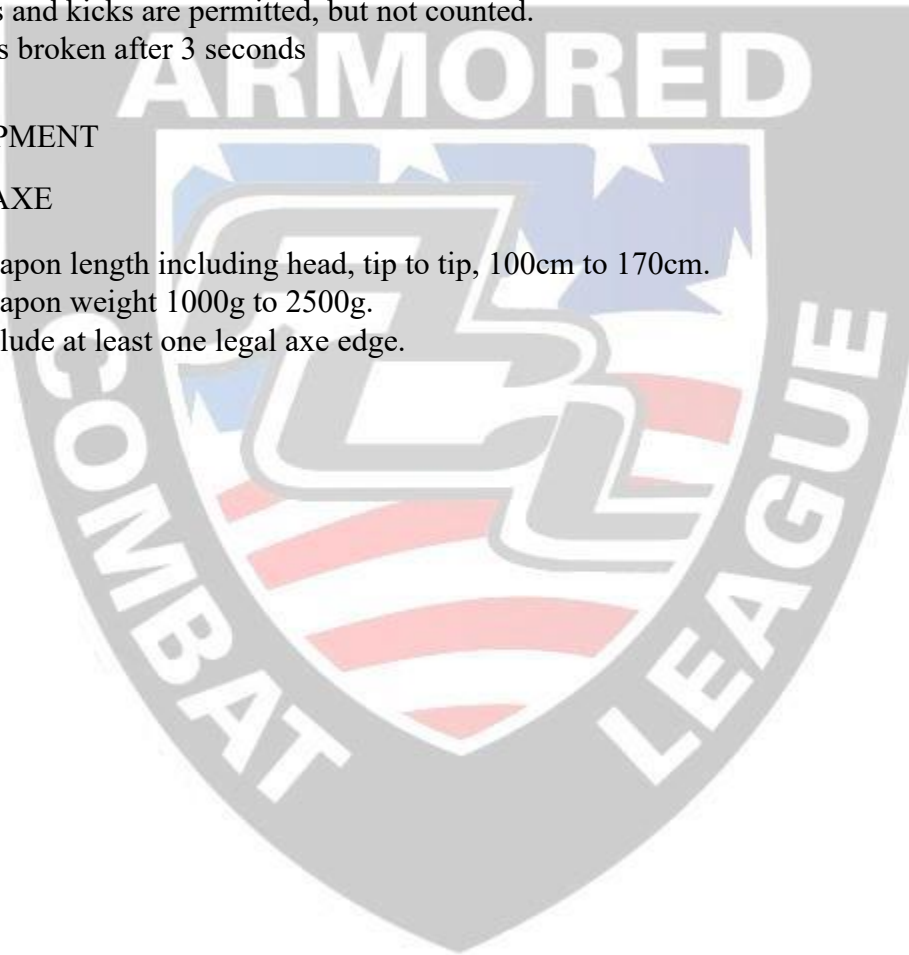
11.2.6 Details:

- A. Pushing and striking with haft is permitted, but not counted.
- B. Only strikes with both hands on the weapon will be counted.
- C. Strikes to hands are not counted.
- D. Grabbing your opponent or his weapon is forbidden.
- E. Punches and kicks are permitted, but not counted.
- F. Clinches broken after 3 seconds

11.2.7 EQUIPMENT

A. LONG AXE

- i. Total weapon length including head, tip to tip, 100cm to 170cm.
- ii. Total weapon weight 1000g to 2500g.
- iii. Must include at least one legal axe edge.



12. DEFINITIONS:

Strikes: Are defined as significant impacts with the striking edge of the weapon (not the flat and not a glance).

Disarms: Competitor drops his weapon for any reason during competition.

Fall: Competitor loses his feet and falls to the ground for any reason during the competition.

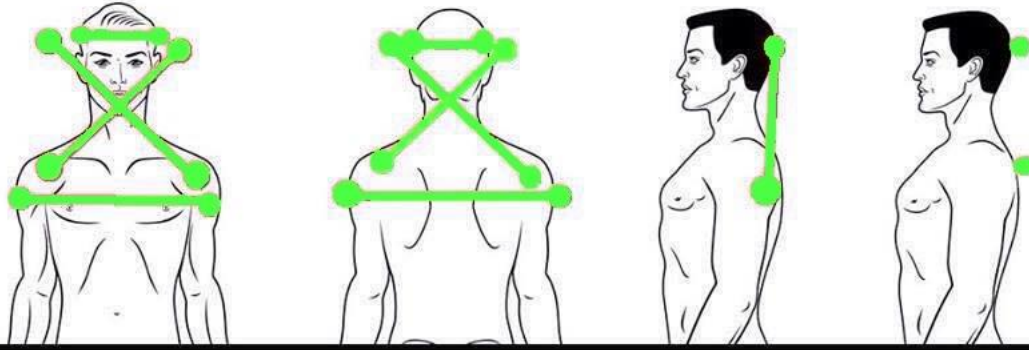
Pommeling: Strikes with the butt of sword or hafted weapon.



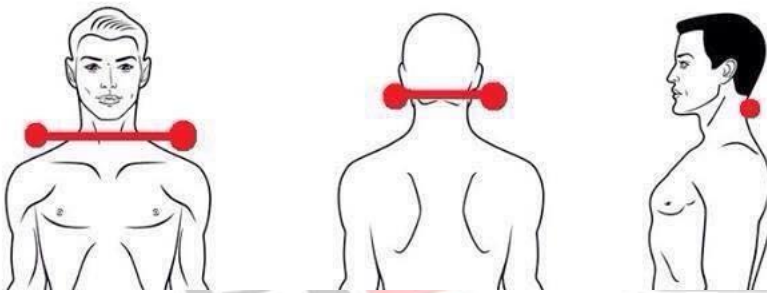
Appendix A

Image of Legal and Illegal Strikes

LEGAL Line = Weapon



FORBIDDEN



Appendix B

Rules Quick Sheet

Weapon Length and Weight
Sword Single Handed: Maximum Length of 1100 mm / weight up to 1900g
Sword Long Sword: Length Between 1100 – 1400 mm/ weight up to 3000g
Sword Two Handed: Minimum Length 1400 mm / weight up to 3500g
Single Handed Axe: Maximum Length 900mm/ weight up to 1300g
2 HANDED AXE OR POLEARM: Minimum Length greater than 910mm/ weight up to 3000g
MACE: Weight up to 1000g

Helm
Stainless Steel: 2.35 mm
Hardened Steel: 2.25 mm
Mild Steel: 2.6 mm carbon/mild steel
The fighter's helmet shall be equipped either with padding, or padded cap must be used. The helmet must also have anti concussion material
Eye Slots no greater than 1" without a Divider
Rear retention system is required.

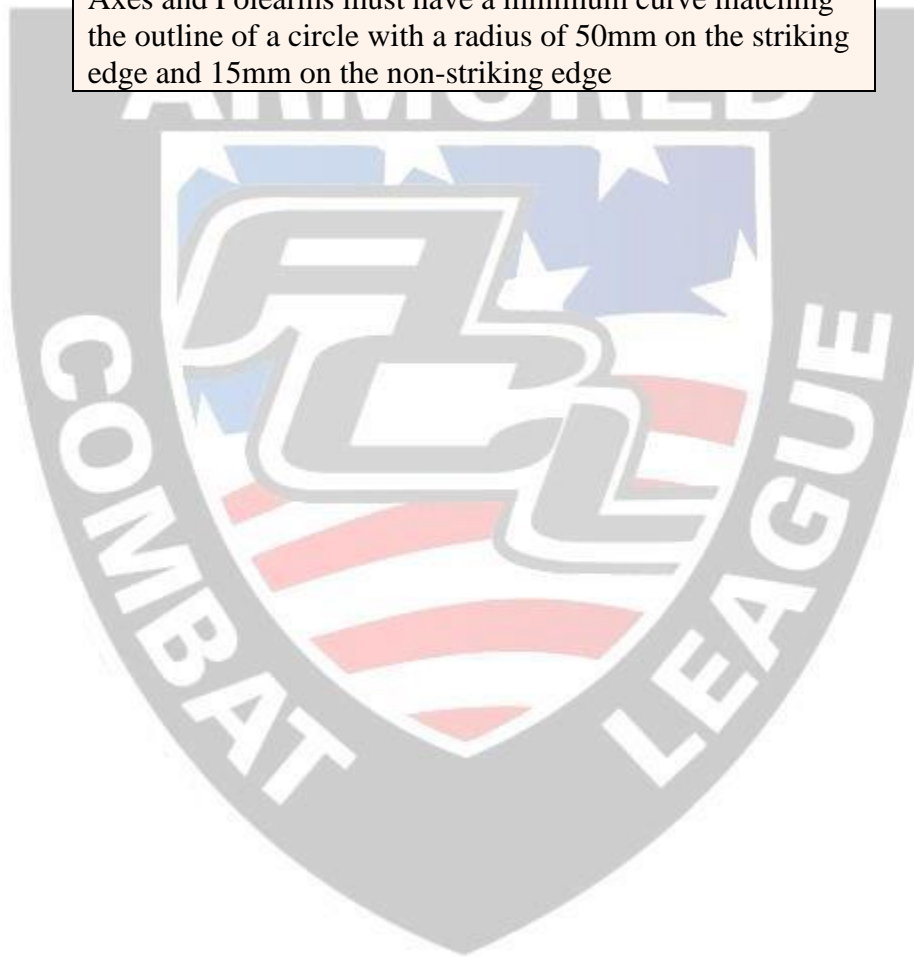
Weapon Specifications

Striking edge min. thickness 2mm and rounded (not sharp)

Striking edge (Swords/Maces) must have minimum curve matching the outline of a circle with a radius of 35mm or more

Non-Strike rounding of a sword (the point of the Sword) must have a minimum curve matching the outline of a circle with a radius of 10mm

Axes and Polearms must have a minimum curve matching the outline of a circle with a radius of 50mm on the striking edge and 15mm on the non-striking edge



Appendix C Change Log

Version	Date	Changes
Version 3.0	10/24/2017	(1.1.1 A) rule vii modified to add concussion padding
Version 3.0	10/24/2017	(1.1.1 A) rule ix added (helmet restraint system)
Version 3.0	10/24/2017	(1.1.1 B) rule iii added allowing Titanium
Version 3.0	10/24/2017	(1.1.1 C) rule i modified to remove chainmail Gauntlets
Version 3.0	10/24/2017	(1.1.1 C) rule ii modified to refer to materials of gauntlets
Version 3.0	10/24/2017	(1.1.1 C) rule vi added to allow Hoof or Locking Gauntlets for Knight Flights
Version 3.0	10/24/2017	(1.1 section 4-7) rules removed
Version 3.0	10/24/2017	rules 1.2.2 and 1.2.3 switched
Version 3.0	10/24/2017	(1.2.5) rule added indicating weapons should be in good condition
Version 3.0	10/24/2017	(1.2.6) rule modified to add 2 handed swords
Version 3.0	10/24/2017	(1.2.9) rule ii changed weight on Swords
Version 3.0	10/24/2017	(1.2.10) Axes specs changed
Version 3.0	10/24/2017	(1.2.11) BKS Grandfather rule removed
Version 3.0	10/24/2017	(1.3.2) Shield rule modified
Version 3.0	10/24/2017	(1.3.5) Buckler rule Added
Version 3.0	10/24/2017	(2.1.2) Strike Zone Rule removed from this section
Version 3.0	10/24/2017	(2.1.21) Handing weapon rule modified
Version 3.0	10/24/2017	(3.1.7) Kicks to the Knee rule modified)
Version 3.0	10/24/2017	(3.1.8) Stomp Rule added
Version 3.0	10/24/2017	(3.1.13) rule added to define on neck strikes
Version 3.0	10/24/2017	(3.1.20) rule modified to provide more detail
Version 3.0	10/24/2017	(3.1.24) Grabbing the rail rule added
Version 3.0	10/24/2017	(3.1.25) Additional rule on illegal moves to the neck added
Version 3.0	10/24/2017	(Version 2.0 3.1.24) Hoof Hand rule removed from this section
Version 3.0	10/24/2017	Variance from Version 2.0 for the entire Document Knight Marshal = Referee, Field Judge = Field Referee
Version 3.0	10/24/2017	(4.2.7) rule Modified to indicate that official must inform Fighter that element of equipment is missing
Version 3.0	10/24/2017	(4.2.9) rule for Conduct during weapons check added
Version 3.0	10/24/2017	(4.3.2 iii) added for Striking a downed fighter
Version 3.0	10/24/2017	(4.3.2 iv) added for Failure of Retention strap
Version 3.0	10/24/2017	(6.1.2) rule modified
Version 3.0	10/24/2017	(6.2.1) rule modified for clarification
Version 3.0	10/24/2017	(6.2.2) rule modified for clarification
Version 3.0	10/24/2017	(6.2.3) rule added for

Version 3.0	10/24/2017	(8.3.3) rule modified to add detail on scoring
Version 3.0	10/24/2017	10v10 Section added to Version 3 as section 9, therefore Version 2.0 section 9 is now section 10 in Version 3
Version 3.0	10/24/2017	(10.1.8 G) rule modified from 2 inches to 5 cm
Version 3.0	10/24/2017	(10.1.9) Weight Spec modified
Version 3.0	10/24/2017	(10.2.9) Weight Spec modified
Version 4.0	12/16/2018	Re-ordered rules governing melee categories.
Version 4.0	12/16/2018	Added Section 3.1.26, governing fighter interactions with non-combatants.
Version 4.0	12/16/2018	Replaced "metal" with "steel" as allowable shield core material in sections 1.3.1, 1.3.2, and 10.1.9
Version 4.0	12/16/2018	Added Section 11: DUELS - COUNTED BLOWS CATEGORIES
Version 4.0	12/16/2018	Clarified language governing hammer faces in section 1.2.12

