

IMCF Simplified English Rules and Regulations V.03

The IMCF recognizes that for many of its members, English is a second language. This ruleset aims to lay out the rules in a simpler form of English. In case of doubt or dispute, you must always refer to the standard English ruleset, which at all times is the valid ruleset.

Safety, honor, sportsmanship and fair competition are the primary values of IMCF. All fighters are expected to consider the wellbeing of other fighters at all times. This sport has risks; it is the duty of the marshal staff and other officials to uphold this ruleset to make sure everyone stays safe in this honorable contest.

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1. EQUIPMENT

1.1. Armour: A fighter's armour is made up of 3 layers: primary, secondary, and private layer.

1.1.1 Primary Armour - Head, neck, upper body, arms and legs and hands must be covered by steel armour which is based on historical sources.

a. Helmets

- i. Stainless steel: 2mm minimum thickness;
- ii. Hardened steel: 1.8mm minimum thickness;
- iii. Mild steel: 2.5 mm minimum thickness;
- iv. Faceplates: 1.5mm minimum thickness any steel.

b. Torso and Limbs

- i. 1mm steel mild;
- ii. 0.6 mm stainless or hardened;
- iii. 1mm titanium for arms, legs, and upper body, and 1.5mm titanium for spine and back (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 armour. (mail or double aketon / padding is not sufficient).

c. Hands

- i. Hands must be protected by gauntlets made of steel plates, or riveted chainmail. If the protection is of chainmail only, there must be a padding layer of not less than 5mm thick underneath;
- ii. Gauntlets must be made from historical materials;
- iii. Gauntlets should follow the form and function of the time and region of the fighter's armour;
- iv. Gauntlets must cover the wrist;
- v. Gauntlets must protect all fingers on both hands;
- vi. "Hoof"/Locking Gauntlet/"Russian Fist" hand protection is not permitted.

1.1.2 Secondary Armour - Aketon, gambeson, supplemental mail, voiders, shoes etc.; must look like the historical counterparts.

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 be completely hidden and not distract from the medieval

appearance of the combatant. It must be underneath the other two layers.

1.1.4 Helmets: Open face helmets are not permitted. The limited use of protective bars is permitted as long as there is an attempt to hide the bars and not distract from the medieval appearance of the combatant.

1.1.4.1 Helmets must have a mechanism or strap which prevents it from falling off or being easily removed by an opponent during combat.

1.2 Weapons: Weapon specification / requirement list:

1.2.1 All weapons used in IMCF combat must be based on historical originals. A weapon used must also be within the same time period and region as the weapon bearer's armour.

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 2 mm. 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 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.

1.2.5 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.

1.2.6 Referees have the right to ban any weapons that pose a threat to the safety of opponents.

1.2.7 Below you can find length and weight requirements for specific weapon types. Any weapon types not mentioned here are not allowed for use in IMCF Combat. Any weapon that does not fall under these weight and length minimum – maximum requirements is not allowed for use in IMCF Combat.

1.2.8 Swords

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

1.2.9 Axes and Polearms

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

1.2.10 Maces

- a. Maces: weight up to 1000g. Handles may be of steel or wood

1.2.11 Warhammers and pollaxes (with hammer end) are forbidden from use.

1.3 Shields:

1.3.1 All wooden, wicker, leather shields or metal shields should be made based on reliable historical sources and correspond to the form of the source in all three planes. A shield can only be used with a set of armour 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 or 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, exposed metal or sharp surfaces will be permitted. No metal handles are allowed. Metal tack are permitted to secure leather, fabric or rawhide, but must not present a safety risk and must be firmly attached to the body of the shield. The edges of metal shields must have a rolled or rounded edge with a minimum thickness of 4mm throughout.

1.3.3 The weight of any shield is maximum 5000g.

1.3.4 Metal handles are not allowed on shields, except in small center grip shields commonly known as bucklers.

1.3.5 The maximum diameter for a buckler is 40cm

2 ALLOWED TECHNIQUES IN GROUP CATEGORIES

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

2.1. The following techniques are allowed when fighting in the list:

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

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

2.1.4 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.

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

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

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

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

2.1.9 Attacks on an opponent who has lost their weapon.

2.1.10 Kicks to legal strike zones with the exception of the knee.

2.1.11 Wrestling techniques (throws, back heels, etc.).

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

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

2.1.16 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.

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

2.1.18 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.

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

3 FORBIDDEN TECHNIQUES IN GROUP CATEGORIES

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

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

3.1.1 Thrusting is forbidden and grounds for immediate sanction.

3.1.1 Any holds with direct pressure on the neck are prohibited.

3.1.2 Any thrusts with weapons at any portion of an opponent's body. When using axes or poles, moving an opponent's weapon out of the way 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 behind the knee with weapon, shield, legs, feet or arms.
- 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.
- 3.1.8** Downward stomps to the calf.
- 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** 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.
- 3.1.12** Deliberate attempts to remove any elements of the opponent's protective kit.
- 3.1.13** 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).
- 3.1.14** Any holds, hold-downs, suffocating techniques with hands or weapons around the neck from any direction.
- 3.1.15** 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 armour.
- 3.1.16** Any strikes at a downed or kneeling fighter.
- 3.1.17** Any strikes at the neck or the head of an opponent who is bent 50° or more.
- 3.1.18** Combatants should be in control of their weapons; wild uncontrolled flailing is a hazard to fighters and officials alike and is forbidden.
- 3.1.19** Any attacking actions towards a fighter who has raised one hand with an open palm. 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 official can pull the fighters apart, giving the command "Break!". After this the fighters have to stop fighting in a clinch immediately and step apart; 2 steps from each other. An additional command "Fight" is given. This command serves as an additional signal that the battle is still in going, both in general, and for the fighters who were in the clinch. 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.

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

3.1.22 The fighter who is out of the battle (due to falling down or decision of a referee), but is on the list, is strongly prohibited from standing up on both legs before the command of the head Referee "All rise!" If the fighter is out of the battle, 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.

3.1.23 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 seconds 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.

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 The 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 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 ignoring the yellow flag.
- 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

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:
- 4.3.3** Systematic violation of the rules, when a fighter gets two yellow cards within the event.
- 4.3.4** Injuring an opponent using a prohibited fighting technique.
- 4.3.5** 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.

4.3.6 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.

4.3.7 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 another 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 must be considered by a council of all the tournament 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 does not 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 a officials error has definitively changed the outcome of a tournament a repeated round can be done.

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

6. RULES FOR GROUP CATEGORIES

- 6.1. There are no weight categories in group categories.
- 6.2. The panel of officials includes the Referee, four Field Judges, and a score keeper.
- 6.2.1. In case of any disagreements a deciding vote belongs to the Referee.
- 6.3. Group categories 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.
- 6.3.1. 16 vs. 16 melees are conducted with teams of 16 to 21 combatants (16 active, 5 reserve fighters).
- 6.3.2. 10 vs.10 consists of 10 to 15 fighters (10 active and 5 reserve fighters).
- 6.3.3. 5 vs. 5 consists of 5 to 8 fighters (5 active and 3 reserve fighters).
- 6.3.4. 3 vs. 3 consists of 3 to 5 fighters (3 active and 2 reserve fighters).
- 6.3.5. The reserve fighters must remain outside the list barrier and available to provide backup weapons or armour.
- 6.3.6. 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 teams in the same category.
- 6.3.7. The reserve fighters may day-to-day substitute in between rounds as needed.
- 6.3.8. The team captain may make substitutions to this roster from available national fighters prior to the commencement of the day's event.

6.3 Principles of conducting group categories

- 6.3.1 The matches are won by best 2 of 3 rounds. In case of a draw, the match continues until 2 victories. The team that defeats all rival fighters first earns a victory in a round.

- 6.3.2** Each round lasts not more than 8 minutes and at the end of this time the team with the most fighters standing wins the round. If the number of fighters is equal, the teams have to re-fight the round.
- 6.3.3** 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".
- 6.3.4** When the melee is stopped when there are 4 or more vs. 1 fighter on the lists, the victory is awarded with the score 4-0 and 5-0, 6-0 etc.
- 6.3.5** 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.

6.4 Regulations for group categories

- 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 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 reserve fighters, 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"
- 6.4.3** The Referee confirms the readiness of the field judges and the fighters.
- 6.4.4** The Referee signals the start of the melee, giving the command "Fight!"
- 6.4.5** 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.
- 6.4.6** 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.

9. RULES FOR DUEL CATEGORIES

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 a grounded opponent 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. See 1.3
 - ii. Maximum shield length: 75cm.
 - iii. Maximum shield width: 60cm.
 - iv. Round shields may not exceed 65cm in diameter.
 - v. Shields must 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 5 cm 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 a grounded opponent 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 weapon length including pommel, tip to tip, 120 - 140cm.
- ii. Total weapon 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 IMCF legal parameters.

11. 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.

