



**SCA Youth Combat**  
2012

Kingdom of  
Aethelmearc

Youth Heavy  
Combat Program

Participant Workbook and  
Authorization Manual

Created by Lady Elektra of Sylvan Glen

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### Disclaimer:

This book was put together with the proposed rules of the Kingdom of Aethelmearc for 2012 with the shaved rattan division, found on the Kingdom Youth website at:

<http://youthfighting.aethelmearc.net/>

This booklet does not have any authority, and is not sanctioned by the Society for Creative Anachronism. It was developed purely as an aid to youth marshals to educate the participants on the rules of heavy youth combat.

Any questions, you may contact me:

*Elektra of Sylvan Glen MKA Sarah Tawzer-Hegenbart.*

*Email: sarahtmomof3@yahoo.com*

*Cell: 304-582-4245*

E. The Marshallate STRONGLY RECOMMENDS that children in Division 2 or 3 have an FRS radio, cell phone, or other means of contacting the parent or responsible adult should they need to leave the list area.

F. The parent/legal guardian present must have the minor's authorization card in his/her possession at all times.

G. Parents/legal guardians must behave in a courteous and responsible manner at all times.

H. Parents/legal guardians are strongly urged to become Warranted Youth Marshals so that they can work closely with their minors in this activity.

1. Parents are required to sign a waiver for their child at each individual fight practice/event/activity in which they participate in youth combat.

I, \_\_\_\_\_, parent/legal guardian of minor \_\_\_\_\_, certify that I have read and understand these rules and responsibilities and agree to abide by them as long as my child is participating in the Youth Combat Program.

I understand that this is not a replacement for the waiver form required by the SCA, but is in addition to that form to ensure that I have read and understand my responsibilities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



Marshal's Initials

## PARENTS/ LEGAL GUARDIANS RESPONSIBILITIES

A. Parents/legal guardians are hereby informed that youth heavy combat is a contact sport and injuries may occur. Parents/legal guardians are required to read and understand these rules and standards and make sure that their minor participants follow them.

B. When a minor is engaged in youth combat activities, at least one person aged 18 or older who is responsible for the minor must be present at the event at all times. For 6-9 year olds, the responsible adult must be within visual and vocal range of the list area. For 10+ year olds, the responsible adult must be at the same site as the youth combat. **YOUTH MARSHALS ARE NOT BABYSITTERS. THEY ARE NOT RESPONSIBLE FOR MINORS PARTICIPATING IN COMBAT ACTIVITIES.**

C. If a parent/legal guardian cannot be at an event in which their minor child wishes to participate in youth combat, where it is allowable by the site rules, the parent can designate another adult to be responsible for the minor. The parent/legal guardian must provide the Youth Marshal with a minor medical authorization from which can be found on the Youth Combat website. It includes the following information; Parent/Guardian name, child's name, name of responsible party, any allergies or medical conditions the child may have and full contact information. It is suggested but not required that this form be notarized for the safety of all involved. Youth marshals acting in their capacity as marshals may NOT be designated as responsible parties!

D. If the child is ejected from the list for any reason, the child will be turned over to the custody of the parent/responsible party. If the parent/responsible party is not in the immediate area, the child will be –benched until the parent/responsible party is located. A minor will not be dismissed from the list without parental awareness. Should the parent/responsible party of a Division 1 fighter need to leave the list area, the child will be required to leave the list as well.

*This book has been designed to aid families in learning all about heavy youth combat in the Kingdom of Aethelmearc. Upon completing the activities in this book and mastering the requirements for authorization listed in the back, youth should be able to receive their authorization for youth combat at any event by a group within the Society for Creative Anachronism.*

*Thank you and enjoy!*

*Lady Elektra of Sylvan Glen, Shire Youth Heavy Marshal*

Message to all minor participants and parents, from the 2012 *Aethelmearc Policies for Youth Heavy Combat*:

This program is to provide minors ages 6 through 17 and their parents with a safe and supportive environment where they can participate in martial activities.

### GOALS:

1. Offer youth martial activities, including both combat and rapier formats.
2. Introduce and reinforce the ideals of chivalry, honor, courtesy, service, and heraldic pageantry, both on and off the field.

### Parent/Guardian Information:

1. Participants must always follow directions of the martial. Participants who do not adhere to the rules will not be allowed to participate.
2. Youth marshals are NOT babysitters, an adult must be responsible for your child at all time.
3. Divisions are defined as follows:
  - Division 1: ages 6-9 years
  - Division 2: ages 10-13 years
  - Division 3: ages 14-17 years
4. All youth participants must have proper armor and weapons. If weapons do not meet standards or have become impaired, they will not be able to use the weapons until they have been repaired or replaced.

Before we begin learning ANYTHING ELSE about youth combat, you must learn one very important word. In the SCA, the word **HOLD** means stop everything you are doing at once. **FREEZE!** Don't do anything else when you hear the word hold! Stop IMMEDIATELY!

Lets practice:

# HOLD!

Lets play the hold game!

When the marshal says "GO" run around and act silly, but don't stop listening! When the marshal yells "HOLD" stop immediately!

A variation can be like hot potato, have the kids sit in a circle and pass a potato, or sword or whatever. When the marshal yells "HOLD" the person who has the item on HOLD wins!

REMEMBER! Stop EVERYTHING when you hear

# HOLD!

## Resources

Kingdom of Aethelmearc Youth Combat Webpage:  
<http://youthfighting.aethelmearc.net/>

Photographic walk-through of Division 1 weapon making:  
<http://www.instructables.com/id/Creating-Weapons-for-SCA-Youth-Combat/>

Step-by-step instructions for rattan weapons:  
[http://www.debatablelands.org/activities/youth-fighting/rattan\\_weapons.pdf](http://www.debatablelands.org/activities/youth-fighting/rattan_weapons.pdf)

## Places to purchase materials:

Helmets: Play it Again Sports, Dicks Sporting Goods, yard sales, etc..

Knee and Elbow Pads: Walmart, Kmart, etc.. Bike and roller blading pads work perfectly.

Golf tubes: Kmart, golf pro-shops

Shaved Rattan:

Duct tape: Everywhere!

# Division 3 Authorization

All items must be complete in order to qualify for authorization as a Division 3 youth combatant. This form is NOT a substitute for the authorization card that you will receive in the mail.

Requirement:	Date completed:	Marshal Initials
Complete pages 5, 8, and 13 in this workbook.		
Demonstrate appropriate calibration		
Describe: legal target areas, armor standards, weapon standards		
<b>SINGLE HANDED WEAPON</b> Call blows during an authorization bout		
<b>TWO-HANDED WEAPON</b> Call blows during an authorization bout		
Attend at least 3 practices		
Have parent or guardian read and sign p. 27		

Congratulations on becoming an authorized youth fighter!

Remember to always practice **chivalry** both on and off the fighting field!

Single handed weapon:

Date authorized: \_\_\_\_\_

Two-handed weapon:

Date authorized: \_\_\_\_\_

Marshal's Signature: \_\_\_\_\_

Marshal's Name: \_\_\_\_\_

What is **CHIVALRY**?

Chivalry in the days of knighthood was a code of conduct that knights followed. Chivalry means to protect others who cannot help themselves. To be **LOYAL, GENEROUS** and **HONORABLE**.



Write or draw a picture of how you think you can show chivalry:

Part of showing **chivalry** when you participate in youth fighting is to honor your opponent.



Ways we can honor our opponents are:

1. Greet him or her on the field before fighting begins.
2. When you receive a shot, it is very **chivalrous** to make sure that you acknowledge that you received a hit. That means, you say “GOOD” when your opponent has made a shot.
3. After you finish fighting, once again show **chivalry** by honoring your opponent and thanking him or her for fighting you.
4. There is honor in being **humble**, that is we do not boast of our feats or make others feel bad by saying that we “beat” one another.
5. You show great **chivalry** when you congratulate others on their accomplishments on the field.

## Division 2 Authorization

*All items must be complete in order to qualify for authorization as a Division 2 youth combatant. This form is NOT a substitute for the authorization card that you will receive in the mail.*

Requirement:	Date completed:	Marshal Initials
Complete pages 5, 8, and 13 in this workbook.		
Demonstrate appropriate calibration		
Describe: legal target areas, armor standards, weapon standards		
<b>SINGLE HANDED WEAPON</b> Call blows during an authorization bout		
<b>TWO-HANDED WEAPON</b> Call blows during an authorization bout		
Attend at least 3 practices		
Have parent or guardian read and sign p. 27		

Congratulations on becoming an authorized youth fighter!

Remember to always practice **chivalry** both on and off the fighting field!

Single handed weapon:

Date authorized: \_\_\_\_\_

Two-handed weapon:

Date authorized: \_\_\_\_\_

Marshal's Signature: \_\_\_\_\_

Marshal's Name: \_\_\_\_\_

# Division 1 Authorization

All items must be complete in order to qualify for authorization as a Division 1 youth combatant. This form is NOT a substitute for the authorization card that you will receive in the mail.

Requirement:	Date completed:	Marshal Initials
Complete pages 5, 8, and 11 in this workbook.		
Demonstrate appropriate calibration		
Call blows during an authorization bout		
Attend at least 3 youth practices		
Have parent or guardian read and sign p. 27		

Congratulations on becoming an authorized youth fighter!

Remember to always practice **chivalry** both on and off the fighting field!

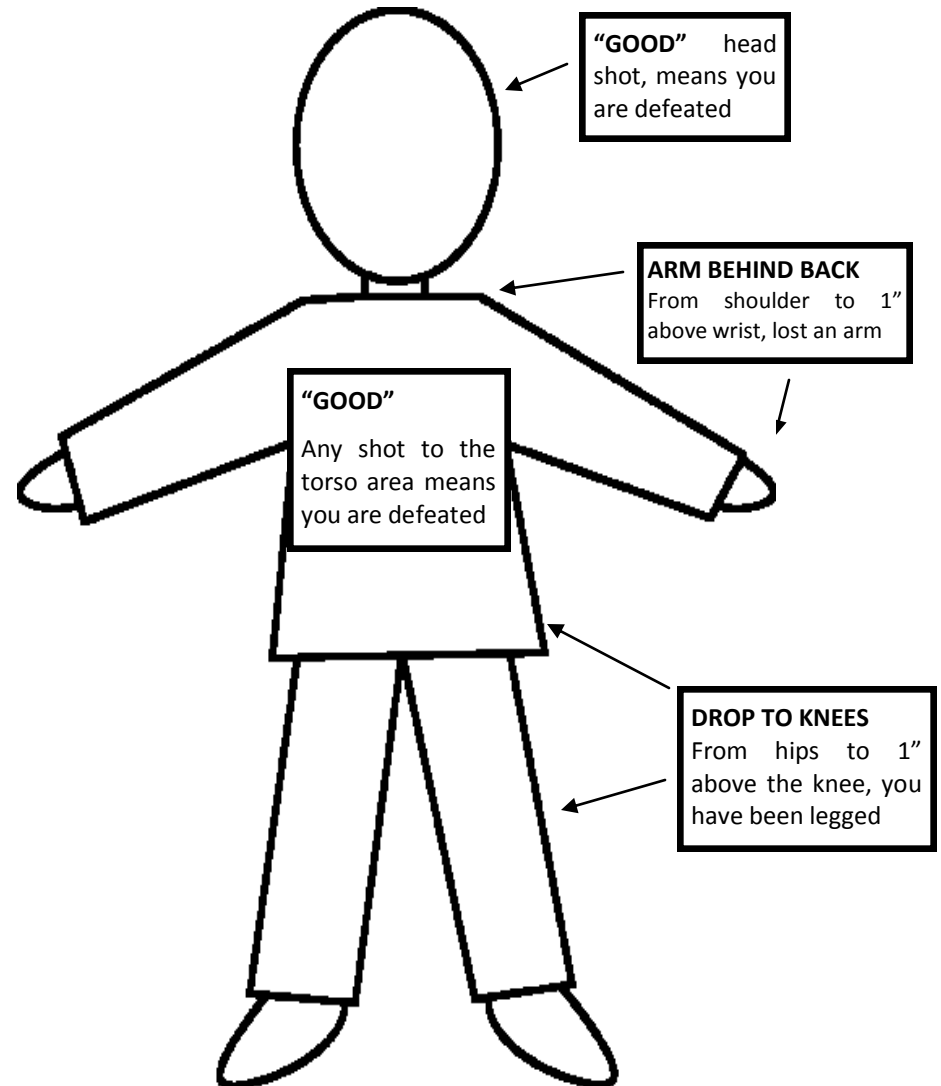
Date authorized: \_\_\_\_\_

Marshal's Signature: \_\_\_\_\_

Marshal's Name: \_\_\_\_\_

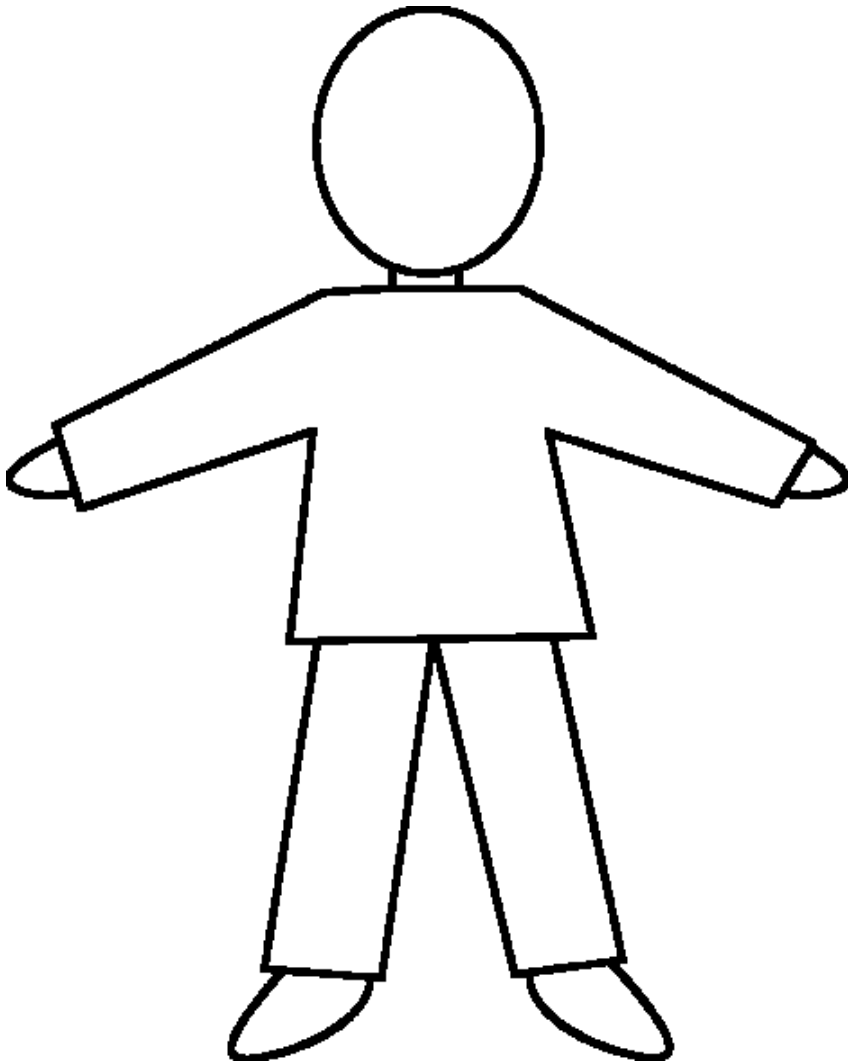
# Legal Shots

When participating in youth combat, you may only strike your opponent in legal areas. When your opponent strikes you in those areas, you call "GOOD", loud enough for your opponent and the marshal to hear you.



Shots to the hands, feet, and below the knees are not acceptable and do not count.

Label the areas that shots are legal and demonstrate what you will do when you are struck in those areas.



## Division 3 Weapon Standards

Weapons standards are the same as Division 2, except that solidly constructed metal basket hilts are permitted at the marshal's discretion.

### Shield Standards

Shield standards are the same as for Division 2 except that a shield basket, hockey glove or gauntlet is required under the shield.



### ***Division 2 Weapons Continued***

- 1) Lanyards are REQUIRED on single-handed weapons.
- 2) Construction of two-handed weapons shall follow single-handed weapon guidelines with the exception that one inch SHAVED RATTAN must be used as the base material for spears.
- 3) Two-handed weapons may not exceed the following maximum lengths:
  - Spear - 7.5'
  - Pole-arms - 6' - The striking edge shall not exceed 1/3 of the weapons total length.
  - Great sword - 6' - No more than 18" haft.
- 4) All weapons must be proportional to the size of the combatant. Mass weapons should have no real "mass" to them.
- 5) Basket hilts are not required but are recommended and encouraged. Metal basket hilts are prohibited in this division.

### **Shield Standards**

- 1) Shields may not be used as offensive weapons. No contact between a shield and the opponent's body is allowed.
- 2) Materials allowed are wood, plastic, aluminum or equivalent.
- 3) All edges must be covered by tubing, leather, or foam. Pipe foam padding is highly recommended. Low profile edging is not appropriate for Youth Combat shields.
- 4) Shields shall be reasonable in size proportional to the combatant.
- 5) Bolts, wires or other metal objects that project more than 3/8 inch from the shield must be covered by padding or tape.
- 6) A shield basket, glove or gauntlet is required under the shield.

# When you are defeated...

It is not possible for everyone to win all the time. When you are defeated, remember your **chivalry!**

You honor your opponent, thank him for the opportunity to practice your fighting skills, and try not to be upset. There are no fighters who have won every battle, especially as they were learning!

When you die on the field, you need to die "defensively" to make sure that nobody hurts you and to signal to the fighters that you are defeated.



Photo from Barony of Debatable Lands Youth Fighting Page

### **"Dying Defensively"**

Lie down on the ground, put your sword behind your shield and put your shield over your body.

# Division 1 Armor

Youth Ages 6-9

*When you fight, you MUST wear armor to protect your body. We don't want anyone getting hurt!*

**Head:** Helmet such as: hockey helmets, baseball catchers masks or fencing masks with full head protection. No opening can be more than 1.5". Must have chinstrap and must FIT without wiggling around on the head.

**Neck:** Light leather or 1/2" closed cell foam to cover neck. Larynx and cervical vertebrae. Can attach flap of leather to back of helm for vertebrae protection.

**Torso:** Medium weight shirt or tunic. Kidney, sternum and xiphoid protection required with minimum 1/2" closed cell foam.

**Arms:** Medium weight cloth tunic/garb. Elbow joint protection ie: soft elbow pads, bicycle pads, etc. Gloves with minimal padding for hands.

**Legs:** Long pants required, medium weight cloth. Sturdy shoes: NO open toed shoes/sandals. Knees require soft knee pads.

**Groin:** Boys must wear sports cup, girls must wear a padded skirt or undergarment of light leather. Girls may not wear a male style athletic cup!

# Division 2 Weapon Standards

SHAVED RATTAN is the standard base material for youth combat construction. The Marshallate will consider other equivalent materials for construction (such as Siloflex) on a case-by-case basis.

Standard **non-thrusting weapons** must consist of:

- 1) SHAVED RATTAN minimum; 0.75 inch to 1.0 inch I.D. maximum.
- 2) Both ends of SHAVED RATTAN should be rounded to prevent the edge from cutting through the foam padding.
- 3) A layer of fiber-reinforced strapping tape are suggested to reduce the effects of weathering on the SHAVED RATTAN.
- 4) 3/8 inch closed cell foam, minimum, extending the striking length of the weapon to 1.5 inches past the tip of the SHAVED RATTAN. The foam must cover all sides of the SHAVED RATTAN.
- 5) Minimum one layer of duct tape wrapped loosely.
- 6) All weapons must have a clearly marked striking edge. The color of the striking edge must be contrast with the rest of the weapon.

All **thrusting weapons** must consist of the above listed construction plus a thrusting tip consisting of closed cell foam loosely wrapped with tape, a minimum 2.5 inches in diameter and extending 2.5 inches past the end of the SHAVED RATTAN. Thrusting tips should be sturdy enough to not completely fold over upon impact. Tips may be encased in soft leather or cloth to prevent folding over. Thrusting tips shall be clearly marked with tape that is a different color from the overall color of the weapon and the same color as the striking edge. **LOW PROFILE THRUSTING TIPS ARE PROHIBITED!**

## Division 1 Weapons Continued

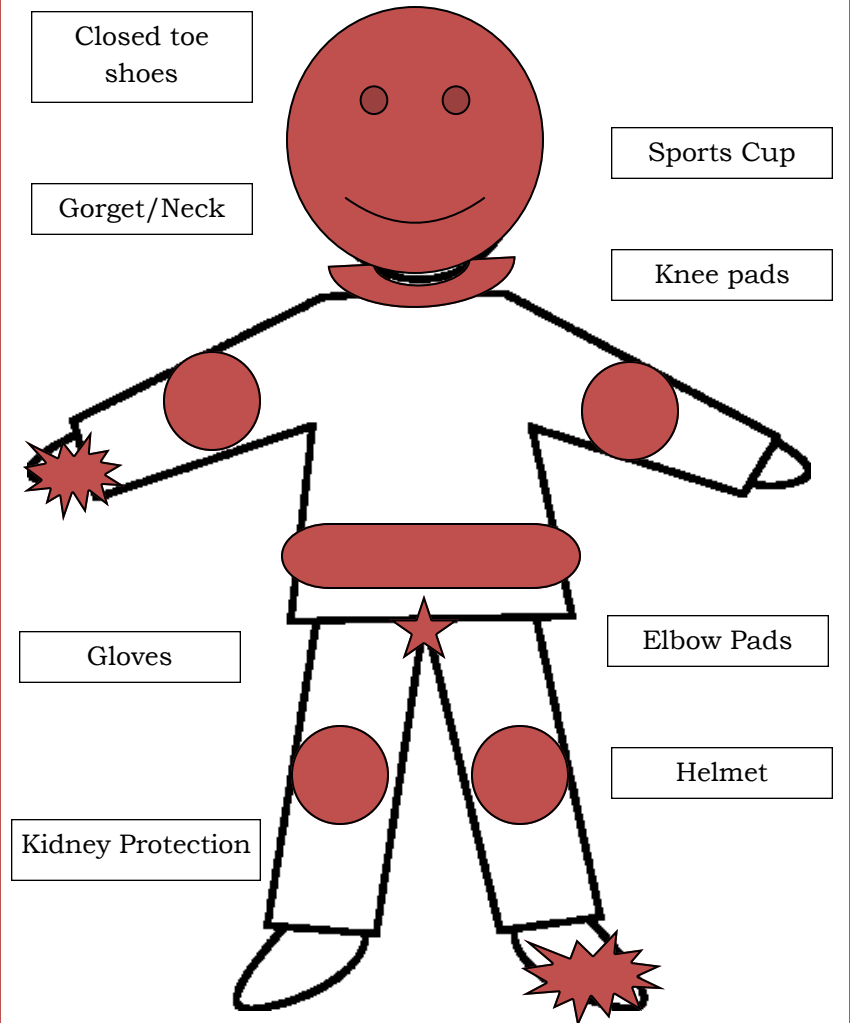
### Weapon Construction Criteria

1. Weapons must be covered with single layer of loosely wrapped duct tape for support.
2. All weapons must have a clearly marked striking edge. The color of the striking edge must contrast with the rest of the weapon, e.g. marked with black or red electrician's tape.
3. To ensure that weapons in this Division are clearly recognizable, they must be wrapped with two parallel strips of tape, the same color as the striking edge, completely around the diameter of the weapon, 8 inches down from the tip.
4. All weapons must be proportional to the size of the combatant. Mass weapons should have no "mass" to them.
5. Basket hilts are not required but are allowed. Metal basket hilts are prohibited in this division.
6. The maximum length of any weapon is 5 feet. Weapons should be proportional to the fighter.
7. The end of the weapon below the hilt should be padded with close cell or pool noodle foam sufficient to prevent the end of the weapon from coming out.

### Shield Standards

1. Shields may not be used as offensive weapons. No contact between a shield and the opponent's body is allowed.
2. Materials allowed are wood, plastic, aluminum or equivalent.
3. All edges must be covered by tubing, leather, or foam. Pipe foam padding is highly recommended. Low profile edging is not appropriate for Youth Combat shields.
4. Shields shall be reasonable in size proportional to the combatant.
5. Bolts, wires or other metal objects that project more than 3/8 inch from the shield must be covered by padding or tape.
6. A shield basket, glove or gauntlet is required under the shield.

Match the words to the parts of the armor that you must wear:



# Division 2 Armor

## Youth Ages 10-13

*When you fight, you MUST wear armor to protect your body. We don't want anyone getting hurt!*

**Head:** Helmet such as: hockey helmets, baseball catchers masks or fencing masks with full head protection. No opening can be more than 1.5". Must have chinstrap and must FIT without wiggling around on the head. Back of head and top of neck must be covered by a minimum of a flap of heavy leather attached to the base of the helm.

**Neck:** Minimum of medium (8 to 10 oz) leather is required to cover the neck, larynx and cervical vertebra.

**Torso:** Medium weight shirt or tunic. Kidney, sternum and xiphoid protection required made of rigid material. "Mature" females must also wear adequate chest protection, ie: quilted tunic. **Shoulder** protection is recommended but not required.

**Arms:** Medium weight cloth tunic/garb. Elbow joint protection of hard (leather or plastic) over soft protection required. Hockey gloves with rigid thumb or full gauntlets required for hands unless covered by basket hilts. Hands in basket hilt require lightweight glove and half gauntlet.

**Legs:** Long pants required, medium weight cloth. Sturdy shoes: NO open toed shoes/sandals. Knees require hard (leather or plastic) over soft knee joint protection.

**Groin:** Boys must wear sports cup, girls must wear a padded skirt or undergarment of light leather. Girls may not wear a male style athletic cup!

# Division 1 Weapon Standards

All **single-handed weapons** must have lanyards, and be made of Golf tubes covered with 3/8 inch of closed cell foam extending 1.5 inches past the end of the tube. A second golf tube must be flattened and inserted inside the first to reduce flexibility. Both ends of the weapon must be closed with fiber taped, and the entire weapons must be covered with duct tape.

All **two handed weapons** will be made of 0.5 ID Schedule 40 SHAVED RATTAN as described above, or golf tubes taped together with an overlap of up to three inches covered with 3/8 inch of closed cell foam extending 1.5 in. past the end of the tube. The ends of the golf tube must be closed with fiber tape. On polearms, the blade length may not exceed 1/3 of the total length of the weapon. Weapons must not be able to fold over.

All **thrusting weapons** must consist of the above listed construction plus a thrusting tip consisting of pool noodle or closed cell foam and tape, loosely wrapped, a minimum 2.5 inches in diameter and extending 2.5 inches past the end of the golf tube or SHAVED RATTAN pipe. Tip should be sturdy enough to not completely fold over upon impact. Tips may be encased in soft leather or cloth to prevent folding over. Weapon with thrusting tips shall have the thrusting tips clearly marked with tape the same color as the striking edge. **LOW PROFILE THRUSTING TIPS ARE PROHIBITED!**

**CALIBRATION** Now that you understand **chivalry**, legal shots, and armor, you're ready for some weapons!

Different divisions in youth combat use different weapons and different calibration.

**Calibration** means how hard you are going to strike a blow to your opponent.

**Division 1: Calibration** is TOUCH ONLY! This means that when your opponent touches you, you accept the shot. If you felt the touch, then you have been hit and you will show **chivalry** and accept the shot.

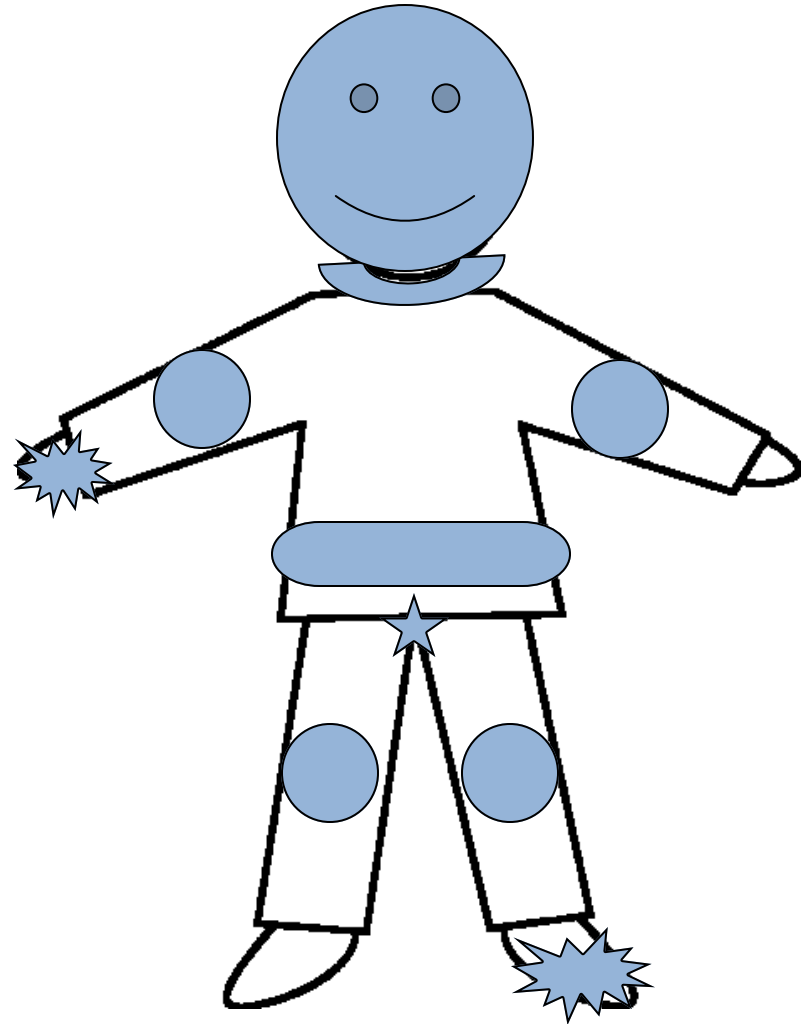
**Division 2: Calibration** is POSITIVE FORCE. This means that you go slightly beyond touch, you must use enough force that it goes beyond the surface, but not with power behind your blows.

**Division 3: Calibration** is LIGHT FORCE. This means that the weapon should bounce slightly upon contact. However, FACE thrusts require only a touch.

With ALL divisions, groin shots are very discouraged. Groin shots are not **chivalrous**. Honor your opponent and do not injure him or her!

If your **calibration** is too hard, you will receive a warning. If you continue to use too much force, you will be removed from the list and will be unable to fight for the day. Practice your calibration at home!

**Label all the parts of the armor that you are required to wear:**



# Division 3 Armor

Youth Ages 14-17

*When you fight, you MUST wear armor to protect your body. We don't want anyone getting hurt!*

**Head:** Helmet such as: hockey helmets, baseball catchers masks or fencing masks with full head protection. No opening can be more than 1.5". Must have chinstrap and must FIT without wiggling around on the head. Back of head and top of neck must be covered by a minimum of a flap of heavy leather attached to the base of the helm.

**Neck:** Minimum of medium (8 to 10 oz) leather is required to cover the neck, larynx and cervical vertebra.

**Torso:** Medium weight shirt or tunic. Kidney, sternum and xiphoid protection required made of medium leather backed with padding or foam. "Mature" females must also wear adequate chest protection, ie: quilted tunic.

**Shoulder** protection is recommended but not required.

**Arms:** Medium weight cloth tunic/garb. Elbow joint protection of hard (leather or plastic) over soft protection required. Hockey gloves with rigid thumb or full gauntlets required for hands unless covered by basket hilts. Hands in basket hilt require lightweight glove and half gauntlet.

**Legs:** Long pants required, medium weight cloth. Sturdy shoes: NO open toed shoes/sandals. Knees require hard (leather or plastic) over soft knee joint protection.

**Groin:** Boys must wear sports cup, girls must wear a padded skirt or undergarment of light leather. Girls may not wear a male style athletic cup!

**Label all the parts of the armor that you are required to wear:**

