



New Varangian Guard Inc.

Combat Rules and Safety Standards

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Introduction

This document represents the results of Agenda Item 9 of the NVG Inc. National Council Meeting held on the 10th of April 1994 at Wagga Wagga, N.S.W. These Rules and Standards now apply to all members of the New Varangian Guard Inc. This document represents nearly fifteen years experience in re-enactment combat for the purposes of education, research and most of all, fun. The purpose of this document is to clearly set out the rules for General and Projectile Combat, the specifications for equipment, and the guide-lines meet before the proposed combat to clarify the rules and type of combat to be used.

Safety is of prime importance and if any of these rules, standards or guide-lines are found to be deficient in any way common sense must prevail.

The New Varangian Guard Inc. admits no liability if goods are damaged or destroyed, or people are adversely effected in any way while following these rules, standards and guide-lines.

If any errors or omissions occur in this document please notify the NVG Inc. National Secretary.

Amendments

Rules formulated and accepted on 8th September, 1995, by NVG Inc Combat Sub-Committee.

Amended by Agenda Item 5 at the NVG Inc National Council Meeting, 8th - 10th June, 1996.

Amendments accepted at the NVG Inc. National Council Meeting, 30th March 1997.

Amendments accepted at the NVG Inc. Combat Sub Committee Meeting, 9th April 1999.

Amendments accepted at the NVG Inc. Combat Sub Committee Meeting, 30th September, 2001.

Amendments accepted at the NVG Inc. National Council Meeting, 20th April, 2003.

Control Of Weapons Acts

It is strongly recommend that anyone interested in owning, using or carrying any weapon checks the relevant local laws. The information presented here is intended to help in locating some of that information. Individuals should check the interpretation of the laws with the police and / or a lawyer. While the information is correct to the best of our knowledge at the time it was written, NVGinc takes no responsibility for the accuracy or currency of this information.

See <http://www.nvg.org.au> for the most up to date information

General Combat

1.1.0 Chain of Command

- 1.1.1 The Training Officer is subordinate to the President.
- 1.1.2 The Training Officer's instructions on the field are to be obeyed with dispatch at all times.
- 1.1.3 Failure to comply with the directions of the above mentioned officers may mean the offender will be barred from further participation or other penalty.
- 1.1.4 At interclub events the hosting garrison's Officers are ultimately responsible for combat control.

1.2.0 Combat Control

The various forms of General Combat practiced by the NVG Inc. are; Supervised Training, Practice Combat, Individual Combat, Melee Combat and Display Combat. All training is to be conducted according to the NVG Inc. Training Manual.

1.2.1 Supervised Training

- 1.2.1.1 Training of a novice by an approved combatant, under the supervision of the Training Officer. There is no intent to land a blow on the opponent, eg. footwork, shield work or basic weapon drill.

Recommendation: Normally to be carried out at reduced pace, each sequence of attacks and/or parries to be practiced should be clearly indicated by verbal or physical means to the trainee before their enactment.

1.2.2 Practice Combat

- 1.2.2.1 Free-form training of a trainee by an approved combatant, using weapons approved for hand-to-hand combat. This can involve striking the opponent, and is to be conducted under the close supervision of the Training Officer

1.2.3 Individual Combat

- 1.2.3.1 One-to-one combat between combatants who are currently approved as competent by the Training Officer, using weapons approved for hand-to-hand combat. The Training Officer must be aware of the bout but need not supervise it.

1.2.4 Melee Combat

- 1.2.4.1 Combat involving groups of approved combatants. At least one marshal must supervise and control melees.

1.2.5 Display Combat

- 1.2.5.1 Display combat is a special form of combat for display purposes performed by fully trained and qualified combatants.

- 1.2.6 A combatant may refuse to fight any other combatant without having to provide a reason.

1.2.7 The word 'HOLD'

- 1.2.7.1 The word 'HOLD' may be called at any display, training or combat situation to call all action to cease because of an injury, hazard or potential hazard.
- 1.2.7.2 The call to 'HOLD' must be passed on by participants and must be followed by all participants.

1.3.0 Marshals

- 1.3.1.1 A senior marshal shall be appointed by the hosting garrison for interclass events. All marshals shall be subordinate to the senior marshal.

1.3.1.2 Each participating garrison may be required to provide a marshal.

1.3.1.3 Marshals are inviolable from abuse.

1.3.1.4 The marshals rulings on the field are law.

1.3.2 Marshals Meetings

- 1.3.2.1 Marshals shall meet before the proposed combat to clarify the rules and type of combat to be used.

1.3.3 Marshals Duties

- 1.3.3.1 Marshals are responsible for making sure all combatants are aware of the rules of combat before they take to the field.

1.3.3.2 Marshals shall conduct weapon, armour and safety checks on all combatants before the combat commences.

1.3.3.3 During a combat a Marshals duties are:

- to start combats,
- to call 'HOLD' for reasons of safety (eg first aid, danger to participants or observers, etc.),
- to call 'HOLD' if dangerous actions are taking place and intervention is required,
- to calm combatants down,
- to talk to combatants to modify their behaviour,
- to make combatants leave the field because of dangerous behaviour,
- to make combatants remove dangerous equipment from the field.

1.4.0 Minimum Age for Participants in Combat

1.4.1 There is no minimum age at which training may be commenced but a minimum age of 16 is set for participation in combat.

1.4.2 A person under the age of 18 must provide written parental or guardian consent to the President or Training Officer before that person will be allowed to participate in combat or training.

1.5.0 Combat Competence

1.5.1 Combat competence is to be determined by the Training Officer, based on a suitable level of safety using the weapons for which the person is approved, and should be subject to regular appraisal.

- 1.5.2 A combatant's competence is judged by the Training Officer with the assistance of other experienced combatants.

1.6.0 Blows

1.6.1 General

- 1.6.1.1 All blows are to be delivered in a controlled manner with only sufficient force to be felt by an opponent without causing actual injury to the opponent.

- 1.6.1.2 No blow is ever to be delivered with full force.

1.6.2 Off Target Areas

- 1.6.2.1 In a training session or combat there must never be any intent to injure a fellow member of the New Varangian Guard Inc., a person from another club or any other individual.

- 1.6.2.2 Thrust, blows, feints of any description must not be made at any time to the following areas:

- Face,
- Groin,
- Elbows,
- Neck,
- Kidneys,
- Knees,
- Spine,
- Hands,
- Feet.

- 1.6.2.3 If any of these blows are performed with intent, the offender will be barred from further participation at the event, suffer disciplinary action or may be expelled from the organization.

- 1.6.2.4 Spear heads shall not be used offensively above the level of the armpit.

- 1.6.2.5 Spear thrust to the shins are prohibited, unless all participants in the combat are wearing shin armour. In this case thrusts to the shin are permitted by prior agreement of all the participants.

1.6.3 The Effects of Legal Blows in Combat

- 1.6.3.1 A legal blow to the following areas are considered to be an instant kill:

- the helm
- either shoulder
- the torso.

- 1.6.3.2 A cut or thrust to the following areas are considered to have severed an artery and will cause death in two minutes:

- the inside of the leg above the knee,
- the inside of the arm above the elbow.

- 1.6.3.3 One blow to any limb is considered to have rendered that limb totally useless.

- 1.6.3.4 It is the responsibility of the person giving a glancing blow to call it as having been glancing to the opponent.
- 1.6.3.5 A glancing blow will not be counted as a 'kill' or 'injury' once indicated by the giver.
- 1.6.4 **Shield Ramming and Charging**
 - 1.6.4.1 Shield charging may only be done at a maximum of a walking pace and is prohibited against an unaware opponent.
- 1.6.5 **Use of Two Handed Weapons**
 - 1.6.5.1 No two handed weapon may be used one handed to strike a blow.
- 1.6.6 **Padded Javelin**
 - 1.6.6.1 The minimum throwing distance of a padded javelin is 5 metres.
 - 1.6.6.2 A combatant using a padded javelin must ensure that the padded javelin is clean and in good condition before use.
 - 1.6.6.3 A combatant must not purposely aim the padded javelin at the 'off target' areas of an opponents body.

1.7.0 Equipment

- 1.7.1 **General**
 - 1.7.1.1 Equipment which is visible to the public must be historically documentable.
 - 1.7.1.2 Equipment which is blatantly historically inconsistent with the overall presentation of a combatant must be hidden from view.
 - 1.7.1.3 Equipment must not present a safety hazard to the user or other people.
- 1.7.2 **Inspection and Approval**
 - 1.7.2.1 All equipment is to be inspected and approved for use by the Training Officer prior to being taken onto the training or combat field for the first time.
 - 1.7.2.2 The President and the Training Officer may inspect any piece of equipment at any time.
 - 1.7.2.3 A piece of equipment will be banned from use if it fails inspection.
- 1.7.3 **Maintenance**
 - 1.7.3.1 It is a combatant's responsibility to ensure the upkeep of their own equipment.

Note: See Guide lines Section - Equipment Maintenance.

- 1.8.0 Alcohol and Other Performance Effecting Substances**
- 1.8.1 No combatant shall train or enter combat while under the influence of alcohol or other performance effecting substances.
- 1.8.2 A combatant found to be under the influence of alcohol or other performance effecting substances will be barred from further participation at the event, suffer disciplinary action or may be expelled from the organization.
- 1.9.0 Medical Matters**
- 1.9.1 Each combatant is responsible for maintaining current tetanus immunity by obtaining booster shots at regular intervals.
- 1.9.2 It is recommended that each combatant has a current Hepatitis B immunization.
- 1.9.3 If a combatant has any pre-existing medical condition which could effect safety in combat it must be declared to the Training Officer before commencing.
- 1.9.4 A bleeding combatant must leave the field of combat immediately and not return until the wound is covered and the bleeding stopped.
- 1.9.5 First Aid Kit**
- 1.9.5.1 A garrison must have first aid kit.
- 1.9.5.2 The garrison's first aid kit must be present at all training sessions, combats and displays.
- 1.9.5.3 The Training Officer is responsible for ensuring that the kit is present and equipped and that someone qualified in its use is present before any combat takes place.
- 1.10.0 Avenue of Appeal**
- 1.10.1 A combatant who is penalized under either Sections 1.3.0, 1.6.0 or 1.8.0 of General Combat may appeal against any decision. Note: See relevant section in the NVG Inc. Constitution.
- 1.11.0 Alterations To These Rules**
- 1.11.1 All rules amendment proposals are to be submitted to the nearest subgroup's Training Officer for local deliberation then sent to the NVG Inc. National Secretary clearly stating the reasons for such amendments.
- 1.11.2 The proposed rules amendments are then collated annually by the NVG Inc. National Secretary and sent to each garrison's Combat Sub-Committee Representative (eg. the Training Officer).
- 1.11.3 The proposed rules amendments are then discussed and voted on by each subgroup and the results reported back to the NVG Inc. National Secretary.
- 1.11.4 The proposed rules amendments finding accent by the majority of the subgroups then are incorporated into the NVG Inc. Combat Rules and Safety Standards.
- 1.11.5 The NVG Inc. National Secretary is responsible for the printing and distribution of copies of the NVG Inc. Combat Rules and Safety Standards.

Armour Specifications

2.1.0 General Standards

- 2.1.1 Additional armour is always recommended.
- 2.1.2 Elbow and knee protection is highly recommended.
- 2.1.3 Mouth guards are recommended.
- 2.1.4 Sturdy footwear must be worn during training and combat.
- 2.1.5 Under armoured combats may be performed by appropriately trained people for display purposes.
- 2.1.6 All skin on the arms and legs must be covered during training and combat.
- 2.1.7 The preferred padding materials are non-synthetics.
- 2.1.8 Body armour is defined as a gambeson or other armour providing at least the same level of protection specified for gambesons.

2.1.9 Armour Requirements

- 2.1.9.1 Training Sessions - The minimum armour required to participate in a training session is a helm, gauntlets, groin protection for males and females, and breast protection for females.
- 2.1.9.2 Combat - The minimum armour required to participate in combat is a helm, body armour, gauntlets, groin protection for males and females, and breast protection for females.
- 2.1.9.3 Display Combat - There is no minimum armour required to participate in display combat but common sense should be used.

2.2.0 Arming Cap or Helm Padding

- 2.2.1 Padding must be a minimum of 12 mm thick in its uncompressed state and must be capable of being compressed.
- 2.2.2 An arming cap or helm padding must cover the back of the head to the neck and cover the temples.

2.3.0 Breast Protection

- 2.3.1 Rigid breast protection is required to be worn by females in both training and combat.
- 2.3.2 The Breast Protection may consist of sheet leather, scale or lamellar or commercial available items.
- 2.3.3 Fencing breast cups are not an acceptable item of Breast Protection.

2.4.0 Gambeson

- 2.4.1 A gambeson is recommended basic armour.
- 2.4.2 When a gambeson is worn without other armour it must be as least protect the groin area, the torso, the points of the shoulders and the armpit areas.
- 2.4.3 A gambeson must be padded to a minimum of 12 mm thick on the body and 6 mm on the arms in its uncompressed state and must be capable of being compressed.
- 2.4.4 The addition of a padded collar on a gambeson is highly recommended.
- 2.4.5 Other padded armour must conform to the above specifications.
- 2.5.0 **Gauntlets**
- 2.5.1 Mailed hand protection should consist of a leather mitten or glove extending to the wrist with mail neatly and securely fastened to the back and thumb. Padding under the mail is recommended.
- 2.5.2 Padded hand protection must provide at least 6 mm thick padding extending over the digits, the back of the hand and the wrist.
- 2.6.0 **Groin Protection**
- 2.6.1 Rigid groin protection is required to be worn by males in all training and combat sessions.
- 2.6.2 Padded groin protection is required to be worn by females in all training and combat sessions.
- 2.6.3 Commercial products such as a cricket box or martial arts protector are preferred.
- 2.7.0 **Helm - General Combat**
- 2.7.1 **Construction**
- 2.7.1.1 A helm must be deep enough to protect the temples.
- 2.7.1.2 The minimum thickness for the walls of a mild steel helm is 1.6 mm.
- 2.7.1.3 The minimum rivet diameter for use in a helm is 2.8 mm.
- 2.7.1.4 Helms must be worn with an arming cap, helm padding or a suspension arrangement.
- 2.7.2 **Fastenings**
- 2.7.2.1 A helm must be securely fastened by a chin strap or equivalent manner so that the helm cannot accidentally fall off or turn to block vision.
- 2.7.2.2 The fastening must be quick releasing and easily accessible by others from the outside to facilitate first aid.
- 2.7.3 **Neck Protection**
- 2.7.3.1 Neck protection is recommended.

2.7.3.2 Neck protection should consist of either an aventail or separate coif or arming cap which protects the back and sides of the neck and head and extending down to at least the shoulders.

2.7.3.3 Similar protection for the throat is recommended.

2.8.0 Lamellar

2.8.1 The minimum thickness for lamellar armour is 3 mm in leather or 1.2 mm in mild steel.

2.8.2 Lamellar body armour may be made of thinner material than stated in '2.8.1' but must be worn in conjunction with a gambeson or other supplementary armour that fully compensates in protection for the thinner plates.

2.8.3 Some Lamellar body armour do not extend to cover all the body as required in the armour specifications. These types of armour must be supplemented to meet the required armour specifications.

2.9.0 Leather

2.9.1 The minimum thickness for leather armour is 4 mm in stiff cowhide.

2.9.2 Leather body armour may be made of thinner material than stated in '2.9.1' but must be worn in conjunction with a gambeson or other supplementary armour that fully compensates in protection for the thinner leather.

2.10.0 Mail

2.10.1 The recommended mail ring is a spring steel wire ring of 1.4 mm thickness and an 8 mm inner diameter.

2.10.2 Other sizes of mail rings may be used if documentable.

2.10.3 A mail hauberk may be made of lighter rings than stated in Section 2.10.1 but must be worn in conjunction with a gambeson.

2.10.4 A mail hauberk worn by it self must cover the mid thigh, the torso, the points of the shoulders and the armpits.

2.10.5 A gambeson is recommended to be worn under a mail hauberk.

2.11.0 Scale

2.11.1 The minimum thickness for scale armour is 3 mm in leather or 1.2 mm in mild steel.

2.11.2 Scale body armour may be made of thinner material than stated in '2.11.1' but must be worn in conjunction with a gambeson or other supplementary armour that fully compensates in protection for the thinner plates.

2.11.3 Some scale body armour do not extend to cover all the body as required in the armour specifications. These types of armour must be supplemented to meet the required armour specifications.

2.12.0 Shield

2.12.1 Metal coverings with the exception of a rim and a boss are prohibited.

2.12.2 The minimum thickness for a shield boss is 3 mm in mild steel.

2.13.0 Throat Protection

2.13.1 Throat Protection is recommended in General Combat. See Section 2.7.3. Neck Protection.

Arms Specifications

3.1.0 General Standards

3.1.1 It is recommended that during displays the following weapons be fitted with wrist strap:

- sword,
- mace,
- single handed axe.

3.1.2 It is recommended that during displays the heads of polearms be tied to the shaft.

3.1.3 The recommended material for bladed weapons is hardened and tempered spring steel.

3.1.4 The diameter of a 1 cent piece is 17.5 mm.

3.1.5 The diameter of a 2 cent piece is 21.5 mm.

3.2.0 Axe - Single Handed

3.2.1 The maximum head weight for a single handed axe is 500 gram.

3.2.2 The minimum edge thickness before rounding for a single handed axe is 2 mm.

3.2.3 The minimum horn radius for a single handed axe is equivalent to a 1 cent piece.

3.2.4 The maximum overall length of a single handed axe is 60 cm.

3.2.5 The minimum thickness for the blade tips is 3 mm.

3.3.0 Dagger

3.3.1 A dagger is a relatively small edged hand weapon not covered under sword.

3.3.2 The maximum weight for a dagger is 500 gram.

3.3.3 The minimum edge thickness before rounding for a dagger is 2 mm.

3.3.4 The minimum point for a dagger is equivalent to a 1 cent piece.

3.3.5 The maximum overall length of a dagger is 50 cm.

3.4.0 Padded Javelin

- 3.4.1 The minimum diameter of a javelin shaft is 16 mm with the ends cut square.
- 3.4.2 The recommended material is wood.
- 3.4.3 The maximum length of a javelin shaft is 1.8 metres.
- 3.4.4 Both front and back ends of a javelin shaft must be covered by a soft rubber stopper that is firmly affixed.
- 3.4.5. The head of the javelin.
 - 3.4.5.1 The head of the javelin must be padded and bound to 70 mm in diameter.
 - 3.4.5.2 The outer covering must be sturdy and firmly attached to the shaft.
 - 3.4.5.3 The balance point of the javelin must be no further than 1/3 of the length back from the head so the javelin does not turn in flight.

3.5.0 Mace

- 3.5.1 The maximum head weight for a mace is 300 gram.
- 3.5.2 The minimum edge thickness of flanges before rounding for a mace is 3 mm.
- 3.5.3 The minimum point thickness before rounding for a mace is 3 mm.
- 3.5.4 The maximum overall length of a mace is 60 cm.

3.6.0 Polearms (Other Than Spears)

- 3.6.1 A polearm is any weapon design to be used in both hands (spears are covered separately) such as a;
 - bill,
 - glaive,
 - halberd,
 - scythe and two handed axe.
- 3.6.2 Head Weight
 - 3.6.2.1 The maximum weight for a polearm head on a shaft equal to or less than 50 cm is 2000 grams.
 - 3.6.2.2 The maximum weight for a polearm head on a shaft equal to or less than 150 cm is 1000 grams.
 - 3.6.2.3 The maximum weight for a polearm head on a shaft greater than 150 cm is 700 grams.
- 3.6.3 The minimum edge thickness before rounding for a polearm head is 2 mm.
- 3.6.4 The minimum thrusting or striking point radius for a polearm head is equivalent to a 2 cent piece.

- 3.6.5 The minimum edge thickness for a thrusting tip of a polearm is 3 mm.
- 3.7.0 **Prohibited Weapons**
- 3.7.1 State and Federal laws governing prohibited weapons must be followed, refer to the appropriate legislation.
- 3.7.2 The use of the following weapons is prohibited as they cannot be rendered safe and are therefore likely to cause injury to an opponent: weapons with a spike, fluke or other piercing blade set at right angles to the handle used for striking (eg. war pick, some types of war hammer and some varieties of polearms); and articulated weapons (eg. flails).
- 3.8.0 **Spear**
- 3.8.1 **Head Weight**
- 3.8.1.1 The maximum weight for a spear head on a shaft equal to or less than 150 cm is 1000 gram.
- 3.8.1.2 The maximum weight for a spear head on a shaft greater than 150 cm is 700 gram.
- 3.8.2 The minimum edge thickness before rounding for a spear head is 2 mm.
- 3.8.3 The minimum edge thickness before rounding for the point of a spear head is 3 mm.
- 3.8.4 The minimum point for a spear head is equivalent to a 2 cent piece.
- 3.8.5 The maximum length for a single handed spear from butt to tip is 215 cm.
- 3.9.0 **Sword - Single Handed & Hand and a Half**
- 3.9.1 The maximum weight for a single handed and a hand and a half sword is 1600 gram.
- 3.9.2 The minimum edge thickness before rounding for a single handed or a hand and a half sword is 2 mm.
- 3.9.3 The minimum point for a single handed or a hand and a half sword is equivalent to a 1 cent piece.

Projectile Combat Rules

- 4.1.0 **General Rules**
- 4.1.1 The General Combat are to be followed if and when aspects of combat are not covered in this section. Where the rules for '*Projectile Combat*' and '*General Combat*' do overlap the rules for the former supersede the latter.
- 4.1.2 Projectile Combat is defined as individual or melee combat involving the use of approved missile weapons. It may or may not be mixed with infantry combat.

4.2.0 Off Target Areas

4.2.1 There are no illegal target areas for projectiles.

4.3.0 Arrow Testing

4.3.1 Every arrow must be tested before each combat in which it is intended to be used. The test method to be used is as follows:

4.3.1.1 Grasp the blunt between the thumb and forefinger of one hand and the nock between the thumb and forefinger of the other hand then flex the shaft slightly and inspect it for any splintering or cracking.

4.3.1.2 Rotate the shaft by 120° and repeat the process, rotate the shaft by another 120° and repeat the process again.

4.3.1.3 If the arrow shows any signs of splintering or other damage the arrow is to be discarded, until repaired if this is possible, and is not to be carried or used in further battles.

4.4.0 Missile Re-use During Combat

4.4.1 Arrows, javelins, darts and rocks once used in a combat may not be picked up and reused in a combat unless directed otherwise.

4.4.2 In combat where missile re-use during combat is allowed every missile must be checked for damage immediately it is picked up. See Section 3. Arrow Testing.

4.5.0 Minimum Distances

4.5.1 The minimum shooting distance for arrows and bolts is five metres.
Note: An archer may of course move away from a prospective target and so maintain the minimum shooting distance.

4.5.2 There is no minimum range set for javelins, darts or rocks (Note: the rocks referred to are specially prepared, see Projectile Combat Arms Specifications Section 7.8.0 - Rocks), but they must be released from the hand.

4.5.2.1 If javelins, darts or rocks are used in hand to hand combat their use must conform to the combat rules (eg. the blow must be pulled and on a legal target area).

4.5.3 The minimum firing distance for a siege engine is 10 metres.

4.6.0 Blows against Missile Combatants

4.6.1 An archer, missile hurler, slinger or any other missile combatant, shall be considered killed by infantry when they are touched by the combatant's weapon. This shall be done with an absolute minimum of force.

4.6.2 A combatant carrying both a bow and a sword or other such weapon are considered as archers until they discard their bow and can be killed by a simple touch of a weapon (as in Section 4.6.1).

4.7.0 The Effect of Missile Blows

4.7.1 A hit by a missile to the following areas is an instant kill:

- the helm,
- the torso.

4.7.2 A hit by a missile to any limb is considered to have rendered that limb totally useless.

4.7.3 A glancing blow is counted as a kill or an injury.

4.7.4 A hit by a missile from a siege engine anywhere on the body is an instant kill.

4.7.5 A hit by a missile on a bow renders it useless.

4.8.0 Proof Armour

4.8.1 The only item of armour which is considered proof against arrows, darts or javelins is the shield.

4.8.2 A shield is not proof against thrown or falling rocks, or machine hurled missiles.

Siege Engines in Combat

5.1.0 Safety

5.1.1 The safety of combatants and spectators is of paramount importance.

5.2.0 Rules of Engagement

5.2.1 All persons in the target zone must be informed before firing commences.

5.2.2 Low angle shots are to be discouraged.

5.2.3 Siege Engine Crew members must be armoured appropriately for the type of combat engaged in.

5.2.4 Siege Engine Crew members who wish to take part in combat must be qualified to do so.

5.3.0 Other Siege Equipment

5.3.1 The following equipment must never be used against combatants but may be used against fortifications:

- Battering ram,
- Siege ladder.

5.3.2 Other siege equipment must conform to the rules for General Equipment Sections 1.7.1.1 and 1.7.1.2.

Projectile Combat Armour Specifications

6.1.0 General Standards

- 6.1.1 The minimum armour required to participate in Projectile Combat is a helm fitted with missile proof face protection, complete neck and throat protection, body armour, gauntlets, groin protection for males, groin and breast protection for females.
- 6.1.2 The head and neck, down to the shoulders, must be covered in such a way that it is impossible for an arrow to penetrate through to the skin.
- 6.1.3 Combatants must cover all bare skin to avoid minor damage from missiles.
- 6.1.4 Additional armour is strongly recommended.

6.2.0 Gloves

- 6.2.1 The minimum hand protection required by an archer is a pair of leather gloves.

6.3.0 Helms

6.3.1 Visors

- 6.3.1.1 Projectile Combat helms (other than full-face helms) must be fitted with a visor of 3.5 mm woven wire mesh of 1.6 mm diameter minimum or perforated plate 16 gauge thick with holes 6 mm in diameter.
- 6.3.1.2 The visor must be riveted to a rigid frame constructed from steel a minimum of 3.0 mm thick and 10.0 mm wide.
- 6.3.1.3 The visor must extend past the temples and below the chin and be rigidly attached to the helm.

6.3.2 Neck Protection.

- 6.3.2.1 The back of the neck must be protected by an aventail or a thick leather coif or an arming cap.
- 6.3.2.2 If an aventail is used it must be securely attached to the visor so that they effectively become one piece.
- 6.3.2.3 A coif need not be laced to the helm.

6.3.3 Full-face Helms

- 6.3.3.1 Helms which normally provide full face cover (e.g. Barrel Helms) may have eye slits to the maximum of 8.0 mm wide.
- 6.3.3.2 Other holes in the helm exceeding 8.0 mm diameter should also be covered with woven wire mesh or perforated plate.

6.3.4 Perforated Plate.

- 6.3.4.1 The minimum specifications for perforated plate are: 16 gauge thickness; and the holes 6 mm in diameter.

- 6.3.4.2 Other types of perforated plate must be tested and passed by the Training Officer before use.
- 6.3.5 Specific Projectile Combat Helms.
 - 6.3.5.1 A helm used specifically for Projectile Combat may be of a thinner gauge than specified in Section 1.8.1.2 of General Combat.
- 6.4.0 **Throat Protection**
 - 6.4.1 Throat protection must be worn for Projectile Combat.
 - 6.4.2 The minimum requirement is a 3 mm leather collar covering the throat area from above the larynx down to the breastbone in one continuous piece and is to be lined with a minimum of 12 mm thickness of padding.
Note: Lamellar is considered to meet the requirement for 'one continuous piece' due to its construction.
 - 6.4.3 Mail covering the throat area from above the larynx down to the breastbone with a minimum of 12 mm thickness of padding underneath is also acceptable.

Projectile Combat Arms Specifications

- 7.1.0 **General Standards**
 - 7.1.1 Any arms proposed to be used in Projectile Combat will be first used on the proposer in a qualified test under the supervision of the President or Training Officer.
 - 7.1.2 If a missile develops cracks or any other symptom which is liable to cause a hazard to combatants during combat the missile must be immediately removed from the combat area or rendered un-usable.
- 7.2.0 **Arrows**
 - 7.2.1 Arrows must meet the following criteria:
 - 7.2.1.1 Wooden shafts are the only acceptable type of shaft to be used.
 - 7.2.1.2 The minimum arrow shaft size is 5/16 of an inch in diameter. However a shaft size of 11/32 inches in diameter is recommended.
 - 7.2.1.3 The maximum length for an arrow is 28 inches measured from where the string sits in the nock to the back of the rubber blunt.
Note: Take into account how much of the shaft is inside the blunt when cutting the shaft to size.
 - 7.2.1.4 The end of the shaft which is to be fitted into the rubber blunt must have its edge rounded.
 - 7.2.1.5 All shafts must be taped longitudinally with fibreglass tape (Scotch 898 glass fibre tape or equivalent) from the base of the fletching to the tip of the shaft.

7.2.1.6 All arrows should be identified with the owners personalized fletching colours (see The Fletching Register held by the Secretary of the NVG Inc.) and initials on the shaft.

7.2.1.7 Each shaft must be fitted with a rubber blunt with a minimum diameter of 19 mm before rounding and a minimum face of 12 mm diameter after rounding. The Riverhaven rubber blunts (see Appendix 1) and the HTM rubber blunts (see Appendix 1) are the recommended type of blunts to be used.

7.3.0 Bows

7.3.1 The only types of bows to be used in Projectile Combat are longbows, recurve bows and other bows of the period.

7.3.2 The maximum draw weight for a bow is 30 pounds at 28 inches.

7.3.3 The bow must not have any sights, limb marking or any other shooting aids.

7.4.0 Crossbows

7.4.1 The maximum draw weight allowed for a crossbow is 600 inch/pounds or less.

7.4.2 The draw weight for a crossbow can be derived by the following calculation:

- $A * B = C$
- Where: A = Prod poundage.
- B = The distance the string travels from the nut to rest.
- C = The draw weight of the crossbow.

7.4.3 The crossbow is a restricted weapons in some states and will require a license from the Police or some cases Ministerial approval.

7.5.0 Crossbow Bolts

7.5.1 Crossbow bolts must meet the following criteria:

7.5.1.1 Wooden shafts are the only acceptable type of shaft to be used.

7.5.1.2 The minimum bolt shaft size is 5/16 of an inch in diameter. However a shaft size of 11/32 inches in diameter is recommended.

7.5.1.3 The shaft length of a bolt will be dependant on the size of the crossbow.

7.5.1.4 The end of the shaft which is to be fitted into the rubber blunt must have its edge rounded.

7.5.1.5 All shafts are to be taped longitudinally with fibreglass tape (Scotch 898 glass fibre tape or equivalent) from the base of the fletching to the tip of the shaft.

7.5.1.6 Each shaft must be fitted with a rubber blunt with a minimum diameter of 19 mm before rounding and a minimum face of 12 mm diameter after rounding. The Riverhaven rubber blunts (see Appendix 1) and the HTM rubber blunts (see Appendix 1) are the recommended type of blunts to be used.

7.6.0 Darts

7.6.1 Dart shafts must be made from wood.

- 7.6.2 A rubber blunt must be attached to the impacting end.
- 7.7.0 **Javelins**
- 7.7.1 Javelin shafts must be made from wood.
- 7.7.2 A rubber ferrule must be attached to the impacting end.
- 7.7.3 Rubber ferrules used for walking sticks or crutches are recommended for use because they are designed for continuous impact and wear.
- 7.7.4 Other types of rubber stoppers will be judged on a case by case basis.
- 7.8.0 **Rocks**
- 7.8.1 The rocks used in Projectile Combat are made of paper maché or other light weight materials and have little appreciable weight.
- 7.9.0 **Siege Engine Ammunition**
- 7.9.1 The only types of ammunition allowed to be used in a siege engine are rocks made from paper maché or other light weight materials and have little appreciable weight.
- 7.10.0 **Slings and Staff Slings**
- 7.10.1 The maximum weight for a sling projectile is 100 grams.
- 7.10.2 A sling projectile must be made of a non-rigid materials and must be able to be compressed.
- 7.10.3 The shaft of a staff sling must be made of wood.

8.0 Guidelines

Equipment Maintenance

After each meeting members should check their equipment and perform the following:

- A. File out notches and burrs in blades, repair shafts and grips.
- B. Mend any damaged armour, especially mail as "mail moth" spreads rapidly.
- C. Clean and polish metal equipment with steel wool or fine emery and protect the surface with a light coat of oil.
- D. Apply linseed oil to wooden items and remove splinters by rubbing with sand paper.
- E. Ensure that all leather items are kept clean and dry and that items which must be kept supple are periodically rubbed down with neatsfoot oil.

Weapons must not be stuck in the ground, as doing so creates the risk of serious infection should anyone be injured by the weapon, and also risks damage to the weapon.

All weapons are to be kept free of rust and other foreign matter and should be wiped down with methylated spirits periodically.

9.0 Glossary

ARMING CAP

A cloth cap normally quilted which was worn under a coif or a helm.

ARROW

A missile weapon consisting of a wooden shaft with a pointed head which is fired from a bow.

AVENTAIL

Neck protection which hangs down from the helm to the shoulders, usually consisting of leather or mail.

AXE

A blade attached to a shaft at right angles used in a striking motion.

BOW

A stringed projectile weapon used to throw arrows. Consisting of a flexible shaft with the two ends attach to each other by a string.

BYRNIE

An early English term for mail body armour.

COIF

Mailed head defence which was worn by itself or under a helm, dating from the 10th Century.

COMBAT SUB COMMITTEE

The Combat Sub-Committee is a sub-committee of the NVG Inc. Executive and Council for the purpose of co-ordinating the development and implementation of the National Combat Rules and Safety Standards, and fostering the safe and correct use and instruction of combat techniques for the purposes of Display, General and Projectile combat. The Combat Sub-Committee is overseen by the National Secretary and the rest of the sub-committee is made up of the Training Officers (or a delegated person) from each garrison of the NVG Inc .

CROSSBOW

A stringed projectile weapon consisting of a bow mounted cross-wise on a wooden shaft called a tiller. Used to fire missiles called bolts.

CROSS GUARD

The part of the hilt set crosswise to the blade and the grip.

CUIR-BOUILLI

Leather that has been hardened by boiling in a liquid such as a oil or water.

DAGGER

A edged weapon consisting of a short pointed blade and handle.

FULLER

The groove running along some of the length of the blade of an edged weapon, designed to lighten it and make it more elastic.

GAMBESON

A defensive garment made of quilted cloth stuffed with waste material. Originally worn under the hauberk as padding. It was often the sole defensive armour for infantry.

GAUNTLETS

Hand armour, which were made of leather, leather covered with mail or scale or made completely of plate alone.

GENERAL COMBAT

A type of combat normally involving the use of infantry for the purposes of enjoyment, recreation and public display.

GREAVES

Defensive armour for the lower legs.

HAUBERK

In the 11th to the 13th Centuries a long tunic made of mail rings was used as body armour. The mail extended from the neck to the knees and was worn over a gambeson. The sleeves at first came down to the elbows but later they were extended down to the wrists and finally the mail reached over the hands to form mittens.

HELM

Head armour which came in a variety of materials and designs.

HILT

The whole of the grip and the guard of a bladed weapon.

HORN

A horn is the apex of a blade such as on an axe or other polearm.

JAVELIN

A light spear sometimes used as a throwing weapon.

LAMELLAR

Armour made from interlaced pieces of leather, horn or steel, usually the pieces overlapped upwards.

MACE

A hand weapon consisting of a haft with a head which came in a variety of shapes.

MAIL

Armour made from interconnected iron rings, usually riveted (wound wire) or solid (punched) and some abutted in the East.

MARSHAL

An appointed person in charge of combat.

NASAL

A bar of iron attached to the front of a helm and extending down over the face in line with the nose which provided facial protection.

POLEARM

A short or long hafted weapon with an edge weapon attached to the head of the shaft.

POMMEL

The end of the grip in swords and daggers, used to give a better hold or to balance the weapon.

PROJECTILE COMBAT

A type of combat involving the use of specialized armour because of the use of projectiles, lots of fun and more historically accurate form of combat.

QUARTER STAFF

A length of wood about 2 metres long (about the head height of the user), round in section. Used for both attack and defence, and as a practice weapon instead of similar polearms. The quarter staff was used two handed.

SCALE

Armour made from interlaced pieces of leather, horn or steel attached to a backing material, usually the pieces overlapped downwards.

SCRAMASAX

A large knife with a blade having a straight back, a single cutting edge and a point of varying shape. The size varied from 30 - 40 cm to 85 - 100cm in length.

SHIELD

A piece of defensive armour which came in a variety of sizes and shapes. Usually carried on the left hand side of the body and used to deflect or absorb missiles or blows from opponent's weapons.

SLING

A throwing weapon consisting of a strap of leather or fabric at the centre of which is a pouch for holding projectiles.

SPEAR

A staff weapon mainly used for thrusting.

STAFF SLING

A hafted throwing weapon consisting of a sling attached to the end of a wooded haft.

WORD

A edged hand weapon with a long blade used for either cutting or thrusting or both.

TRAINING OFFICER

A generic name for the vice-president of a garrison, usually in control of training and combat.

VAMBRACES

Defensive armour for the lower arm.

Links

Australian Medieval Conference Combat Rules
<http://www.geocities.com/legviii/combat.htm>

The NAAMA Rules (New Zealand)
<http://www.medieval.co.nz/naama/combattru.htm>

New Varangian Guard INC
<http://www.nvg.org.au>