



ARMORED MMA

MEDIEVAL CAGE FIGHTING

RULES AND REGULATIONS 2025

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1.0 Categories of Fighting

1.1 Exhibition.

1. Rounds: Three lasting 60 seconds.
2. Rest: 60 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: No requirements (subject to change)
5. Mixed Weapons: Allowed.
6. Ground Game: Up to 10 seconds.
7. Ranking: No.

1.2 Amateur Profight.

1. Rounds: Two lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: In the event of a tie, there will be one sudden death round lasting 60 seconds. Following the announcement of a sudden death round, a 60-second rest period is granted.
4. Weight Class: No requirements (subject to change)
5. Mixed Weapons: Allowed.
6. Ground Game: Up to 15 seconds.
7. Ranking: No; however, results will be considered to promote to the Professional category.

1.3 Professional Profight.

1. Rounds: Three lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: Yes; fighters must be in the same weight class.
5. Mixed Weapons: No; both fighters must have the same weapon type load out.
6. Ground Game: Up to 15 seconds.
7. Ranking: Yes; results count in rankings and for crown match considerations.

1.4 Crown Match/Title Fight.

1. Rounds: Five lasting 120 seconds.
2. Rest: 120 seconds between rounds.
3. Sudden Death: No.
4. Weight Class: Yes; fighters will be in the same weight class.
5. Mixed Weapons: No; both fighters must have the same weapon type load out.
6. Ground Game: Up to 15 seconds.
7. Ranking: Yes; results count in rankings and for crown match considerations.

2.0 Weight Classes

2.1 Weigh-Ins

All Fighters must make weight within a 5-hour window in the 24-hour period before their fight time.

EX: If a fighter has to fight on Wednesday at 9:45 pm, then their weight must be recorded within the range between 4:45 pm and 9:45 pm Tuesday.

2.2 Exhibition and Amateur Profights

Exhibition and Amateur Profights can have fighters competing against each other from any weight class as long as the fighters agree. (*This is subject to change with a sunset clause as more fighters enter the sport)

2.3 Professional Profights and Crown Matches

Fighters must have the same weight class and make weight in Profights and Crown Matches. Fighters can elect to fight up (not down) one weight class if both fighters agree.

EX: Fighter A weighs 185 (Middleweight) and Fighter B weighs 205 (Light Heavyweight). The fighters can agree to do a Light Heavyweight fight, but they cannot agree to do a Middleweight match.

Table 2.x

Category	Weight (in lbs)
Strawweight	<115
Fly Weight	116-125
Bantam Weight	126-135
Featherweight	136-145
Light Weight	146-155
Welterweight	156-165
Super Welterweight	166-175
Middleweight	176-185
Light Heavyweight	186-205

Cruiser Weight	206-225
Heavy Weight	226-265
Super Heavyweight	266-300
Titan Weight	<301

3.0 Management of the Fights

Each fight will be supported by a combination of marshals, judges, an announcer, and a supporting crew. The fights will have the following positions staffed.

3.1 Marshal

The Marshal is in the cage with the appropriate uniform and is responsible for ensuring safety during the fights and enforcing the rules. Additionally, the Marshal will make judgments on consequences throughout the fight. Marshals give the commands described and evaluate inactive clinches, ground game, and knockouts. At any time, the Marshal may stop the fight for safety or medical reasons, at their discretion. The Marshal's decisions are final and will not be challenged or reviewed. Formal complaints for revisions to decisions can be made to the Armored MMA board between 12 and 72 hours after the decision in question was made. No complaints can be filled before or after that window.

3.2 Counters/Judges

There will be four Judges who are responsible for independently keeping the score of their assigned fighter throughout the fight, annotating disarms and armor failures. They should be spaced around the outside of the cage to provide a complete view from all angles of the fighters.

3.3 Timekeeper

The timekeeper maintains the duration of the fights to include rounds, rests, recovery periods, and repair periods.

3.4 Secretary

The Secretary will record the results of each round to include points earned by each fighter. Additionally, they will record the judgments passed by the Marshal and any medical incidents that may occur.

3.5 Announcer

The Announcer will introduce the fighter, broadcast the Marshal's judgments, and declare time warnings as described in the Announcer's commands.

4.0 Commands

4.1 Announcer Commands

The Announcer will adhere to the script as drafted in the following format.

4.1.1 The Announcer will introduce the fighters as they come into the cage

4.1.2 After the announces have introduced the fighters into the cage they will give the following commands:

"Fighters to the Center"... "(city name), for our (number fight in the evening) we have a (insert type of fight)."

EX: "Fighters to the Center... Nashville, for our 5th fight of the evening, we have an Amateur Profight)

4.1.3 Reintroduce each fighter including a description of their attire.

EX: "Once again, wearing the blue belt flag, we have Cody Smith, and his opponent, wearing the red belt flag is, Jakub Black")

4.1.4 "Fighters have agreed to (amount of rounds) (amount of time).

EX: Exhibition Fight. "Fighters have agreed to three 1-minute rounds with a 60-second rest."

EX: Amateur Profight. "Fighters have agreed to two 2-minute rounds with a 1-minute sudden death if necessary"

EX: Professional Profight. "Fighters have agreed to three 2-minute rounds with a 2-minute rest."

EX: Title/Crown Match. "Fighters have agreed to five 2-minute rounds with a 2-minute rest."

4.1.5 State the Rules

Exhibition: "There will be no strikes to the armpits, the groin, the back of the knee, or the neck. If your clinch is inactive for 4 seconds you will be separated. If you're taken to the ground you will be stood back up after 10 seconds. You must obey the Marshal at all times and defend yourself at all times."

"Fighters do you agree to these terms.... Then touch tips and head back to your corners."

Amateur Profights, Profights and Crown Matches: "No illegal strikes. If you're taken to the ground you will be stood back up after 15 seconds. You must obey the Marshal at all times and defend yourself at all times."

"Fighters, do you agree to these terms... Then touch tips and head back to your corners."

4.1.6 Start the Fight. "Fighter number one, are you ready? Fighter number two, are you ready? And (city name) are you ready for (insert engaging statement)?.... Then, Start Fight!"

4.1.7 During the fight, the announcer will use the following commands:

Timer Call

One minute, 30 seconds, 10 seconds warnings.

During an armor failure.

"Stop fight, armor failure. The fighter will have 1 minute to fix the issue."

End of round.

"Stop fight; fighters to your corners. We will give them a short break before sending them back in."

End of final round.

"Stop fight; fighters return to your corners. We will take a few minutes to decide a winner."

End of fight, not related to the end of a round.

"Stop fight."

4.1.8 During the rest period.

Call one-minute and thirty-second warnings.

Call "15 seconds fighters. Lock and load, and let's go" during the rest period.

4.1.9 When the Marshal breaks an inactive clinch or stands fighters up after a takedown.

"Fighters separate."

4.1.10 Sudden Death Round.

"The judges have decided that we are going into a 1-minute sudden death round."

"We will give the fighters 1 extra minute to prepare for the final round."

4.1.11 Announcing the Winner.

"Fighters if you can still stand, to the center of the ring"

"After (number) of rounds, your winner by (decision, tko, or knock out etc) is, (the winner's name).

4.2 Marshal Commands

The Marshal will use the following commands in the fights before, during, and after each round. These are the commands that can be issued by the Marshal that must be obeyed by the fighters and counters.

4.2.1 Start Fight. At the beginning of a round or any point action has been halted, the Marshal must place the marshal stick *between the fighters*, raise the flag, and command "start fight" to allow action to resume.

"Start Fight."

4.2.2 Any time the marshal decides the fight must be paused or is over, the Marshal must place the marshal stick *between the fighters* and verbally announce a halt to the fight until the fighters have stopped fighting. Fighters must immediately stop striking.

"Stop Fight."

4.2.3 Disarm. When a fighter illegally loses their weapon, the marshal must halt the fight, announce the disarm, and 3-point award. The point awarded goes to the fighter that did not lose their weapon.

"Stop Fight, Disarm, Three Points Awarded to (belt flag color)."

4.2.4 Inactive Clinch/Takedown/Separation. When a clinch is inactive or the fighters are being stood back up after a takedown or any other time the fighters need to be parted, the Marshal will use this command. The Marshal will direct each fighter to a good position, place the marshal stick between the fighters, and start the fight.

"Stop Fight, Separate."

4.2.5 Illegal Strike. The Marshal will use this command when a fighter illegally strikes their opponent. The Marshal will decide the appropriate course of action.

"Stop Fight, Illegal Strike to (body part), this is Sanction number (x) on (belt flag color, offending fighter)."

"Award (y amount) Penalty Points to (belt flag color of fighter that was hit by illegal strike)."

4.2.6 Attempted Stabbing. Whenever the marshal sees an action that could be considered an Attempted Stabbing.

"Stop Fight, Separate, Attempted Stabbing, Sanction Number (x) on (belt flag color)."

5.0 Weapon Requirements

All weapons must have a striking edge with a minimum thickness of 2 mm and a maximum of 8mm. One-handed weapons must have a striking edge with a radius of 35mm or more, up to a near-straight edge. Two-handed weapons must have a striking edge with a radius of 50mm or more up to a near-straight edge. All nonstriking edges must have a radius of 10mm.

-a. Sword/Falchion

1. D-Guards are not allowed
2. Must have a cross-guard
3. Cross guard can only exceed the edge of the gauntlet by 2 cms
4. Must have a pommel
5. Weight of the sword for men must be between 1.4kg-1.5kg with a balance point of 7cm or more from the cross guard
6. Weight of the sword for women must be between 1.3kg-1.4kg with a balance point of 5cm or more from the cross guard.
7. Max Full Length is 100cm Min Full Length is 80 cm
8. Tip of sword must be Min 10 mm \emptyset
9. Striking edge thickness must be min 2mm ; Max 8mm

-b. One-handed Mace/Axe

1. Must be between 50 cm and 80 cm in total length
2. Total weight must be between 800g and 1200g
3. The haft must be made out of wood
4. Striking edge thickness must be min 2mm ; Max 8mm
5. Striking Radius must be min 50mm

-c. Two-Handed Axe

1. Must weigh between 1.5kg and 2.0kg
2. Must be between 120cm and 180cm total length
3. Beard must turn back towards handle and touch the handle
4. There must be only one striking edge (no spears)
5. There must be no hammerbacks or unicorn spikes
6. No part of the axe head shall go above the top of the haft
7. Striking edge thickness must be min 2mm ; Max 8mm
8. Striking Radius must be min 50mm

-d. Two-Handed Swords

1. D-Guards are permitted
2. Must have at least a cross-guard
3. None D-guard cross-guards can not go beyond the gauntlet by more than 3cms
4. Must be between 110 cm to 130 cm long
5. Must weigh between 1.8kg and 2.5kg
6. Tip of sword must be Min 10 mm \emptyset
7. Striking edge must be min 2mm ; Max 8mm

5. 1 Shield Requirements

-a. Punch Shield

1. Weight includes both shield and gauntlet: 1800g to 2500g
2. Length min-max: 50cm - 70cm
3. Striking edge must be between 15cm and 25cm wide
4. Back edge must be between 20cm - 35cm inches
5. Striking edge Must have a metal plate covered with leather
6. Leather must cover all edges of the shield
7. Striking edge must be straight across, no pointed punch shields.
8. Thickness of striking edge must be between 10 mm and 40mm

-b. Buckler

1. Weight includes both shield and gauntlet: 1800g to 2500g
2. Length min-max: 25cm-35cm
3. Bucklers must be made of metal. No wooden bucklers
4. Thickness of striking edge must be between 2mm and 8mm

6.0 Rules of Conduct

6.1 Approved Actions

In general, all actions that are not explicitly described as illegal Actions will be considered Approved Actions at the ultimate discretion of the Marshal's judgment.

6.1.2 Blade Placement: At all times, the fighters will demonstrate controlled blade placement in a manner in which the tip of the blade will not be directed or pointed at their opponent.

6.1.3 Active Engagement: At all times, the fighters will continuously engage in the fight.

Advancing on the opponent, or attempting to strike/grapple/take down the opponent will be considered engagement.

Creating or using distance to evaluate or attempt an alternative strategy is considered affirmative action and will not be penalized as timidity.

6.1.4 Weapon Grabs: Fighters can grab the haft of an ax or the handle of their opponent's two-handed weapon. They may also intentionally remove the weapon from their opponent and this will count as a disarm.

The exception to this is when the Marshal resets the Fighters in a standing position in an initial clinch with an over/under-armed hook.

6.1.5 Fighters may grab the blade of their own weapon.

6.1.6 Hooking or pinning the opponent's arm or shield.

6.1.7 Two-Handed Weapons. Pommel strikes must be made in a slashing motion and only count as 1 point. It is illegal to thrust to the bottom or top of the ax.

6.2 Ground Game

6.2.1 Takedown Considerations

A takedown that results in both fighters going down will award 2 points to the fighter who lands in a dominant position.

Any takedown attempt that results in a counter mid-throw will result in 2 points if the fighter who does the counter lands in a dominant position.

If both fighters go down without a fighter establishing a dominant position, no points will be awarded.

A takedown that results in only one fighter going down will be considered a throw and award 3 points to the fighter who executed the throw.

6.2.2 Dominant/Non-Dominant Position

A fighter is considered to be in a dominant position when they have two points of contact while the opponent has three points of contact on the ground.

Having control of a downed opponent by making at least three points of contact (ex: full mount, north-south, knee on belly, pinning limbs) is considered to be in a dominant position.

If a fighter is in a dominant position they are awarded 2 points for every clean strike anywhere on the body of their opponent (headbutts do not count as points while on the ground).

Fighters in a non-dominant position may strike from this position but will only receive 1 point per clean strike no matter where on the body it hits.

Reversals. In a non-dominant position, the fighter can fight for the dominant position. If the fighter successfully goes from a non-dominant position to a dominant position, they are awarded 2 points.

6.2.3 Disarm on the Ground. Once a fighter makes three points of contact with the floor or a grounded opponent, they may drop their weapon and continue the fight. This includes two-handed weapons.

After a throw or a takedown, if one or both fighters drop their weapons, the fight will resume until the ground game count expires. This includes if one or both fighters return to two points of contact with the ground (standing). If one or both fighters do not have their weapon, the ground game count will continue.

If both fighters are standing while one or both fighters are without their weapon(s), the points will be scored as normal since neither fighters are in a dominate position.

6.2.4 Duration. As soon as a fighter makes three points of contact with the ground due to the efforts of their opponent, a ground game count will begin. The ground game count is 10 seconds for Exhibition fights and 15 seconds for Amateur, Professional Profights, and Title/Crown Matches. Once the count has expired, both fighters will be stood back up, collect any dropped weapons, separated by 10 feet and the fight will resume.

If both fighters return to standing while having their weapons in their possession, the ground game count will stop and the fighters will resume fighting as usual.

During the ground game count, if both fighters return to two points of contact with the ground, and then fall back to the ground, the ground game count begins again (resets).

If one or both fighters return to standing without a weapon, the ground game count will continue. If one or both fighters go back to the ground due to the efforts of their opponent, the ground game count begins again.

If one fighter gets off the ground or is standing, while the other fighter maintains three points of contact with the ground, the count continues until the count ends. The Marshal will not stop the count and return the fighter to standing prior to the end of the count.

6.2.5 Illegal strikes while on the ground

If a fighter is making three points of contact with the ground, the standing fighter cannot jump off the cage and attack/land on the grounded fighter

If a fighter is making three points of contact with the ground, the standing fighter cannot kick the fighter

If a fighter is making three points of contact with the ground, the standing fighter cannot stomp on the opponent

Two-handed weapons are not allowed to be used to strike a downed opponent

6.3 Fight Stoppage.

At any point the marshal is allowed to call a stop to the fight, either to pause the fight or end the fight entirely. Conditions in which the fight will be ended.

6.3.1 If a fighter is no longer actively defending themselves the fight will be ended

6.3.2 If the fighter vomits during the fight or between rounds, the fight will be ended

6.3.3 If the fighter accumulates 3 sanctions, the fight will be ended

6.4.3 If the fighter “taps out” verbally forfeits at any point during the fight or breaks

6.4 Illegal Actions

In general, all illegal actions will result in a stop fight and some form of consequence. All consequences are determined by the Marshal and recorded by the Counters/Judges and Secretary. Further detail on consequences can be found in Section 7.x

6.4.1 Strikes while standing or grounded: These illegal actions will result in a Penalty in addition to the predetermined recovery period as decided by the Marshal, described in Table 7.x.

6.4.1.1 The neck and throat area.

6.4.1.2 Targeting repeated shots to the armpit.

6.4.1.3 Back of the Knee.

6.4.1.4 Groin.

6.4.1.5 Top of the foot, including foot stomps.

6.4.1.6 Targeting repeated shots to the kidney.

6.4.1.7 Vertical strikes to the spine.

6.4.2 Ground Game: When one or both fighters demonstrate three points of contact, the Ground Game considerations are enforced in addition to Penalties and the predetermined recovery period as decided by the Marshal, described in Table 7.x. Illegal Actions considered in a dominant or non-dominant position are as follows:

6.4.2.1 Jumping off the Cage to land on a grounded opponent.

6.4.2.2 Any kicks. Knees to the opponent will be judged at the discretion of the Marshal.

6.4.2.3 Stomping any part of the body.

6.4.2.4 Weapon strikes with 2-handed weapons.

6.4.3 Throws: Any throw that spikes a fighter’s crown of the head into the ground

6.4.4 Thrusts/stabbings

All thrusts or stabs with a weapon are illegal and will result in an immediate stop fight and forfeiture of the fighter who did the thrust/stab

Two-Handed Weapons. Thrust with the top or bottom of the weapon is illegal and will result in an immediate stop fight and forfeiture of the fighter who did the thrust

6.4.5 Attempted Stabbings

Any time a fighter points the tip of their weapon at their opponent that could be deemed dangerous by the marshal

6.4.6 Delaying Action/Timidity

The Marshal will stop the fight if both fighters demonstrate a delay or timidity. The fighters will be brought to the center of the ring and placed into a clinch. This clinch will be set up with the right arm in an over-hook and the left arm in an under-hook.

For Fighters using Two-Handed weapons, there will be no gripping of the weapon with the hand not engaged in the over/under-armed hook in the clinch at the onset of the reset.

6.4.7 Inactive Clinch

If both fighters are in a clinch and the action has stopped, the Marshal will give the verbal command to engage. If the action does not continue, the marshal will stop the fight after four seconds of inactivity. The fighters will be separated approximately 10 feet apart and the fight will resume.

6.4.8 Weapon Grabs (Opponent). A fighter cannot grab the blade of the other fighter's weapon with their hand.

6.4.9 Hooking or pinning the opponent's blade. Any bracing or looping around the blade is illegal

6.5.10 Strikes to the feet. It is illegal to strike at the feet intentionally regardless if the fighter is standing or grounded.

If the fighter on the ground goes to block a strike with their feet pointed up at their opponent and gets hit in the foot, it is not considered an illegal strike to the foot.

If a fighter throws a kick and the other fighter strikes the foot, it is not an illegal strike to the foot.

6.5 Disarms.

A fighter may grab the other fighter's haft or handle of the weapon (to include two-handed weapons) and remove it intentionally from their opponent. This will count as a disarm.

If a fighter is disarmed/drops their weapon, fighters must retrieve their own weapons from the ground and reset into the position before the weapon dropped. Consequences for disarms are described in Sec. 7.x

6.6 Armor Failures

An armor failure is described when a portion of the armor breaks or detaches in such a way that it no longer provides sufficient protection to the fighter. The general protocol for an armor failure that occurs on the ground or in a clinch is: the fight is stopped, the armor is repaired and the marshal will place the opponents back into the position of when the armor failure occurred. The Marshal will enforce time constraints and consequences as determined by Sec. 7.x. The following conditions are regarded as armor failures and will follow subsequent protocol.

6.6.1 Helmet. The helmet falls off, or the visor breaks (including the strap).

If the face visor strap breaks for a face plate, the fighter may use athletic tape to secure the visor during the repair period.

6.6.2 Gauntlet

Falls Off. The fighter will have 30 seconds to put the gauntlet back on or be penalized.

Break. If a gauntlet breaks during a fight, armor failure protocol is followed. The fighter may replace the gauntlet to resume the fight. The fighter's support team can repair the gauntlet and return it to the fighter during the next break.

6.6.3 Arms (Pauldron, Rerebrace, Couter, Vambrace)

Pauldron/Shoulder. If the top tie of the pauldron falls off/comes undone, armor failure protocol is followed. If the lower strap of the pauldron falls off/comes undone but the top tie remains intact, the fight will continue with no stop. The strap can be put back on the fighter during the break.

Rerebrace/Bicep. The fight will continue with no stop fight. The rerebrace can be put back on the fighter during the break.

Couter/Elbow. If the elbow falls off the fighter or is in a position that no longer protects the elbow properly, the armor failure protocol will follow.

Vambrace/Forearm. If the Vambrace/Forearm falls off the fighter or is in a position that no longer protects the forearm properly, the armor failure protocol will follow.

6.6.4 Legs (Upper Legs, Knees, Shins). Any failure of armor on the legs, including undoing or breaking of straps and ties, the armor failure protocol will follow.

6.6.5 Shoes and Sabatons. Fighters must wear both period-accurate shoes and sabatons. Modern tread is not allowed on the bottom of the shoes. If the shoe comes untied, the fight will continue with no stop. The shoe can be tied during the break.

If the shoe comes off, the armor failure protocol will follow. If the sabaton breaks/falls off/fails, the fight will continue with no stop and can be put back on during the break.

6.6.6 Chest

If a plate falls off the chest protection the fight will continue unless the plate has fallen off of the spine area. If the plate came from the spine, the armor failure protocol will follow.

Tassets or hanging armor attached to the chest piece may fall off without causing a stoppage to the fight. Fighters may put the tasset or hanging armor back on between rounds.

6.6.7 Weapon breakage. If a weapon breaks in any way, the armor failure protocol will follow.

6.6.8. Shields. If a shield breaks in any way, the armor failure protocol will follow. The broken shield can be fixed by the support team and given back to the fighter during the break.

6.7 Armor Failure Protocol

If the fight is stopped for an armor failure, the following armor failure protocol will go into effect:

First Armor Failure: The fighter will have 1 minute to replace or fix the armor failure. If the armor failure isn't resolved within the 1 minute, 10 points will be awarded to the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Second Armor Failure: The fighter will have 1 minute to replace or fix the armor failure. If the armor failure isn't resolved within the 1 minute, 10 points will be awarded to the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Third Armor Failure: The fighter who did not have the armor failure will automatically be given 10 points. If the armor failure isn't resolved within 1 minute, another 10 points are awarded to

the fighter that did not have the armor failure. If the armor failure isn't resolved within 2 minutes, the fighter will be disqualified.

Fourth Armor Failure: The fighter will be automatically disqualified

7.0 Consequences

In general, illegal actions will result in a stop to fight with Recovery Periods, Warnings, Penalties, Sanctions, and/or Forfeits issued, as determined by the Marshal. A Sanction may also be imposed upon the offending Fighter in conjunction with Penalties. A culmination of three Sanctions in any match will result in a forfeiture. Additionally, a recovery period may be awarded as decided by the Marshal. The fighter receiving the illegal strike may use the full recovery time or begin before the full period has expired. The minimum recovery time is 120 seconds for any illegal action.

7.1 Recovery Period.

Recovery periods are breaks initiated during a round following a significant illegal action. Recovery periods are determined by the Marshal following the guidelines in Table 7.1. The fighter who received the illegal action may request the Marshal to stop the recovery period and resume the fight.

Table 7.1

Illegal Action (Standing and Ground Game)	Recovery Period
The neck and throat area	2-5 min
Back of the Knee	2-5 min
Groin	2-5 min
Targeting repeated shots to the armpit	2-3 min
Top of foot (including foot stomps)	2-3 min
Targeting repeated shots to the kidney	2-3 min
Vertical Stikes to the Spine	2-3 min
Throws when crown of fighter's head hits ground	2-3 min
Ground Game Only Considerations	Recovery Period

Jumping off the Cage to land on a grounded opponent	2-3 min
Any kicks	2-3 min
Stomping any part of the body	2-3 min
Weapon strikes with 2-handed weapons	2-3 min

7.2 Warnings

Warnings are a verbal reprimand issued by the Marshal to correct an illegal actions. The Marshal may choose to stop the fight while issuing this verbal reprimand. Warnings are issued one time, with two or more illegal actions incurring more severe consequences. Warnings will not be entered into the offending fighter's record.

7.3 Penalties & Sanctions

Penalties are more severe warnings issued to the offending fighter. Penalty points are awarded to the fighter that received the illegal action/ did not do the illegal action. Penalties are recorded by the Counters/Judges and the Secretary. Penalties are entered into the offending fighter's record.

Sanctions are more severe penalties that count against the offending fighter. A total of three Sanctions will result in a Forfeiture of the match.

7.3.1 A disarm while in a standing position will result in a reduced Penalty with 3 points awarded to the armed opponent.

7.3.2 Any illegal strike deemed intentional incurs a Penalty with 5 points awarded to the fighter that did not do the illegal strike. In addition, the marshal may issue a Sanction.

7.3.3 A weapon grab of the opponent's blade will result in a Penalty of 5 points awarded to the fighter that did not do the weapon grab. In addition, a Sanction may be issued to the offending fighter.

7.3.4 A fighter determined by the Marshal to be purposefully avoiding the fight or dropping a weapon to stop the fight will receive a penalty and 10 points awarded to their opponent. In addition, a Sanction may be issued to the offending fighter.

7.3.5 A helmet that comes off the first time will not result any penalties. This includes the visor or the visor strap breaking or coming loose. If the helmet fails or falls off, the armor failure protocol will follow. The second time the helmet comes off or fails, a sanction is automatically issued.

7.3.6 Any time a weapon goes into another persons helmet or any type of stabbing occurs, a penalty of 10 points is awarded to the fighter who was stabbed. This also results in an automatic Two(2) sanctions being placed on the offending fighter

7.4 Forfeitures

Forfeits are the immediate end to the fight. Regardless of points earned, the win will be granted to the fighter that did not forfeit.

7.4.1 When three (3) Sanctions are issued to a fighter.

7.4.2 When a fighter voluntarily surrenders.

7.4.3 Any intentional thrust to anywhere on an opponent's body.

7.4.4 Any thrust or stabbing, even by accident, which results in injury to the opposing fighter.

7.4.5 Armor Failure. Any armor failure that takes longer than 120 seconds to repair or the fourth occurrence of armor failure.

7.5 No Contest

Any Illegal Action that forces a fighter to be unable to continue fighting is deemed to be No Contest. No winner is declared.

8.0 Victories

8.1 Judges' Decision.

The victor is decided by the final score in Victory Points of the match.

8.2 Split Decision

If there is an exact tie in Victory Points, the judges will base the victory on who scored the most Overall points. If the Overall points are also within 5 points of each other, then the judges will determine the victor based on control and dominance of the fight. There are no ties.

8.3 Knockout (KO)

When the marshal has to stop the fight because it appears the fighter has lost consciousness.

Since the fighters face is typically covered, a marshal will stop the fight for a KO if they see the fighter is no longer actively defending themself.

8.4 Technical Knockout (TKO)

The marshal decides to stop the fight when it appears the fighter can no longer continue. The marshal will stop the fight, check on the fighter, and make a decision when the following occurs.

8.4.1 If a fighter takes too long to return to their feet after a takedown, or takes too long to continue fighting after a strike that hurt them, the marshal can begin a 10-second TKO count.

8.5 No Contest

If the marshal has to stop the fight due to an injury from an illegal strike no winner is declared.

9.0 Counting/Scoring

Counting is done by four judges, with additional Penalty points awarded by the Marshal.

Table 9.1

Action	Points Awarded	Caveats
Arms	1 pt	
Hands	0 pts	
Strikes with the Elbow	0 pts	
Head	2 pts	
Head Butt	1 pt	While standing
Legs	1 pt	
Chest/Ribs	2 pts	
Back	2 pts	
Strikes from dominant	2 pts	Anywhere on body
Strikes from non-dominant	1 pt	Anywhere on body
Take down	2 pts	Whoever lands dominate
Throw	3 pts	Stays standing during the takedown
Reversal of Throw	2 pts	

Reversing Dominant Position	2 pts	While on ground
Jumping on a grounded opponent	0 pts	
Foot	0 pts	
Strikes with the Pommel/Butt	1 pt	Anywhere on the body even while on ground
Headbutt on Ground	0 pts	

9.2 Round Scoring

Each round will be scored using the following equation to determine Victory Points.

The high score will be subtracted from the low score from the fight to produce the Points Overage. The Points Overage number will then be divided by the High Score for the Percentage Over. The Percentage Over will then be divided by 2 for Percentage Total. Percentage Total will be added to the Points Overage to determine the number of Victory Points.

Equation:

1. High Score - Low Score = Points Over
2. Points Over / High Score = Percentage Over
3. Divide Percentage Over by 2 = Percentage Total
4. Points Over + Percentage Total = Victory Points

EXAMPLE

ROUND 1

RED	BLUE	THE MATH	RED EARNS
45 points	35 points	1. $45-35= 10$ points over 2. $10/45 = 22\%$ percentage over 3. Divide Percentage Over by 2: $22/2 = 11$ Percentage Total 4. Add % Total and Points Over: $11 + 10 = 21$	21 victory points

ROUND 2

RED	BLUE	THE MATH	RED EARNS
35 points	30 points	1. $35-30= 5$ points over 2. $5/35 =14\%$ Percentage Over 3. Divide Percentage over by 2: $14/2 = 7$ Percentage Total 4. Add % Total and Points Over: $7+5 = 12$	12 victory points

ROUND 3

RED	BLUE	THE MATH	BLUE EARNS
15 points	30 points	1. $30-15= 15$ points over 2. $15/30 = 50\%$ Percentage Over 3. Divide Percentage over by 2: $50/2 = 25$ Percentage Total 4. Add % Total and Points Over: $25 +15 = 40$	40 victory points

TOTAL SCORE

RED VP	BLUE VP	VICTOR	Total points overall
33	40	BLUE WINS	95 RED / 95 BLUE

*Even though RED won two rounds, BLUE scored more Victory Points Overall. Looking at the number of strikes landed over all, you see both fighters scored the same amount of strikes total.

10.0 Verbiage (to be added to in 2025)

- **Arm Pit:** It is illegal to strike the area between the very pit of where the arm meets the chest.
- **Attempted Stabbing:** If a fighter points the tip of the blade at the opponent or comes close to stabbing their opponent, the marshal will stop the fight and issue a warning. Three attempted stabbings and the fighter is forced to forfeit.
- **Back of Knee:** It is illegal to strike the back of the knee
- **Cage:** The area which the fighters compete in is called a cage. It is not called an octagon or a list
- **Clinch:** Any time two fighters are grabbing one another's person
- **Disarm:** Any time a fighter drops their weapon
- **Groin:** It is illegal to strike the groin area. Groin must be protected with a cup. Cod pieces are not enough
- **Marshal:** Is in charge of the rulings and safety of the fighters
- **Mixed Weapons:** Any time two fighters decide to fight with two different weapons
- **Neck:** Strikes to the neck are illegal. The neck is defined as any point below the edge of the helmet. *Clarification will come with a photo of illegal striking areas)
- **No Contest:** Any time a fight is called due to a fighter receiving an injury from an illegal strike that prevents them from continuing the fight
- **Reversal:** When a fighter switches from a non-dominant to dominant position while on the ground.
- **Takedown:** Any time a fighter brings their opponent to the ground and falls down as well into a dominant position
- **Throw:** Any time a fighter brings their opponent to the ground without falling down as well
- **Thrust:** Thrusts are illegal and if done will end the fight in a forfeiture. Thrusts utilize the tip of the sword, tip of an ax, or bottom of the ax to thrust into a fighter.
- **Timidity/Delaying action** is defined as the actions or inactions taken by a fighter to delay or avoid the active engagement of the fight as defined above.
- **Sanction:** A sanction can be issued by the Marshal for any reason they deem necessary. 3 Sanctions lead to a disqualification.

Appendix C. Armor Requirements (applies only to profights and up) *more regulations will be added for the 2026 season)

-a. Helmets

1. Mild steel and titanium helmets are not allowed
2. Helmets must be between 1.8mm and 2.5mm thick
3. Total weight of helmet must weight between 6 lbs and 18lbs

-b. Gauntlets

1. Gauntlets must weigh between 600g and 1500g
2. Must have a bell

3. Individual fingered gauntlets are not allowed
 4. Shield mittens require plates
 5. Shield mittens, if not using a fully incased gauntlet, must be made out of fabric or leather with plates that cover the fingers and wrist
 6. No locking gauntlets or gauntlets that strap to keep the sword in place including lanyards
- c. Arms
1. Both forearms, biceps, elbows and shoulders must be protected by armor
 2. Elbows must be pointed/tied to the gambeson
 3. Forearm protection must have continuous armor that wraps all the way around the forearm
- d. Legs
1. Upper legs, knees and shins must be protected by armor
 2. Shins and Upper legs must have a front and side plate protection (covering just the front of the leg is not allowed)
- e. Shoes/Sabatons
1. Sabatons and period shoes with no modern tread are required
- f. Chest
1. Plates along the spine of the armor must be a minimum 1.0 mm thick of titanium or .8mm of tempered steel
 2. The entire chest, back and sides must be protected by armor
- g. Neck Protection
1. Must have a minimum of an armor plate sewn or pointed to collar of the gambeson protecting the back of the neck
 2. Full neck plate protection is allowed
- h. Modern Padding
1. Everyone must wear a modern cup
 2. Fabric Compression sleeves on knees and elbows are allowed, but metal and plastic braces are not allowed
 3. No modern sports padding of any variety are allowed on any part of the body besides helmets
- i. Gambesons and Pants
1. Pockets are not allowed on either Gambesons or Pants