

IFHEMA Cup

Framework for organisation & rule sets

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Audited and approved by:



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Preamble

In application of the mandate given by the GA07 (2020), from 2023/4 onwards the IFHEMA Cup will be based on the participation of national teams. These teams are assembled by the federation (or equivalent body)¹ which represents the country as a member in IFHEMA.

The principles put forward in the Mandate are: 1) sportive excellence through technical quality, and 2) real gender inclusivity in a XXI-th century setting. The purpose of this document is thus to provide a general framework for the organisation of the IFHEMA Cup and other competitions that wish to follow its guidelines completely or in some aspects only. It can be used to hold competitions that allow to compare the performance of teams of HEMA tournament fencers fighting with replicas of historical blank weapons in different styles and different historical contexts, without being obliged to impose one fixed rule set for all. The core ideas are:

- a model of participation based on national teams rather than individual subscription
- a framework that allows for different rule sets based on a basic common core
- evaluation of technical quality of fighting is integral part of the scoring system
- gender inclusiveness (one team per country with guaranteed minimal quotas)
- a modified "people fight people" principle in which freedom of choice qua fight category (X,F,M) for individual competitors is embedded

IFHEMA has absolutely nothing against the standard "Open tournament" competition format nor against any of the other competition formats used within the HEMA community. However, IFHEMA does believe that as a country-based international organisation it can add value to the HEMA community by creating a country-based HEMA competition in a format worthy of the twenty-first century. Therefore the basic IFHEMA Cup philosophy allows for the avoidance of gender segregation while respecting the freedom of choice on the level of the individual participants (see lemma "delegates' below,).

IFHEMA members shall assemble their national teams as they see fit, but in a fair and transparent, clearly communicated manner, and taking into account the provisions of this Framework. The result will be a single, diversely composed, national team, led by a Team Captain who acts as the sole contact person towards the IFHEMA administration. Member countries that fail to complete their teams as

¹ In case the proposal for revision of the IFHEMA By-Laws is accepted by the GA.

required by the quota will still be allowed to compete, but with a penalty (see below).

The Framework Rulebook does specify rules and conditions that apply to the IFHEMA CUP in general. It thus unifies over the different editions without standardising them. This approach aims at respecting the historically relevant variation in fighting styles and cultural traditions, while it encourages fencers to be versatile and technically sophisticated. The actual rules for the IFHEMA Cup of a specific year (IFHEMA Cup 20XX) are proposed by the curator/organiser (see below) and are detailed in an additional Cup Rulebook, which is only valid for that year's edition and in combination with this Framework Rulebook.

Organisation of the IFHEMA CUP

The IFHEMA Cup is a biannual event. Currently, only tournaments with longswords and rapiers are envisaged.² Following the signing of the agreement between IFHEMA and DTE/HEMAC Dijon in 2022, the IFHEMA Cup will be organized simultaneously with the traditional HEMAC Dijon event as of the bi-annum 2023/4. To this end, DTE/HEMAC Dijon will provide the venue and other necessary basic material infrastructure. An IFHEMA member country appointed by the General Assembly before for each edition (a so-called "curator" for IFHEMA Cup 20XX) will, in cooperation with IFHEMA's Executive Committee, take care of the practical organisation for that IFHEMA Cup 20XX. Interested member federations posit their candidature for curator at the General Assembly preferably two years in advance, so as to have enough time to make the necessary preparations.

To streamline that collaboration, the IFHEMA Executive Committee establishes a steering committee with representatives of all three parties in which regular reporting on progress of the organisation is given, problems indicated and common communications around the event are prepared and/or agreed upon.

² This might change in the future upon decision of the GA.

IFHEMA Cup Host

Following the signature of the agreement mentioned above, DTE/HEMAC Dijon hosts the biannual IFHEMA Cup from 2023/4 onwards. It provides a venue and basic equipment necessary to the organiser (the curating member country in cooperation with the EC). The practical conditions under which participants in the IFHEMA Cup can stay and participate in the HEMAC Dijon event itself will be laid down in a covenant to be concluded separately.

Everything concerning the actual organisation of the IFHEMA Cup falls outside the responsibility of DTE/HEMAC Dijon, and is the full responsibility of IFHEMA and its curating member.

IFHEMA Cup Curator

Every two years, the General Assembly appoints a member country as organiser (hereafter the "curator") for the next IFHEMA Cup edition. Members submit their candidacy for organising IFHEMA Cup XX in response to a call from the EC, circulated by the IFHEMA Secretariat. The curating member federation (or equivalent body) sets up a tournament management team that works out the practical organisation, the elaboration of the Ruleset and the judging system for that specific edition of the IFHEMA Cup according to its own insights, but within the limits set out by this Framework Rulebook.

The curator works independently but in regular consultation with the EC's Steering Committee so that potential problems are detected and addressed in a timely manner. The communication team set up by the IFHEMA Secretariat with HROARR is engaged in the communication concerning the IFHEMA Cup (announcements, livestream,...)

For more details, see the section on "Tournament management" below.

Rules for participation at the IFHEMA CUP

The following formal requirements must be met in order to participate in the IFHEMA CUP:

Registration of the national teams

1. Participation in the IFHEMA Cup is only possible as delegate (an individual athlete) of the national team assembled for this purpose by each federation or representative association which has member or observer status.
2. Registration for participation in the IFHEMA Cup should be done in time via the national team manager or team captain, who is appointed by his/her national federation or equivalent body. The team captain identifies the tournament in which his/her team wishes to participate and pays the participation fee. Participation is not considered booked until full payment has been made. The team captain informs the tournament management of the names of the delegates who will be competing for his/her team.
3. Each team has a predetermined number of starting slots for both women and men at its disposal, as determined by the tournament organiser for that year (cfr. the specific rules and regulations). The number of women shall in no case be lower than 30% of the total number of participants per team.
4. Starting slots cannot be swapped, i.e. no men can be entered for women's slots and vice versa. Teams that cannot fill up the slots can participate, but will do so on a penalty, and will have to enter competition with fewer participants for the total number of fights.

Delegates (individual athletes):

1. delegates must complete the participant documents in full on site and sign the disclaimer and privacy policy.
2. delegates must be able to withstand the physical stress without risk to their own health. In case of inconvenient disabilities, visible injuries, obvious illness, etc., the tournament management may refuse to allow the person concerned to participate.
3. delegates must be at least 18 years old. All genders are included and will be treated on an equal par.



4. delegates will indicate at the moment of inscription in their national team whether they wish to fight mixed or within their gender category only. The tournament manager takes this into account when putting together the pairs of competing teams on the competition roster. This requirement implements the „people fight people“ principle mentioned in the preamble.
5. delegates must not be under the influence of drugs, alcohol or doping during the tournament. If a person appears to be under the influence of any of these substances, the tournament organiser may refuse to allow that person to participate.
6. delegates must use the equipment specified and defined by the tournament organiser. This will be approved by the judges.
7. the delegates must know, understand and comply with the tournament rules used, both the Framework and the Ruleset.

Personal equipment and weapons

Delegates must compete in sportswear suitable for fencing, covering the entire body with the exception of the hands and head (no visible naked parts). Wearing jewellery, watches etc. is prohibited. The equipment and weapons will be checked and approved by the judges before the start of the tournament.

IFHEMA's declaration concerning security:

IFHEMA informs all delegates that the specifications of the protective equipment are prescribed in the spirit of fair play. They do not imply any responsibility of IFHEMA or the curating member country with respect to the liability for the protective effect. Each participant competes at their own risk and peril.

The personal protective equipment must consist of at least the following parts and should be designed for historical fencing:

1. Head protection - a fencing mask FIE standard level 2 with a stab resistance of at least 1600N, protecting against stabs and blows.



2. Occipital protection - an occipital protector made of a hard material that protects the back of the head and neck from blows.



3. Throat protection - a throat protector made of a hard material that covers the larynx and protects the neck from impact.





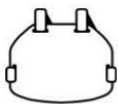
4. Upper body protection - an upper body protector with a stab resistance of at least 350N, covering the upper body from the hips (even with arms raised above the head) to the neck, and the arms to the wrists, front and back, protecting the upper body from blows and stabs.
5. Leg protection - a leg protector made of a hard material that protects the knees and preferably the shins up to the ankle from blows, and a thigh protector which protects the thighs from stabs and blows.
6. Hand protection - gloves made of a hard material that protect fingers and wrist from blows.



For rapier (on free arm): Gloves made of a padded material that protects fingers and wrist from light blows. Thin gloves if the weapon hand is sufficiently protected by the basket.



7. Groin protection - a groin protector made of a hard material that protects the genital area from blows. Obligatory for men, recommended for women.



8. Chest protection - a chest protector made of a hard material that protects the upper body and breast area from blows and stings. Obligatory for women, recommended for men.



9. Elbow protection - A protector made of a hard material that protects elbow joint on both arms from blows.

10. Shoes - sports shoes that are appropriate for the respective surface and do not leave marks or traces on the hall floor.

Any protective equipment that might be dangerous to the opponent is prohibited.

This includes: the use of protectors with sharp edges or pointed corners, as well as damaged protectors or equipment.



Additional personal protective equipment (such as back protectors, mouth or teeth protectors, etc.) or protective applications are allowed.

Specifications of IFHEMA on sports equipment and/or weapons:

All tested and IFHEMA-approved sports equipment, hereinafter referred to as weapons, shall be marked in a suitable manner for this tournament (e.g. adhesive tape and tournament abbreviation with date). The marking is only to be removed after the tournament.

All blades will be subjected to a bending test before the tournament. The weapon is placed vertically with the point on the ground and the appropriate test weight is placed on the pommel. The blade should show visible deflection at the furthest point at the latest at maximum load, but may also bend at a lower weight.

For all weapons:

- Point - The point of the blade must be blunt and rounded, if necessary apply extra plastic or leather protectors.
- Edge - Both edges of the blade must be blunt.
- Guard elements - The ends of the crossguard, guard bow, etc. as well as any guard rings and other guard elements must be rounded, if necessary plastic or leather protectors must be applied.
- Pommel - The pommel must be rounded and must not have any protruding points or edges.
- Blade quality - The blade must not have any cutting or tearing burrs or nicks.

1. Longsword



Only fencers with the following characteristics are recommended as weapons:

- Blade length - The length of the blade must not exceed 105cm.
- Overall length - The overall length of the weapon must not exceed 140cm.
- Crossguard length - The crossguard length must be between 20cm and 30cm.
- Guard rings - are not permitted.
- Mass - The total mass of the weapon must be between 1.2kg and 1.7kg.
- Bending - The blade must visibly yield at a test weight of 15kg.
- Shield - The shield must be rounded, injury to the opponent by possible points must be excluded.

2. Rapier



Only rapiers with the following characteristics are recommended as weapons:

- Blade length - The length of the blade must be between 90cm and 115cm (to the quillons).
- Overall length - The overall length of the weapon must not exceed 130cm.
- Crossguard length - This length must be between 12cm and 32cm.
- Mass - The total mass of the weapon must be between 0.9kg and 1.5kg.
- Epee type sportsfencing blades are not admissible
- Bending behaviour - The blade must visibly yield at a test weight of 7.5kg.

3. Dagger

Only daggers with the following characteristics are recommended as accessory weapons to the rapier:

- Blade length dagger - The length of the blade must not exceed 55cm.
- Total length of dagger - The total length of the weapon must not exceed 70cm.
- Crossguard length - The length of the crossguard must be between 8cm and 30cm.
- Mass - The total mass of the sidearm must be between 0.4kg and 1.2kg.
- Bending behaviour of dagger - The blade must visibly yield at a test weight of 7.5kg.

General procedure for bouts

1. Each bout takes place in pairs.
2. The pairing for the next bout is called by an assistant or a judge.
3. The fencers line up ready to fight immediately.
4. The judges will inspect the protective equipment and the registration of the weapon.

5. The fencers greet their opponent and the judges.
6. The fencers line up at the assigned positions.
7. The judge/arbitre asks the timekeeper and other judges "Ready?" and waits for their confirmation.
8. After the judge/arbitre gives the command, the bout starts.
9. The fencers try to score a valid hit.
10. If a valid hit is scored or the judge has to intervene, the bout is interrupted with the command: "Stop!" If necessary the time of the bout will be paused.
11. If a criterion for the end of the bout (point, time, etc.) is reached, the judge/arbitre interrupts the fight with the command: "Stop!" and announces the result.
12. The fencers greet each other and the judges.

If a fencer suffers an injury, he is entitled to demand a break of 10 minutes in total (can be divided). The fencing will be interrupted or postponed and continued after the break.

If a fencer voluntarily does not appear for the fencing for understandable personal reasons, the fencing will be evaluated as a victory for the opponent without any counter hits. If a fencer expresses or behaves derogatory, insulting etc. towards an opponent, the fencer can be disqualified from the competition.

Guidelines for scoring

The target zone is defined as the entire surface of the fencer's body and his or her protective equipment. The definitions for valid hits apply as guidelines for fencers and judges (see the Ruleset for that specific edition).

Wrestling will be allowed in a bout in principle only when provided for by the Ruleset for a specific IFHEMA Cup edition. In that case, delegates will be required to indicate when they subscribe to their national team whether they accept to wrestle or not. These data will be added to the list of participants communicated by each Team Captain to the tournament curator. In every bout wrestling will in any case only allowed when both fencers have agreed to it. Wrestling will only be allowed when the flour coverage allows for safe takedowns.

IFHEMA explicitly wants to encourage fighting at a high technical level. The rules that determine how to score on technicality are part of the Ruleset for each

specific IFHEMA Cup edition. Fighters and judges are expected to take note of these rules in their preparation for the tournament.

The Ruleset contains provisions on what constitutes a valid hit (a score) and what does not. The following subjects should at least be dealt with:

1. Hit with the edge
2. Thrust with the point
3. Cut with the edge
4. Wrestling. It will be allowed in a bout only when both fencers agree to it.
5. Loss of the main weapon or disarming
6. Crossing the sidelines

Forbidden actions

For safety reasons and to maintain fairness, as well as to encourage technically refined fighting in sport competition, the following actions are prohibited. Furthermore, all actions that constitute unsportsmanlike conduct or which intentionally endanger the opponent are not permitted.

1. Kicks with the foot, lower leg, knee against joints and soft parts, or leg sweeps without a recognisable technique
2. Blows with the fist, hand, edge of the hand, forearm or elbow
3. Pommel strikes (intimation is permitted)
4. Blows with the crossguard (mordschlag)
5. Pushing, shoving, knocking down or similar without a recognisable technique
6. Blows to the back of the head and neck (see also sanctions)
7. Needlessly hard blows and trusts to hands and back (see also sanctions)
8. Leverage techniques against joints (except for disarming levers)
9. Throws and needlessly hard blows to the head
10. Throwing the weapon or equipment

Fencers are encouraged to use historically proven and technically refined fencing techniques. Techniques particular to other martial arts are therefore to be avoided. Neither an advantage nor a hit can be prevented by one's own misconduct. Any hit scored by the contestant which is preceded or immediately followed by the



contestant's own misconduct will be nullified. Hits of the opponent remain valid in the case of own misconduct and possible penalty points are added.

Representation	Penalty	Pronounced by	Valid for
Y = Yellow card	Warning	Judge	Actual bout
R = Red card	Point for the opponent	Judge	Actual bout
B = Black card	Disqualification	Judge	Actual bout

Yellow card - A fencer will be warned with a yellow card only once per bout. Any further offence will be penalised with a red card.

Red card - Equivalent to a hit for the opponent (penalty point). This will be awarded to him/her as a regular hit. Only for category 2 (see below) incidents can another red card be given, otherwise the fencer will be disqualified from the current bout with a black card for the second red card.

Black card - A disqualification ends the bout and victory is awarded to the opponent. The penalised fencer may continue the tournament but may also be disqualified from the tournament completely if the offence was so serious. A disqualification is pronounced by a judge and represented by a black card. The exclusion from the tournament is pronounced by the tournament management. The opportunity to appeal against exclusion must be provided.

Category 1	Penalty		
Grasp and hold an opponent's moving weapon by the blade. (Displacements are allowed)	Point to the opponent		
Category 2	Penalty		
	1st time	2nd time	3rd time
Intentional timewasting / inactivity	Yellow	Red	Black
Removal of protective equipment before the command „stop“	Yellow	Red	Black
Inadequate equipment or failure to appear	Yellow	Red	Black
Disruption of order by the fencer or a person belonging to the fencer	Yellow	Red	Black

Refusal to obey the judge or to accept a decision of the judge.	Yellow	Red	Black
Prohibited fencing action	Yellow	Red	Black
Stealing hits	Yellow	Red	Black
Unnecessary force / uncontrolled fencing	Yellow	Red	Black
Not trying to avoid being hit	Yellow	Red	Black
Category 3	Penalty		
Tearing off the opponent's fencing mask, protectors, gloves etc.	Exclusion from the tournament		
Improper behaviour	Exclusion from the tournament		
Intentionally injuring the opponent	Exclusion from the tournament		

Improper behaviour – Improper behaviour includes, for example, any kind of aggressive verbal criticism of the conduct or decisions of judges, insulting or belittling a person or the audience, making threats, throwing equipment or weapons, or similar. If a fencer refuses to salute his opponent before or after the bout or abuses the formality of the salute to insult or to ridicule him/her. If a tournament participant behaves in an improper manner during the tournament (also outside the bouts), he will be excluded from the tournament.

It is the responsibility of the tournament organiser to expel the fencer or fencers from the competition site and / or take further action. An appeal procedure has to be put in place.

Provisions for tournament management, judges and assistants

Tournament management:

The Curator has to set up a tournament management which is responsible for the organisation, implementation and documentation of the tournament. He decides in the last resort questions and disputes regarding the ruleset of the specific edition

of the IFHEMA Cup he is responsible for. The tournament management shall ensure that at least two judges and one assistant (for taking notes, documentation and, if necessary, timekeeping, etc.) are available for each bout.

It transmits the results of the IFHEMA Cup for which it is responsible electronically to IFHEMA at the end of the tournament.

Judges / arbitres

Each bout is run by a competition jury. The curator decides on the number of and the specific type of judges per bout, and whether an arbitre is needed or not. This is clearly indicated in the Ruleset for that specific edition of the IFHEMA Cup. A rotation system that ensures that judges can be replaced regularly has to be provided as well.

The tournament management appoints the judges. Judges are qualified individuals appointed by the tournament management as an authority. They are in charge of a bout. They direct the bout with hand signals/flags and commands, decide on the validity and scoring of a hit and announce the result of the bout. They may award disciplinary cards and exclude a fencer from the bout. They check the documentation of the bout.

General decisions of the judge can be appealed to the tournament management. Factual decisions can only be appealed to a limited extent, and following a specific procedure, if at all. Attempts to challenge factual decisions irregularly are systematically considered improper criticism and will be penalised with a warning.

Assistants / Lüsner:

Assistants, historically referred to as lüsners, are individuals appointed by the tournament management to assist the judges with their duties. Assistants do not have to be qualified judges, but must be instructed in their duties and responsibilities by the tournament management or the judges. They are mainly responsible for the documentation of the competition and with preparation of the fencers before their bout.

Fencing floor

Depending on the location, fencing floors of different sizes are possible. They always have to allow for the full range of technical and tactical aspects of HEMA combat, like the transition from *gioco largo* to *gioco stretto*, or moving around your

opponent on the circle. Fighting styles which consist of hitting the opponent as hard and fast as possible from the short range are admissible, but should not be privileged by the physical conditions of the encounter.

In a tournament with multiple fencing floors, all fencing floors must be the same size. The fencing floor is defined as follows:

1. area - The fencing floor is a square area of at least 8m × 8m. The maximum is 14m × 14m
2. perimeter zone - The fencing floor contains a perimeter zone. It extends 1m inwards from the sideline and is marked on the inside by a (preferably) yellow warning line (inner boundary)
3. line-up points - The two line-up points are located at two diagonally opposite points in the corner of the boundary zone. Each line-up point is marked by a taped corner in the respective colour (red or blue)
4. safety area - A safety area of 2m must be kept free around each fencing floor

The following colour coding will be used:

- a) Line-up corner - red or blue
- b) Warning line - yellow (recommended)
- c) Sideline - red (recommended)



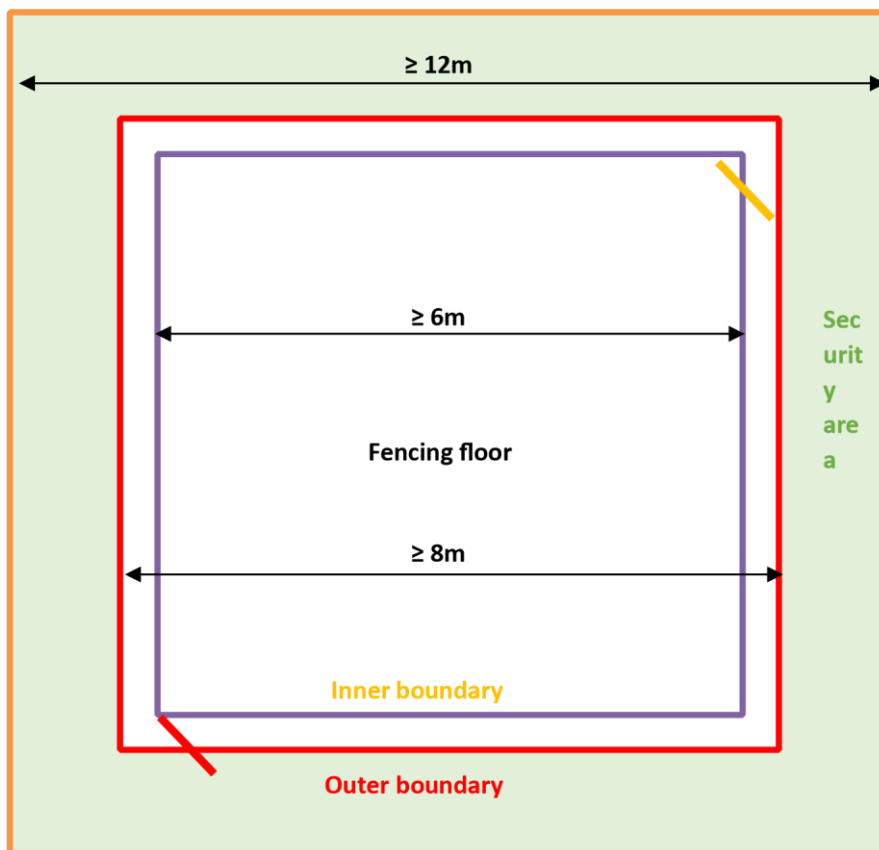
IFHEMA

International Federation of Historical European Martial Arts

Unification without standardisation

FINAL

Definition and appearance of the fencing floor:





Version history

Version	Changes	Datum	Authors
0.0	Protocol document based on the Mandate of GA07	07/03/21	Karin Verelst, Filipe Martins and Thomas Bögle
1.0	DDHF - German Federation Draft proposal	22/08/21	Thomas Bögle
1.1	IFHEMA - English Translation with corrections, additions (mandate), clarifications, questions and comments	25/11/21	Mátyás Miskolczi and Karin Verelst
1.2	Final Draft – incorporates different comments and corrections from EC members and respondents within the community	31/10/22	George Zacharopoulos, Filipe Martins & Karin Verelst

1.3	Final Draft approved by the General Assembly GA09	04/12/22	///
1.3	Signed by the IFHEMA President	10/12/22	Karin Verelst
1.3	Some linguistic corrections and editing	09/03/25	Karin Verelst & Filipe Martins