

## Wars of the Roses Federation

### HEALTH & SAFETY RULES

#### Pole arms:

Weapons for use in mock combat or for display during the event must be in good condition and fit for purpose. Individual participants are responsible for the condition of their own mock combat and demonstration weapons.

Weapons for use in mock combat shall conform to the following dimensions:

- Pole arms shall have a minimum radius at the point of 10mm (1 p piece)
- No weapons shall be less than 2mm thick at the tip

**No edged or pointed weapons shall be used in the reenactment.**

#### **Conduct:**

- The least amount of force must be used when bodily contact takes place.
- The target area is between the top of the shoulder to the knee excepting a V shape from each shoulder to the bottom of the sternum- regardless of armour.
- The shaft of the weapon must be held firmly in both hands while a blow is being delivered. Do not slide the haft of the weapon through the leading hand (sliding thrust) or remove the leading hand from the shaft (single handed thrust).
- The hooking of limbs, clothing and armour is forbidden as it can easily pull people onto other equipment.
- All blows shall be applied with the minimum amount of force with the safety of the adversary foremost.
- No weapons will be thrown unless pre-arranged with the hosting group or committee.