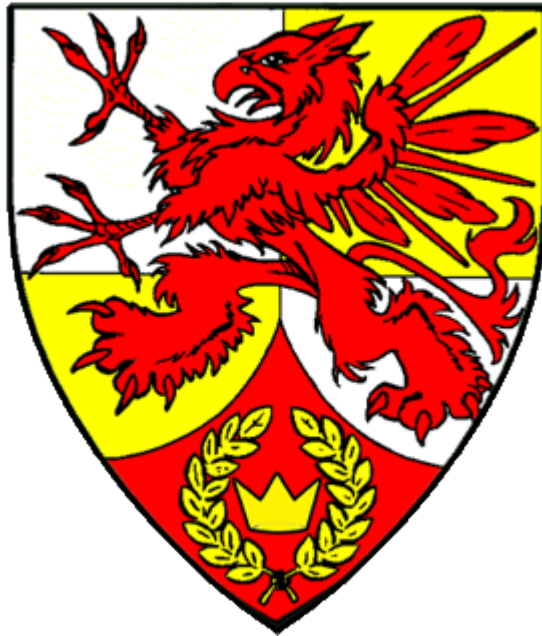


AVACAL
BOOK OF YOUTH
COMBAT





Kingdom of Avacal: Book of Youth Combat

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Fighter Section

I General

A) Scope

- 1) This manual is intended to lay out the rules and provide guidance for the Youth Armoured Combat (YAC) program of Avacal.
- 2) This document is to be a supplementary addition to the parent document "The Kingdom of Avacal Book of Armoured Combat". This manual is not intended to re-write or replace the book of combat, and such will reference the parent document frequently. To fully apply this manual the reader must also read and understand the The Kingdom of Avacal Book of Armoured Combat.

B) Overview

- 1) Youth combat is a program designed for minors ages 6 through 17. This program emphasizes armour and weapon construction, proper etiquette, and effective fighting arts; as well as the concepts of chivalry, honour, courtesy, and teamwork, in a competitive environment that parallels adult armoured combat.

C) Participation

- 1) Any youth desiring to participate in youth combat shall have a responsible adult assume all risks and liabilities for any harm or medical conditions arising from the youth's participation in these activities. The assumption of responsibility shall be signified by the completion of all legal documents required by the SCA and the Kingdom of Avacal. For the purposes of youth combat a responsible adult is defined as the youth's parent or court-appointed legal guardian.
- 2) No youth shall participate in youth combat unless the responsible adult has completed a "Minor's Consent to Participate and Hold Harmless Agreement for Combat Related Activities", or a "Minor's Consent to Participate and Hold



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Harmless Agreement for Combat Practices” form. This form is submitted to the local seneschal who will forward it to the Kingdom Waiver Secretary. The minor should also have a copy of this form with them at all times.

D) Parental Involvement

- 1) Youth Combat is NOT a babysitting service.
- 2) Parents/guardians have the right to remove their child from any contest or activity which they may deem inappropriate or hazardous
- 3) A parent/guardian of the fighter must have the program and rules explained to them during the minor’s first visit to an SCA youth combat function. After this they may designate an adult to be responsible for the minor at an SCA function. However, in addition to the “Minor’s Consent to Participate and Hold Harmless Agreement” form, a copy of the “Medical Authorization for Minors” form must be on file with the kingdom waiver secretary. A copy of this form must also accompany the minor. Parents should be available via electronic communications (e.g. - cell phone) in the event of an emergency
- 4) Adults watching youth combat activities shall act in a courteous manner toward the combatants, marshals, youth combat officials, and other parents. Jeering and heckling your child’s opponent is NOT acceptable. Adults demonstrating bad behaviour will be asked to leave the youth combat area. This may result in their child having to withdraw from that day’s activity.



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II Rules of the List and Conventions of Combat.

A) The rules of the list.

- 1) The rules of the list as laid out in The Kingdom of Avacal Book of Armoured Combat apply to Youth Armoured Combat with the following additions.
- 2) All combatant shall act in a courteous and chivalrous manner at all times
- 3) The instructions of the marshal shall be followed at all times. Should a safety issue arise the marshal will call "Hold" and all combat activity in the list will stop until the marshal indicates that it is safe to resume.
- 4) A fighter shall not take deliberate advantage of an opponent's safety or chivalry. This includes:
 - (a) Walking around an opponent who has lost the use of their legs (corkscrewing)
 - (b) Hitting an opponent from behind
 - (c) Hitting an opponent while they cannot defend himself
 - (d) Continually dropping a weapon or running into the list ropes
 - (e) Grappling
 - (f) Shield on body contact
 - (g) Hitting with excessive force
 - (h) Using a weapon in a manner for which it was not intended.
 - (i) Refusing to acknowledge blows
 - (j) Shield on shield contact for the purpose of unbalancing or knocking down an opponent (shield bashing)
 - (k) Throwing or launching weapons at an opponent in the list.



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III Youth Combat Authorisations

A) General

- 1) The authorisation process shall take place in accordance with the Kingdom of Avacal Book of Armoured Combat with the following additions
 - (a) Youth combatants must demonstrate their knowledge of the Avacal rules of youth combat.
 - (b) Youth combatants must demonstrate they can safely spar with other youths
 - (c) They must be able to effectively block shots.
 - (d) They must be able to consistently throw shots at the appropriate level of calibration to the legal target areas.
 - (e) A youth combatant who permanently moves up a Division must reauthorize.

IV Age Divisions

A) General

- 1) There are three age divisions
 - (a) Division 1 – Ages 6 through 9
 - (b) Division 2 – Ages 10 through 13
 - (c) Division 3 – Ages 14 through 17

B) Crossing divisions

- 1) Younger combatants may permanently move to a higher division with the approval of the combatant's parent/guardian and the Kingdom Youth Combat Marshal or a representative designated by the Kingdom Youth Combat Marshal.
- 2) Acknowledging the fact that there may be a limited number of youth combatants at an event or practice, combatants may fight others in another division with the following provisions
 - (a) Permission of both combatants parents/guardians
 - (b) Permission of the youth combat marshal-in-charge
 - (c) Older combatants must adhere to the calibration of the younger combatants



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being fought (e.g. - Division 3 combatants must fight a Division 1 combatant at the Division 1 level)

- 3) When a youth authorizes for adult heavy combat they have graduated from the program and are no longer permitted to participate in Youth Combat tournaments.

C) Adults and YAC

- 1) Adults are encouraged to spar with youth to help develop their skills. However adults must use weapons, armour, and calibration levels appropriate to the Division of the youth combatant with whom they are sparring. Parents can always spar with their own children. Adults may not participate in youth combat tournaments.

V Calibration

A) General

- 1) It is recommended that marshals use open cell foam of the appropriate thickness to demonstrate levels of calibration.
- 2) Excessive blows are not permitted in any Division. Any combatant who persists in hitting too hard after appropriate warning may be removed from the field and/or have their authorization suspended

B) Division 1

- 1) Intentional Touch - This is a clean, unimpeded blow which is readily felt threw a single layer of medium weight cloth, but is not hard enough to leave a bruise on bare skin. No face thrusts.

C) Division 2

- 1) Positive Force - This is a clean, unimpeded blow which is readily felt through ¼ inch of open cell padding, but is not hard enough to leave a bruise in an area covered by medium weight cloth. Face thrusts have touch calibration.

D) Division 3

- 1) Light Force - This is a clean, unimpeded blow which may be readily felt through ½ inch of open cell padding, but is not hard enough to leave a bruise through ¼ of open cell foam padding. Face thrusts have touch calibration.



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VI Targeting

A) General

- 1) “Edged weapons” must strike with the “blade” in order to be considered good.
- 2) Legal target areas are the same as those in The Kingdom of Avacal Book of Armoured Combat.
 - (a) A good blow to the arm is one inch (2.5cm) or more above the wrist results in the loss of that arm.
 - (b) A good blow to the leg is one inch (2.5cm) or more above the knee results in the loss of that leg.
 - (c) A good blow the torso, neck or head results in the opponent being “killed”. Shots to the groin and throat are legal, but discouraged.
- 3) Deliberately placing an illegal target area in the path of a blow will result in the loss of the attached limb. Inadvertently bringing the hands into contact with the striking surface of a weapon in motion, as when attempting to block a blow with another weapon, shall not be considered to be in violation of this convention.
- 4) Shields must be controlled by the hand. Use of passive shields (not controlled by the hand) will be treated as decorative armour and subject to effective blow acknowledgement
- 5) Alternative formats may be used to determine victory such as counted blows or first blood provided that the combatants know and understand the format being used.

VII Armour Requirements

A) General

- 1) These are minimum required armour standards. Additional armour may be worn to suit the needs of the combatant.
- 2) While it is the goal of the SCA to encourage a medieval appearance for all participants, given the specific nature of youth combat, visible modern sports equipment may be worn as armour.

B) Head

- 1) Helmets must completely cover the head. Hockey helmets, lacrosse helmets, and



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catcher's helmets with face masks are acceptable. They may have to have additions or alterations to fully enclose the head. Period looking helms are permitted, but bearing in mind the size and development of the youth the marshal-in-charge may disallow the use of a helm deemed too heavy for the youth to wear safely.

- 2) All helmets must have grills, rigid mesh, or face plates which prevent a weapon from making contact with the face. No helmet shall have a gap exceeding 2 inches (5 cm) in the area protecting the face.
- 3) The helmet must be constructed of a continuous rigid material. Segmented or jointed helmets are not permitted. Helmets may have hanging aventails, camails, or beavrs to aid in protecting the neck.
- 4) Helmets must have a chin strap or back strap to hold it securely on the head.
- 5) Helmets must be padded inside by at least ½ inch (1.3cm) closed cell foam in such a way that the rigid portions of the helmet do not contact the head.
- 6) Helmets must fit properly.
- 7) Helmets in conjunction with neck protection (such as a gorget) must be constructed so that a weapon shall not touch any exposed area of the head or neck.

C) Body

- 1) All combatants must have the torso, arms, and legs covered with a minimum of cloth. Long sleeve tunics, shirts, and long pants or skirts are acceptable.

D) Groin

- 1) Boys must wear a sports cup or the equivalent. Girls must wear a "Jill" protective cup or equivalent.

E) Neck

- 1) A minimum gorget of rigid material or heavy leather with padding is required. The larynx and cervical vertebrae must be covered. Aventails, camails, and coifs may



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be substituted or used in conjunction with gorgets as long as all required areas are protected.

F) Feet

- 1) All combatants must wear shoes which cover the feet. Sandals, flip-flops, crocs, etc. are NOT acceptable.

VIII Shields

- 1) The body of the shield may be made of closed cell foam, cardboard, plastic, fiberglass, wood, or metal.
- 2) Shields must be appropriate weight and size for the combatant.
- 3) Cardboard, closed cell foam, plastic, or fiberglass shields may be glued and laminated layers to reach the desired rigidity.
- 4) Edging
 - (a) All edges of the shield must be covered with plastic tubing, leather or foam at least 0.5" (1.3cm) wide to minimize damage to youth weapons or other fighters.
 - (b) Any foam must covered with duct tape, cloth, and or leather.
 - (c) Edges are to be laced or otherwise firmly attached to the shield body.
- 5) Handles
 - (a) Handles may be constructed of wood, plastic, or metal.
 - (b) Regardless of the material used, the handles must be rigidly attached to the shield body, by use of zip ties, bolts, lacing, or other positive fastening device.
 - (c) Simply taping a handle to the back side of the shield is not acceptable.
 - (d) Handle fasteners, wires, screws, bolts or any other object may not protrude on either side of the shield more than 0.25" (0.63cm) without being covered with tape or foam. Rounded shield bosses and edging are not considered protrusions.
- 6) Arm straps
 - (a) Leather or cloth sling type arm straps shall be rigidly attached.
- 7) Centre boss.



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- (a) Centre boss may be constructed of plastic, wood, and-or metal.
- (b) Regardless of material used, the centre boss must provide adequate hand protection and be rigidly affixed to the body of the shield in such a manner as to not create a hazard.

IX Additional Armour Requirements Based on Division

A) Division 1

- 1) Hands - Gloves with a minimum of at least $\frac{1}{4}$ inch (0.63cm) padding protecting the fingers, back of the hand, and wrist are required. Street hockey gloves or a light glove in a rigid basket hilt with wrist protection is acceptable.

B) Division 2

- 1) Torso- Kidneys must be protected by a minimum of a medium leather kidney belt with padding or the equivalent. It is recommended but not required that girls have chest protection.
- 2) Arms- Elbows must be protected by a minimum of soft pads.
- 3) Legs- Knees must be protected by a minimum of soft pads.
- 4) Hands- Gloves with a minimum of at least $\frac{1}{4}$ inch (0.63cm) padding protecting the fingers, back of the hand, and wrist are required. Street hockey gloves or light glove in a rigid basket hilt with wrist protection is acceptable.

C) Division 3

- 1) Torso- Kidneys and the xyphoid process must be protected by a rigid material or medium leather and padding. Girls are required to have chest protection of medium leather, heavy quilted material, or the equivalent.
- 2) Arms- Elbows must be protected by a rigid material covering padding. Hockey, motocross elbows and other similar sports elbows are acceptable.
- 3) Legs- Knees must be protected with a rigid material covering padding. Hockey shin



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- guards with attached knee protection or similar sports equipment are acceptable
- 4) Hands- A gauntlet of heavy leather or rigid material lined with at least ½ inch (1.3cm) of closed cell foam or heavy padding are required. An ice hockey glove or lacrosse glove with additional thumb protection is acceptable. Light gloves with a half gauntlet and a basket hilt of rigid material are acceptable. Street hockey gloves alone are NOT acceptable, but may be used in conjunction with a basket hilt or additional added protection.

X Weapon Specifications

A) Prohibited weapon types:

- 1) Segmented weapons including flails
- 2) Missile weapons except in melee combat.

B) Weapon core material:

- 1) The core of a youth armoured combat weapon must be constructed of 3/4" (19 mm) to 1" (2.54cm) diameter rattan that has the ends rounded
- 2) Common forms of High Density Polyethylene pipe used for irrigation and plumbing (Examples are Sil-o-flex and PEX) with an outside diameter of ¾" (1.9cm) to 1" (2.54cm) may be used providing the weight is appropriate for the combatant and the ends are capped or plugged to prevent the pipe from cutting through the foam.
- 3) The core shall be completely wrapped with strapping tape.

C) Hafts

- 1) The hafts of weapons shall be padded with closed cell foam and wrapped (but not compressed) by duct tape, athletic tape, and-or covered by a tight cloth sleeve.
- 2) The total diameter of a haft shall be no less than 1.5" (4.44cm).
- 3) The handle of a weapon is not considered the haft of the weapon for the purposes of these construction rules.



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D) Striking surfaces of weapons

- 1) Intended striking surfaces must be edged with a colour that distinguishes them from non-striking surfaces.
- 2) The interior material of axe heads, mace heads, warhammer heads, thrusting tips, and spikes must be only closed cell foam and fastened to the rattan core (but not compressed) by athletic tape, strapping tape, duct tape, strips of cloth, thin flexible leather, and/or thin flexible nylon and the whole striking surface covered (but not compressed) by tight fitting cloth, athletic and or duct tape
- 3) Blades shall be constructed by covering the rattan core completely in closed cell foam of no less than 3/8" (0.95cm) thickness, and the foam shall be wrapped but not compressed by tape or covered by a tight cloth sleeve.
- 4) Striking surfaces shall not be less than 1.5" (3.81cm) in total diameter
- 5) Striking surfaces less than 4" (10.2cm) in length, including thrusting tips, spikes, and Warhammer heads must ensure no less than 2" (5.1cm) in depth and 2.5" (6.35cm) in diameter and have progressive give. Tip should be constructed so it doesn't fold over.
- 6) Butt spikes are prohibited in Youth Armoured Combat.

E) Size and weight restrictions:

- 1) Division 1 maximum length of a weapon is the 5' (1.52m)
- 2) Division 2 maximum length of a weapon is the 5.5' (1.67m)
- 3) Division 3 maximum length of a weapon is the 7.5' (2.29m)
- 4) Weapons exceeding 6' (1.83m) shall be used for thrusting only.
- 5) The weapon must be weight proportionate to the combatant and may not exceed 8 oz. per foot (756g/m) in weight.

F) Throwing weapons

- 1) These weapons may be used for striking and may also be thrown in melee scenarios where thrown weapons are allowed. Examples are thrust and throw



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javelins and axes.

- 2) Throwing axes may be used in any division and shall not be excessively large or heavy.
- 3) Javelins may be used in melee combat in Divisions 2 and 3.
- 4) Javelin butt end may not be used offensively. It must be padded with foam in such a manner that it will not penetrate a 2 inch (2.5cm) opening.
- 5) Fins or stabilizers of foam or duct tape may be attached near the backend of the Javelin.
- 6) Javelins must be between 4' and 5.5' (1.22m and 1.67m)
- 7) Calibration level for a THROWN weapon is intentional touch.

G) Miscellaneous:

- 1) Wrist slings (lanyards) or "triggers" are recommended but not required on all single-handed weapons
- 2) No metal may be used in any weapons. This includes but is not limited to Basket hilts, pommel weights, screws and hose clamps.
- 3) Pommels, cross guards and butt end of all weapons must be covered with 3/8" (0.95cm) closed cell foam and covered with tape or a close fitting cloth sleeve.



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Marshal Section

An excerpt from The Kingdom of Avacal Book of Armoured Combat-

We marshals are, first and foremost, servants of our King and Queen, and on their behalf, servants of the fighters and spectators of Avacal. The primary duty of the marshals of Avacal is to assist the participants in having a safe and enjoyable experience in SCA combat. In this duty, we must see that these rules are enforced in a way that preserves safety, while making sure combat can be enjoyed by the participants and spectators.

During tournaments or wars, all marshals should carry onto the field of combat a marshalling pole that is spirally marked yellow and black at each end for at least 1.5 feet (45mm). The spiral mark is to indicate to the fighter that the pole belongs to the Marshal. The length of pole should allow the Marshal to comfortably direct the fighter without exposing the Marshal to being struck by the weapons. No marshal shall carry any pole on the field that has sharp or jagged edges (i.e. walking staffs, tree limbs, etc.).

The overriding rule shall be, "How can you get the highest number of combatants on the field safely?" That is your goal as a marshal.

XI General

A) Scope

- 1) This section was written to guide and assist the Marshals. Even more than the previous "fighter" section, this portion of the manual draws heavily from the Avacal Book of Combat and should be used to supplement, not replace it. Again it is not the intent of this document to re-write The Kingdom of Avacal Book of Armoured Combat, which is required to be read for a full understanding of this document.

XII Marshal Authorisation

- 1) The authorisation guidelines and procedure that are laid out in The Kingdom of Avacal Book of Armoured Combat shall also be applied to Youth Armoured Combat.



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XIII Marshalling in the Field

A) Guidelines for Marshalling on the field

- 1) The guidelines laid out in The Kingdom of Avacal Book of Armoured Combat in the following sections shall be followed.
 - (a) Marshal in Charge (MIC)
 - (b) Fair Witness
 - (c) Showmanship

XIV Additional Guidelines for YAC Marshals

A) General

- 1) All SCA youth combat activities including practices, events, demos, and wars must have at least one senior Youth Combat Marshal supervising the activities in each youth combat area at all times.
- 2) Marshals shall ensure that all armour and equipment is inspected and safe to use
- 3) Marshals shall monitor activities and behaviour on the field and immediately stop all potentially hazardous or unchivalrous activities by calling "HOLD"
- 4) Ensure the required parental supervision appropriate to the division requirements is in place.
- 5) Ensure all required YAC waivers are signed prior to each combat activity, practice or tournament
- 6) Promote chivalry
- 7) Act in a respectful manner
- 8) Conduct weapon, armour, and eric inspections prior to combat activities
- 9) Review YAC rules with all participants prior to conducting tournaments
- 10) Ensure no "live" weapons are worn in the combat area.



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B) Two deep policy

- 1) In accordance with the Society Youth Policy's "Two-Deep Rule" at least two adults not related to each other must be present in each area where youths are engaged in youth combat activities.

C) Background Check

- 1) Background checks are the responsibility of the Kingdom of Avacal Seneschalate; refer to the Kingdom of Avacal: Seneschal Handbook for specific details.
- 2) All youth combat senior Marshals are **required** to have an SCA background check. If the check has expired, you may not perform any senior marshalling duties.
- 3) Additional requirements may be needed for any events outside of Alberta, or Saskatchewan. See your affiliate agreement and governing documents to ensure you follow procedures approved for your jurisdiction, if any.

XV Melee Combat

The following are rules specific to YAC Melee combat.

- 1) An opponent may not be struck from behind, but their weapon may be "fouled".
- 2) Fighters may only charge to gain ground. They may not intentionally run into their opponents.
- 3) Fighters who have fallen down may not be struck. They must be allowed to rise and defend themselves before they may be struck.
- 4) Holds will not be called for dropped weapons unless dropping the weapon compromises the safety of the fighter. For example, if dropping a sword with a basket hilt compromises the safety of the fighter's hand.
- 5) One of two options may be used during melees; Recognition or Death From Behind. Either, but not both methods may be used during a melee. Fighters and



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marshals should know before the melee begins which is being used and the rules for that method.

- (a) With Recognition, a fighter must have visual contact with his opponent before striking him. A fighter may not look away or avoid eye contact for the purposes of avoiding recognition.
 - (b) With Death From Behind, a fighter must place their weapon on their opponent's shoulder and announce in a loud, clear voice "You are dead from behind".
- 6) No more than four fighters shall attack a single opponent except in the case of engaged units.

XVI COMBAT INJURY PROCEDURES

- 1) It should always be remembered that, when an injury occurs on the field, the primary concern is getting to and assisting the injured party. Secondary to this objective, but no less important, is the safety of persons entering the field to help and the well-being of anyone already on the field. (For example, fighters standing around in armour in the sun could be subject to heat problems.)
- 2) In the event of an emergency, the marshals shall cooperate with any authorized persons responding to the emergency and keep the area clear of would-be spectators.
- 3) In the event of any suspected injury on the field, the marshal shall halt all fighting in the area and determine the proper course of action. The hold may be a local hold as long as the safety of the injured person can be maintained. The overall situation should be assessed and, as the injured party is tended to, every effort shall be made to release as much of the field as possible so that combat may proceed.
- 4) If the injured person is conscious, they may be asked if they would like assistance. No conscious person will be forced to accept treatment without their consent. No non-combatant shall enter the combat area until summoned by a marshal.
- 5) A marshal shall call for assistance if they suspect that a participant is experiencing more than momentary distress. It is an extremely serious matter to delay the



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application of first aid when it is needed, and marshals who ignore injuries may be subject to revocation of their authorization to supervise combat-related activities.

- 6) No one may remove a fighter from the field without the consent of the event Marshal in Charge or an appointed deputy.
- 7) Any immediate and significant problems associated with an injury on the field shall be reported to the Kingdom Earl Marshal.

XVII Reporting

A) General

- 1) The report structure as laid out in the Avacal Book of Combat shall be followed with the following additions
 - (a) Any progress reports about using pre-approved experimental weapons should be reported to the Society Deputy for Youth Combat. (See the Avacal Book of combat for the approval process of experimental weapons). Any approval requires the approval of the Society Deputy for Youth Combat.
 - (b) An incident involving serious injury to a youth fighter shall be reported to the Society Deputy for Youth Combat as well as the Kingdom Earl Marshal and Kingdom Seneschal. A serious injury is something which involves emergency medical treatment or hospitalization.
 - (c) Incidents of inappropriate behaviour by a youth combatant or participating adult which is serious enough to warrant revoked authorization, warrant, a court of chivalry, possible banishment, or legal action should be reported to the Society Deputy for Youth Combat as well as the Kingdom Earl Marshal. A copy of this report will be forwarded to the Society Special Deputy for Family and Youth Programs.
- 2) Quarterly reports shall be forwarded to the Society Deputy for Youth Combat as well as the Kingdom Earl Marshal



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GLOSSARY

The definitions that follow apply throughout the Handbook, unless specifically stated otherwise. They are intended to clarify usage and establish a frame of reference for the various materials used in SCA combat. See The Kingdom of Avacal Book of Armoured Combat for additional definitions.

I Armour Materials

Aventail - A piece of metal, heavy leather, or other rigid material attached to the back of a helmet. It protects the back of the neck.

Bevor - A piece of metal, heavy leather, or other rigid material attached to the front of a helmet. It protects the throat.

Camail - A drape of chainmail, leather, or padded cloth that hangs from the helmet. It protects the neck.

Closed-cell foam - A solid foam made from polyethylene, EPV, or vinyl nitrate without interconnected pores resulting in a higher compressive strength than open-cell foams. Common uses are pipe insulation, camping and fitness mats, and sports padding.

Gauntlet - An armoured glove covering the back of the hand, fingers, and thumb and the points and back of the wrist.

Gorget - A protective collar for the neck. It may also protect the larynx and cervical vertebrae.

Heavy Leather - At least 10 ounce leather, about 3/16 inch thick.

HDPE - High Density Polyethylene.

Irrigation Pipe - Shatter-resistant plastic pipe made of High Density Polyethylene (HDPE) sized to be a substitute for iron pipe in exterior plumbing applications.

Light Leather - This is 4 to 6 ounce leather about 3/32 inch thick.

Mass weapons - maces, axes, war hammers, or other weapons designed primarily to crush or punch holes (on account of the weight of the real weapons), rather than primarily to cut (on account of sharp



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edges on the real weapon).

Medium Leather - This is 7 to 9 ounce leather about 1/8 inch (0.32cm) thick.

Melee - Combat fought between teams of two or more persons per side.

Open-cell foam - Foam made with interconnected pores. Common uses are for seat cushions, mattress pads, and packaging.

PEX - Shatterproof plastic pipe made of High Density Polyethylene (HDPE) sized to be a substitute for copper pipe and CPVC pipe in interior plumbing applications. Found in many hardware stores. Available in white, red, or blue coloured. Coloured orange when intended for radiant floor use.

Progressively resistant give - As pressure is applied it will compress gradually without bottoming-out.

PVC - Plastic pipe usually white or gray in colour. It is NOT legal for Youth Combat.

Rigid material:

1. Steel of no less than 18 gauge, or aluminum of no less than 0.075 inch (1.9mm).
2. Other metals of sufficient thickness to give similar rigidity to those listed above to include treated steel or aluminum.
3. High-impact-resistant plastics such as ABS or polyethylene of sufficient thickness to give similar rigidity to those listed above.
4. Heavy leather (as defined above) that has been hardened in hot wax, soaked in polyester resin (properly catalyzed), or treated in such a manner as to permanently harden the leather. e. Two layers of untreated heavy leather.
5. Other materials equivalent to those items listed above (Any armour of unusual construction or material must meet the approval of the Kingdom or Principality Earl Marshal or their designated deputy.)
6. Steel: cold- or hot-rolled mild steel or equivalent ferrous material.

Sil-o-Flex® - Brand name for plastic pipe made of High Density Polyethylene (HDPE) sized to be a substitute for iron pipe in exterior plumbing applications such as in-ground sprinklers. See: Irrigation pipe.

Xyphoid Process - This is the area at the base of the sternum