



SOFT ARMORED FIGHTING EUROPEAN FEDERATION

Specific rules

SWORD AND SHIELD

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Contents

1. Equipement	2
2. Fight regulations.....	3
3. Allowed techniques	4
4. Prohibited techniques	4
5. Point count	5

1. Equipement

1.1. Fighters are equipped with a sword and a shield according to their size as defined in Section 1.6 of the General Duel Rules.

1.2. Fighters can/must wear the following equipment:

	< 18 years old	≥ 18 years old
Helmet	mandatory	mandatory
Gorget	optional	optional
Groin protection	mandatory	mandatory
Pelvic protection	mandatory	mandatory
Glove for weapon hand(s)	mandatory	mandatory
Glove for shield hand	optional	optional
Chest protection	mandatory	optional
Arm protection for weapon arm(s)	optional	optional
Arm protection for shield arm	optional	optional
Leg protection	optional	optional
Knee protection	optional	optional
Elbow protection	optional	optional
Back protection	optional	optional
Foot protection	optional	optional

1.3. Protective gear must not have any hard parts except for the helmet, groin and pelvic protections.

2. Fight regulations

- 2.1. The sword and shield is played with a time limit.
- 2.2. The fight ends when a fighter has two winning rounds, except for the 3-5 age category, which is played in a single round.
- 2.3. During the group phases, if none of the fighters win two rounds after three rounds, the draw is declared. The two only cases are :
- ❖ First round won by a fighter/Second round won the other fighter/Third round is a draw round
 - ❖ All three rounds are draw rounds.
- 2.4. Reminder : for the ranking in the group stage fights:
- ❖ A victory – 2 points,
 - ❖ A draw – 1 point,
 - ❖ A defeat – 0 points.
- 2.5. During the final phases, if none of the fighters have won two rounds after 3 rounds (cases from 2.3), the fighter with the most points in all rounds wins the fight.
- 2.6. A draw round is considered as a winning round for both fighters.
- 2.7. Each round lasts the time given in the following table :

Category	Round time (seconds)
3 – 5 years old	30
6 – 7 years old	30
8 – 9 years old	45
10 – 11 years old	45
12 – 13 years old	60
14 –15 years old	60
16 – 17 years old	60
Senior	60
Veteran	60

- 2.8. The rest period is at least half the round time.

3. Allowed techniques

- 3.1. Any unauthorized technique is considered prohibited.
- 3.2. The following techniques are allowed:
 - 3.2.1. Striking with the sword blade.
 - 3.2.2. Striking with the flat part of the shield from the age of 10.
 - 3.2.3. Pushing with the shield (using the flat part or edge).

4. Prohibited techniques

- 4.1. Any unauthorized technique is considered prohibited.
- 4.2. All the following techniques, but not limited to, are prohibited:
 - 4.2.1. Thrust with the weapon.
 - 4.2.2. Any strike to an illegal zone (groin, feet, back of the neck, throat, intérieur des articulations).
 - 4.2.3. Strikes with the pommel.
 - 4.2.4. Strikes to a grounded or rising opponent.
 - 4.2.5. Kicking with feet or knee, hitting with the elbow, punches, and head strikes.
 - 4.2.6. Grappling/throwing technique.
 - 4.2.7. Grabbing the opponent's weapon and shield, body, clothes or equipment.
 - 4.2.8. Locking the opponent's weapon and shield, body, clothes or equipment.
 - 4.2.9. Clinch techniques.
 - 4.2.10. Strikes with the edge of the shield.
 - 4.2.11. Pushing for more than two seconds with the shield.
 - 4.2.12. Charge: strikes with the shield with more than two steps of run-up.
 - 4.2.13. Unsportsmanlike conduct: any action against the spirit of the game or denying opponents a fair chance, without necessarily breaking a rule.

5. Point count

- 5.1. Points are awarded for an effective strike on the opponent.
- 5.2. An effective strike is a strike done with the foible of the blade, with the cutting edge, and with enough power to it.
- 5.3. A sword has two cutting edges: The edge defined by the part of the blade along the grip and the false edge defined by the part opposite to the edge.
- 5.4. The foible of the blade is defined as the one-third of the blade closest to the tip, except for Extra Small swords where the foible of the blade is defined as the half of the blade closest to the tip.
- 5.5. Any strike that is parried by an offensive or defensive weapon is not an effective strike.
- 5.6. Strike to the head, torso and side of the neck award two points.
- 5.7. Any other strike to a legal part of the body awards one point.
- 5.8. From the third consecutive strike in the same place, the strikes are no longer considered effective. The strikes become effective again when a new action occurs from the fighter, such as, but not limited to, a change in foot position or a shield strike.