



15 June 2015

ARA Safety Principles for Fully Armoured Metal Edged Combat (FAMEC) (As proposed by MCC 2014)

Fully Armoured Metal Edged Combat (FAMEC) was developed and submitted to the ARA in 2014 by Medieval Combat and Culture (MCC) as guidelines for safe, minimum force combat for combatants to enjoy in full armour with a view towards:

1. Safety for combatants and spectators.
2. Longevity and care for the combatants armour and weapons.

FAMEC may be undertaken by ARA members in accordance with the list of activities submitted to the ARA insurer for PL cover in 2012 as follows:

- ARA Members *'do other activities such as training and practice (that may or may not be in historical costume)'*
 - Activities include: *'mock battle re-enactments'*,
 - Events include: *'training sessions/drills and practices, ... events run by other groups'*
- *'Member groups and individuals also participate in activities that may not be historical in nature'*

While FAMEC does fall within the description of activities covered under the ARA PL policy as per the list of activities submitted to the insurer, inquiries from ARA members have prompted the ARA to define Fully Armoured Metal Edged Combat (FAMEC) to ensure that all such activities are compliant with ARA PL Insurance.

Section 1: Types of blows

All blows in FAMEC are delivered with the minimum force necessary for a combatant to acknowledge the blow in the armour that they are wearing. Combatants are expected to calibrate and communicate with their opponents to ensure that their blows are delivered with the minimum force necessary. This ensures that the weapons, armour and combatants experience the least possible damage and makes for an activity that may appeal to a wide number of suitably equipped combatants.

Section 2: Weapon Specifications

Swords and Daggers

Normal rebated reenactment swords and daggers. Rebating is a process of rounding of the peak and the percussion edges of any blade used in FAMEC combat. The radius of rebating is about 10 mm (note: it has to match the radius of a coin 20 mm in diameter). Edges must be a minimum of 2mm.

Single-handed Swords: Sabers, broadswords up to 1,600 g

Long Sword: Total length is up to 1,400 mm swords, sabers, broadswords, Two-Handed swords up to 2,500 g

Shields (as a weapon)

The edges of shields are to be trimmed with thick (not less than 2 - 4 mm) leather, raw hide or three or more layers of fabric.

Edges of the iron shields have to be carefully forge-rolled and be no less than 4 mm thick.

Note: Shield striking using either flat of shield or edge allowed and is subject to the same rules as weapons regarding calibration of blows.

Spears and Pole Weapons

A spear or pointed pole weapon must have the tip fitted with an aluminium or steel sphere no smaller than 50mm in diameter. Other pole weapons such as axes are subject to the same rules as all weapons regarding point and blade minimums (See: swords) and calibration of blows.

Section 3: Armour Specifications

Helm

Helms must have a full face visor with either protected eyes. The visor eyes apertures must be caged with mesh or grilled with no than 6mm gaps. 12mm Padding, parachute and chin strap

Helm Minimum specs

High Carbon Steel (1040) – 1.8mm

Mild Steel – 2.5mm

Body Armour

Body armour must be plate or a derivative thereof such as brigandine or coat of plates. 6mm Padding, recommended arming doublet with mail covering gaps in armour

Body Armour Minimum spec

High Carbon Steel (1040) – 0.8mm

Mild Steel – 1.6mm

Neck

Steel plate armour element to cover throat with 6mm padding

Neck Armour Minimum

High Carbon Steel (1040) – 1mm

Mild Steel – 1.8mm

Limbs

Limbs can be plate or a variant like splint. Leather must be Rock Oak Leather. 6mm Padding.

Limb Armour Minimum

High Carbon Steel (1040) – 1mm

Mild Steel – 1.8mm

Leather (Splint) 3mm Rock Oak Leather

Hands

Plate gauntlets either lamed or fingered. 5mm Padding

Hand Armour Minimum

High Carbon Steel (1040) – 1mm

Mild Steel – 1.8mm

NB: Groin – Sporting cup

Section 4: Combat Rules/Guidelines

The rules are simple.

All Combatants should have previous experience and demonstrated competency in either Metal Edged Reenactment or SCA combat.

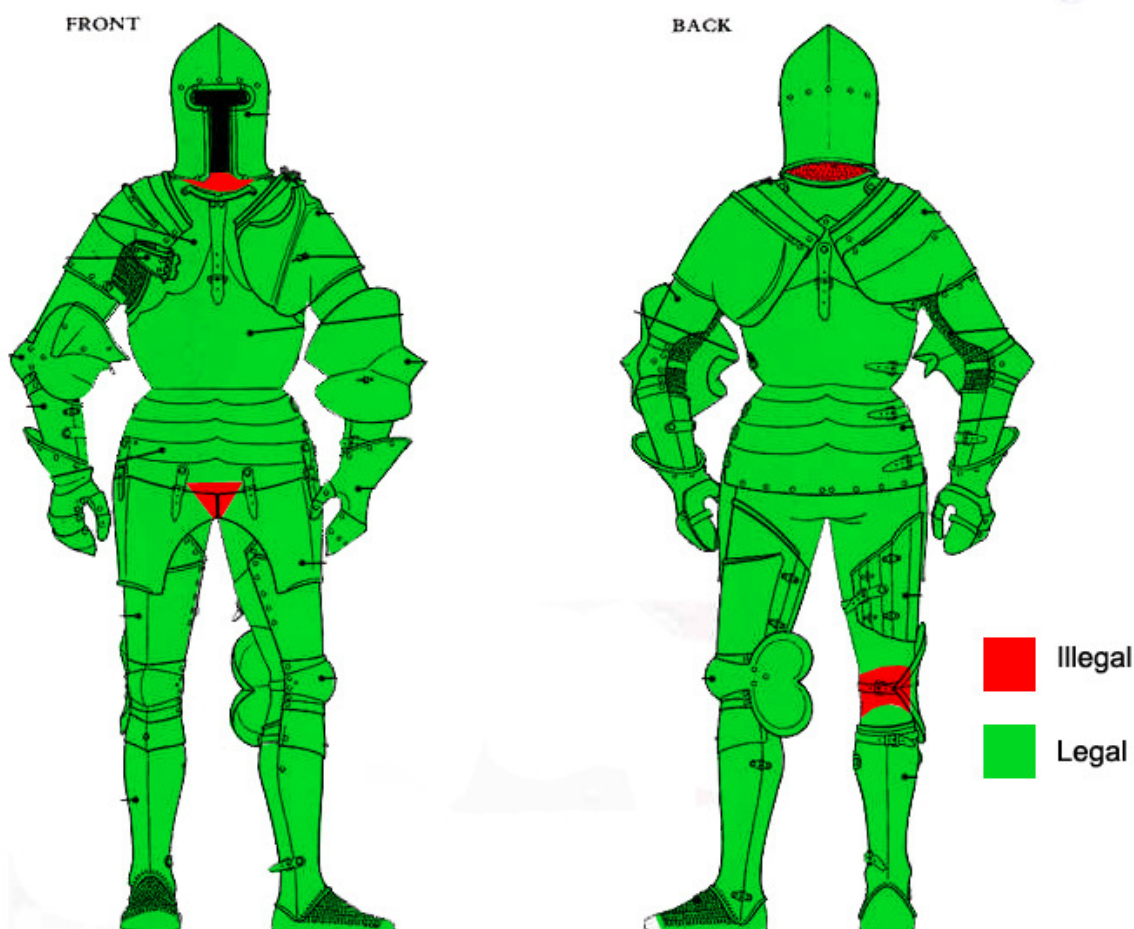
FAMEC is not for first time combatants or beginners as the Full Armour worn offers additional target areas that are not included in the ARA Guidelines for Standard Interclub Hand Weapon Combat.

All combatants are required to:

1. Be appropriately armoured to participate in FAMEC, duels, melee and combat archery
2. Possess previous experience and demonstrated competency according to the ARA Guidelines for Standard Interclub Hand Weapon Combat.
3. Have a good attitude including:
 - a. Respect and concern for the safety of combatants and spectators
 - b. Respect and sympathy for their opponents equipment
 - c. A focus on recreational and friendly combat between like minded reenactors
4. Agree to participate according to combat rules that deviate from ARA Guidelines for Standard Interclub Hand Weapon Combat provided they are safe, common sense rules that do not breach other ARA Safety Guidelines (Remember, you have the right to refuse to fight).
5. Understand and comply that the force of blows are delivered with the minimum force necessary for a combatant to acknowledge the blow in the armour that they are wearing.
 - a. You are expected to have the skill and control to calibrate your blows with the feedback from different opponents and adjust your blows as necessary to ensure that blows are delivered with the minimum force necessary for a combatant to acknowledge the blow in the armour that they are wearing
6. Be honest and take your hits.

Full Armoured Metal Edged Combat (FAMEC)

Strike Zones



Thanks and credit goes to Ted Wells of Medieval Combat and Culture for developing these guidelines.