

MHS - PROTECTIVE GEAR REQUIREMENTS

Version: 2.5.4 (2021.07.25.)

It is important to note that the following gear standards aim to avoid serious injuries. Even with usage of this gear it is necessary to, one hand, be supervised by instructors during training sessions or sparring and, on the other hand, be deemed physically fit for sporting (i.e. have medical proof of eligibility). In order to participate in tournaments, proper training and fencing experience are a must; as well as the careful reading, consideration, and understanding of the liability form, which must be signed and accepted before each tournament.

The gear must be in good condition. If damaged, it must be properly repaired. In case of unrepaired damage or serious hygienic issues the respective piece of gear can be excluded from the competition!

Due to constant changes on the market, it is hard to keep track of all the brands and types of protective gear. The following requirements are based on the most common and widely accepted types of gear and brands. If a piece of gear is not on the list and/or has underwent repairing or customization, please consult with an organizer.

1. HEAD PROTECTION

- 1.1 **Fencing mask:** Minimum 1600N rupture protection FIE tested head mask. Any brands are allowed, but HEMA specific gear with extra padding is recommended. Head protection with serious damage (fissures, indentations etc.) may be excluded from the competition by the organizers.
- 1.2 **Throat protector:** It must cover the throat from front and sides with stiff elements. It is compulsory. Best known examples are PBT or Allstar models, or ice hockey protectors. It is recommended that this gear also protects the collarbone.
- 1.3 **Nape protector:** It must protect the nape and the upper vertebrae. Any model which can be attached to mask is permitted. Optionally, it can be supplemented with rugby or gambeson hats

2. UPPER BODY PROTECTION

- 2.1 **Fencing jacket:** The jacket must be made of special materials that withstand at least 350N, it must have a proper stuffing and it must cover the whole torso and arms. It is advisable to have extra stiff protection for shoulders as they can prevent serious injuries.
- 2.2 **Chest protector:** Any brands are allowed as long as it is stiff and it protects the ribs from thrusts and strikes. It is recommended to use a version that also protects the abdomen. Shapes can vary for sexes.

- 2.3 **Forearm & elbow protectors:** It is compulsory to have stiff elbow and forearm protectors. Forearm protection can be assured also by the gloves' long sleeve. If the protectors are not part of the jacket, it is recommended to fasten them to the jacket.

3. LOWER BODY PROTECTION

- 3.1 **Fencing pants:** It is recommended to use fencing pants that can withstand at least 350N and cover the hips and the thighs. Any additional protective from the ones mentioned below should be compatible with the pants and optionally fastened together. It is recommended to use them with straps or a belt.
- 3.2 **Groin protector:** It is compulsory to use a built-in or a separate groin protection - appropriate for the sex.

4. LIMB PROTECTION

- 4.1 **Gloves:** It is compulsory to use a stiff or semirigid model that covers and protects the wrist, the hand and the fingers. It is compulsory to cover the palms. The organizers may exclude heavily damaged equipment.
- 4.2 **Knee and shin protectors:** It is compulsory to have stiff knee and shin protection without any significant gaps. It is recommended to use a model that covers both areas. It is also recommended to fasten it to the pants.
- 4.3 **Fencing socks:** This piece of gear is optional as long as the leg is covered by other means (pants, other protectors).
- 4.4 **Shoes:** Any pair of sport shoes is permitted as long as it is clean.