

Regia Anglorum

National Battlefield and Training Policy

(DRAFT)

Contents:

- [1 The Regia Battlefield](#)
 - [1.1 Rules of Combat](#)
 - [1.2 Hit Locations in Regia](#)
 - [1.3 Heavy Weapons](#)
 - [1.4 Alternative Systems](#)
 - [1.5 Getting Wounded](#)
 - [1.6 Battlefield Conventions \(or Customs and Practice\)](#)
 - [1.7 Battlefield Arguments](#)
 - [1.8 In the event of an injury](#)
 - [1.9 Junior Combatants](#)
 - [1.10 Guest Combatants](#)
 - [1.11 Warriors and non-combatants \(civilians\)](#)
 - [1.12 Specifically Prohibited things](#)
 - [1.13 Armoured Man Melees](#)
 - [1.14 Battlefield Display Work](#)
 - [1.15 The battlefield](#)
 - [1.16 Organisation of the battlefield display](#)
- [2 Weapon classification](#)
 - [2.1 Weapon classes](#)
 - [2.2 Weapon Categories](#)
- [3 The Trainee](#)
 - [3.1 Training Stamps](#)
 - [3.2 Yellow Tags](#)
 - [3.3 Members of other Societies](#)
- [4 Weapon tests](#)
 - [4.1 Battlefield Safe](#)
 - [4.2 Weapon Tests \(Long Weapon and Short Weapon, ...\)](#)
 - [4.3 Breach of Weapon Testing Rules](#)
- [5 Authentic Commands](#)
- [6 Archery](#)
- [7 Cavalry](#)
- [8 Choreography](#)
- [9 The Art of Dying](#)
 - [9.1](#)
 - [9.2 Acting – Adding Realism](#)
- [10 Glossary](#)
 - [Wound Types and Severity](#)
 - [Wounds by Body Area](#)
- [Appendix 2](#)

1 The Regia Battlefield

These rules apply to the vast majority of our combat. They specifically do not cover such things as championship combat or anything that has been prearranged as part of a script or show. The Battlefield is a dangerous place and we all accept and sign a piece of paper to the effect that we understand this. Whilst the risk of injury is low, the potential still exists. The National Battlefield and Training Policy is an attempt to minimise the number of injuries, slight or otherwise, by instituting the best set of safety standards we can without losing the edge or appeal of combat. It is everybody's responsibility to ensure that the battlefield is as safe as it can be.

1.1 Rules of Combat

A Re-enactment battlefield can be a dangerous place. We as a society do not practice combat, instead we have created our own representative form founded on a principle of competitiveness. It is a semi-contact sport founded along the same principles as Fencing or some Eastern Martial Arts. This means that in order to score a 'hit' on someone you must physically contact them with a weapon, i.e. a sword or spearhead NOT a fist or foot. Of course your opponent will be trying to do the same to you. As there are no judges (or electronic systems) to record these 'hits' then the warrior who is tapped is expected to make the suitable reaction, i.e. fall over dead. This is what we term an 'Honour Based System'.

Semi-contact with regard to our combat system means striking a blow that lands no harder than that of a reasonable hand slap. You are expected to protect yourself at all times. You are also expected to take full responsibility for your own actions.

The Two Basic Rules are:

1. No blow of a weapon should be harder than a reasonable 'slap of the hand'
2. A blow to a valid hit location will always 'wound'

1.1.1 Other Rules

We will discourage and, in extreme cases, ban any combat system which:

- Hits prohibited areas or hits too hard.
- Relies on intimidation over skill.
- Intentionally damages re-enactors weapons or shields.
- Cannot be provenanced for our re-enactment period of history.

Provided that you use these rules to determine what is acceptable then you will not go far wrong.

1.2 Hit Locations in Regia

We define a number of areas on your body where, realistically the impact of a period weapon would disable, maim or kill. A hit to one of these locations is called a 'wound' and you are expected to take no further part in a combat if you do get hit on one of these locations. There is a three-tier system that encourages the use of armour. As soon as you are hit in a legitimate target area you will act as wounded and take no further part in the competitive combat.

1.2.1 Non-Legal Hit Areas

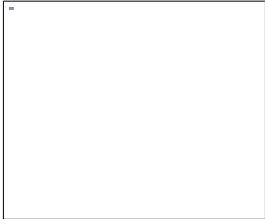
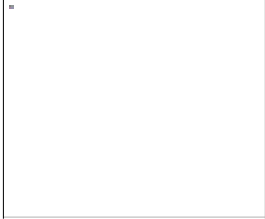

Any hits to body areas outside the legal hit locations can be ignored. In particular, any weapon style should avoid striking the following parts of the body in all circumstances:

- The **GENITALS**.
- The **ELBOWS and below**, the **KNEES and below**.
- The **HEAD** and **NECK** are never aimed at, hit or threatened.

In addition, you should avoid hitting/ thrusting into bony areas

Hit locations

Unarmoured	Wearing no metal body armour
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	<p>Hit areas</p> <p>Chest, stomach, back or sides of your torso Buttocks Arms above and NOT including the elbow Legs above and NOT including the knee</p>
<p>Armoured</p> 	<p>Wearing mail or lamellar (as defined by the MAA regs) but no helm</p> <p>Hit areas</p> <p>Chest, stomach, back or sides of your torso Buttocks Arms above and NOT including the elbow</p>
<p>Fully Armoured</p> 	<p>Wearing mail or lamellar (as defined by the MAA regs) and a helm fully or principally composed of metal</p> <p>Hit areas</p> <p>Chest, stomach, back or sides of your torso Buttocks</p>

1.3 Heavy Weapons

Certain weapons are designated heavy weapons - these are fairly self-evident. Most of these are restricted by the specialist weapons rules. To allow them to be used safely, but without losing their effect, heavy weapons discount the armour rules – treating armoured opponents as unarmoured. Heavy Weapons include:

- Two Handed Axe (Broad Axe)
- Mace
- Hand and a Half and Two Handed Swords, Glaives and other such very very late period weapons.

1.4 Alternative Systems

Occasionally for specific shows, the hit locations and rules may change. You will be told at the pre battle muster that this is the case. **Unless** you are told otherwise then the system given above **is** used.

1.5 Getting Wounded

If you are hit in a valid location that counts as a wound you are out of the fight, no matter how long (or briefly) you have been fighting. You may not:

- Bear a shield
- Issue orders
- Use a weapon
- Flail around in you death throws
- Throw yourself forward in an attempt to...

You can however

- Acknowledge you have been wounded by dropping to the floor
- Act out your wound
- Take part in any drama which does not hinder combat or authenticity

1.6 Battlefield Conventions (or Customs and Practice)

There are a number of 'unwritten rules' that you are expected to abide by on the battlefield. Most of these are self-evident and can be guessed at from the previous section on the Battlefield rules.

1.6.1 Minimum safety standards.

Any combatant on the field **MUST**:

- Understand sufficient English that the MTO (or his deputies) believe they can safely take the field and follow instructions.
- Be able to show that they understand the rules of combat and the hit location system.
- Have attended at least one training session and have been passed as battlefield safe with the weapons they are taking onto the field.

1.6.2 Alcohol, Drugs and Combat

The following is taken from the Regulations in the current Code Of Law:

“3C. The Responsibilities of the Membership

iii. Members of the Society shall not consume alcohol during the hours of public display of an Event, and shall be sober at any time when they appear in public during those hours. Members of the Society shall not consume tobacco products during the hours of public display of an Event when appearing in public and in such costume as shall connect them with the Society. Detailed regulation of this matter shall be in the hands of the Officer of the Day, Military Training Officer and Living History Coordinator at Major Events.

v. No member of the Society shall take or willingly expose himself to any form of non-medically prescribed drug, nor any compound that could be construed as such at any time when attendant at an Event, nor in any context that may in any way or at any time connect him with the Society, upon risk of immediate removal of the member from the Event, suspension of membership, and such action as a subsequent High Witan shall determine. Such a High Witan may be immediately convened.

vi. No member of the Society shall wilfully disregard an instruction given to him by a relevant National Officer (or person holding due authority at an Event) on a matter of health and safety, upon risk of immediate removal of the member from the Event, suspension of membership, and such action as a subsequent High Witan shall determine. Such a High Witan may be immediately convened.”

1.7 Battlefield Arguments

In the event of any disagreement, you should NEVER settle it on the field. Try to give your opponent the benefit of the doubt where hits are concerned; the chances are that he genuinely didn't feel your hit. Act honourably, remember it is only a game and never let it escalate beyond a polite comment.

Direct physical assault either with or without a weapon will get you removed from the Battlefield and from the Society. Continued behaviour close to this line is liable to get you banned from the Battlefield (until you either improve or remove). This 'Line' can also be applied to taunting and other such things. You are encouraged to tirade your enemies but should avoid obscenity

1.7.1 Clashing weapons or shields

Some combat displays require us to come to non-competitive 'clashes'.

During these we are expected to make a lot of noise. Do not aggressively attack the weapons and shields of your enemy. Not only does this cause damage to personal equipment, but a weapon wielded with force can cause serious injury even when aimed at a shield. This also applies to spears and hand weapons; spearheads can be severed from a shaft by repeated heavy blows. During competitive combat you are trying to craftily place a blow upon your opponent by avoiding his shield, NOT by smashing a dirty great hole in it.

1.7.2 Be aware of your opponents' lack of armour

Always judge your blows so that both armoured and unarmoured opponents feel just the force of a slap. Some of us don't wear armour or padding but we are all encouraged to wear at least a tunic. A thin piece of wool does not really protect you from anything (except the odd scratch). Try

to be aware that those of us dressed thus are more prone to injury. Conversely those of us in armour and padding sometimes don't feel the lightest of blows - give your opponent the benefit of the doubt. This does not, however, mean that you hit him harder until he falls over – there may be a valid reason why he is not taking his hit.

1.7.3 What counts as a hit?

- Thrusts with spears
- Contact with metal

Sometimes you will be lucky enough to receive the shaft of someone's spear (instead of the edge or point) in a hit location. You are not honour bound to take this as a wound. The actual bladed (we will treat this as the metal) part of the weapon must come into contact with you. It is common practice that if during a rough and tumble combat the bladed part does happen to make contact then you should count that, no matter how slowly it happens. We do things this way as it is difficult to legislate as to exactly how fast a weapon must be travelling to kill.

In addition, you may also be hit on some part of your equipment such as a pouch, scabbard or slung cloak. If the blow genuinely went through and past then you should also not take it. It's pretty evident when this happens. HOWEVER, thrusts with spears would count in these cases.

1.8 In the event of an injury

Only one or two should deal with the injured person. One should stay with the injured party and the other should fetch a First Aider. Let the designated First Aiders handle the situation. Don't crowd around the incident, this only serves to draw attention and does nothing to help. It is common practice to continue with the display once there are people handling the situation.

1.9 Junior Combatants

It should be noted that Junior Combatants (between 16 and 18) must follow the appropriate guidance as given in the code of law.

Junior Combatants are identified by a shield faced entirely in black – and **MUST** carry this at all times in the combat.

When fighting a Junior Combatant you should avoid shield barging and similar practices.

1.10 Guest Combatants

If a group within the society invites members of another society to an event and they wish to take part in the combat, they **MUST**:

- Understand sufficient English that the MTO (or his deputies) believe they can safely take the field and follow instructions
- Show that they understand the rules of combat and the hit location system.
- Attend the training session before the combat and have been passed as battlefield safe with the weapons they are taking onto the field.
- Have a full MAA inspection.
- The sponsor group must have informed the Military Training Officer, Master At Arms, Membership officer and Authenticity Officer prior to the event.

1.11 Warriors and non-combatants (civilians)

There was a time when the Battlefield was the exclusive domain of the warriors. Nowadays, you can sometimes expect to find priests, women and other civilians on the Field. There are some simple, common sense guidelines for both civilians and warriors:

1.11.1 Warriors.

1. Never engage a civilian in competitive combat.
2. If you wish to engage in some 'play acting' then ask them first

3. If acting as Marshalls, do exactly what they tell you.

1.11.2 Civilians

1. Never engage in competitive combat
2. Never interact or engage in non-competitive combat with a combatant unless it has been pre-agreed.
3. If you start a battle as a non-combatant then you finish the battle as non-combatant. You do not decide to join in halfway through because your side is losing.
4. Never impede, stop or tackle a warrior, especially if he is trying to achieve an objective (i.e. he has managed to get round the back of a shield wall and you are the only person between him and the rear of your line).
5. If a warrior approaches you simply identify yourself as a non-combatant and he should leave you alone. Non-combatants should never use this 'invulnerability' as an indirect excuse to impeding warriors.
6. If you intend to take the field, make sure that you are not carrying any sharp items, knives etc. with you.

1.12 Specifically Prohibited things

This is a section that we hope never grows beyond a very short list

- Using any other weapon, other than a hadseax in conjunction with your spear.
- Using two one-handed weapons simultaneously.
- Sharp weapons (Carrying such an item will lead to an instant ban)

1.13 Armoured Man Melees

These take a different form to normal combat, the rules of engagement usually being arranged on the day.

However in order to take part in one of these melees you must have the correct kit, weapon passes and be able to demonstrate the right attitude and abilities to a panel of three training officers.

1.13.1 Kit Requirements

You must possess and wear whilst taking part in a melee the following items:

1. Gambeson or leather jerkin
2. Hauberk
3. Helmet (must have a nasal bar)
4. Shield (in good repair)
5. Sword, axe Langseax

* Spears and Dane axes are banned from the field and hadseaxes can only be used as a last resort/finishing off weapon.

1.13.2 Weapon Passes

You must have a full weapons pass or equivalent* in any weapon that you take on to the field

* i.e. a pass under the old yellow tag system or 'Grandfather' rules

1.13.3 Taking Part in a Melee

The Military Training officer will select those who will take part in the event. This may appear initially to be somewhat elitist, however past experience has shown that far more injuries occur when these events are made open.

If anyone is interested in taking part but is unsure of what is expected then they should approach the Military Training Officer for the correct 'Attitude Adjustment'.

1.14 Battlefield Display Work

Below are the standard manoeuvres that we do as part of our non-competitive display and a

description of how each is done.

1.14.1 Fake Charge

The three line commanders step forward to a point in front of the enemy and on their command the shield wall charges forward and stops just behind the three commanders.

1.14.2 Real Charge

The line commanders give the command and the shield wall runs forward to make shield contact with the enemy.

1.14.3 Armoured Man Clash

The commanders of the two opposing armoured units give the command to charge, the armoured men run at each other and make shield-to-shield contact, making as much noise as possible, they then step back slightly and hit each other until told to stop.

1.14.4 Steppan to Contact

The line, as one unit, steppans on the command of its leader until it contacts the enemy.

1.14.5 Skirmish

Light unarmoured people only go forward on command of the line commander and fight a non-competitive loose combat.

1.14.6 Boar Snout

The line commander gives the order for the armoured men to form a boar snout which is driven across the field and followed and backed up by a unit of skirmishers.

1.14.7 Double Envelop

The two flank commanders will give the order for skirmishers to rap round both ends of the enemy line.

1.14.8 Triple Rank

The line commander will give the order for the line to form three ranks deep all ranks will have their shields and spears to bear.

1.14.9 Destructo-shields

A number of people carrying special light disposable shields step forward from one line, matched by an equal number from the other line who then proceed to destroy the shields.

1.14.10 Taking arrow shot

This is organized on the day, depending on the layout of the battlefield. Please see section 6 for more specific information.

1.15 *The battlefield*

The Regia battlefield is constructed with two sets of barriers. These barriers run around the edges of the field between the combatants and the audience. The barriers should be a minimum 9ft (3m), or the length of the longest weapon (whichever is greater) apart.

The gap in between the barriers should be occupied solely by costumed civilian members of Regia and by people (with permission, such as press...) who are wearing appropriate high visibility clothing.

If a warrior finds himself in combat on the internal barrier, or fighting with a warrior in combat on the internal barrier, then combat should cease This should not be used or exploited as a military tactic.

1.16 Organisation of the battlefield display

The Military Training Officer and his deputies will arrange the running order of the non-competitive parts of the battle. This is based around the standard manoeuvres listed above. Once the order of events has been agreed the 'Dog Tags' are strung together in the correct order. Three copies are given to each side, one each for the flank commanders and centre commander. Another copy is given to the person running the PA. It is the responsibility of the individual commanders to keep their section of the line informed as to what will be happening and when.

As a general rule competitive combat only begins after the second Parley or a blessing from the Church.

2 Weapon classification

Weapons are classified by two descriptions - Category and Class.

2.1 Weapon classes

- Spear, two handed to 9ft in overall length
- Spear, two handed and winged to 9ft in overall length
- One handed spear and shield up to 7ft in overall length
- One handed bladed weapon 14 inches or less overall (Hadseax)*
- One handed bladed weapon greater then 14 inches overall (Langseax)
- One handed Axe
- Sword
- Two handed Axe (Broad Axe)
- Specialist Weapons – See below
 - *A Hadseax is the only weapon that can be used in a 'backhand' with a two handed spear – the hadseax does not count as a weapon in its own right – merely as a secondary weapon

2.2 Weapon Categories

Weapons are divided into categories that fit their general usage. The actual specifications of these weapons are defined in the MAA regulations.

You may see the term '**short weapon**', this is generally used to denote hand weapons such as langseaxes, swords and hand axes.

Conversely, the term '**Long Weapon**' is applied to all spears irrespective of their length.

The 2-handed axe (Dane Axe) does not fit either of these categories.

In certain circumstances specialist weapons/farm tools etc may be used but only with the explicit permission of both the MAA and MTO.

So the categories are:

- Long Weapon - 2 handed
- Long Weapon - single handed
- Short Weapon
- Two Handed Axe
- Specialist Weapons*
 - * This is a catch-all category for weapons other than those classified above - If you wish to take such a weapon on the field please contact the MAA and the MTO to discuss specifications and training requirements.

3 The Trainee

All new members are classed as trainees and may use the shield of their choice with a two-handed spear (as above) and a hadseax.

Trainees should

- Receive training with their local group before fighting at an Event
- Satisfy their mentor & Training Officer that they can physically handle the weapons they are using
- Pass a Battlefield Safe Test (SEE SECTION 4.1)
- Initially have a yellow tag prominently displayed on their spear (see 3.2)

Training officers

- Should be aware of all trainees under their care
- Ensure that trainees receive the appropriate training

3.1 Training Stamps

A Trainee requires six Training Stamps. Two must be from battles fought at national shows, at least two must be from national training events, the other two may come from regional or national training events (National training events are either pure training events with no public, or the training we do at shows before the main battle. Regional training is any other event at which a national training officer is present and actively training.)

The Trainee can combine the Long Weapon Test with the hadseax test as long as his six stamps show spear, shield and hadseax. This is the only occasion in which tests can be combined. If the trainee does not take this opportunity then they must collect another six stamps specifically with the hadseax. The spear, shield and hadseax are the first weapons that most people will learn.

Books must be stamped at the event where they have been awarded. It is the member's responsibility to get the stamp.

3.2 Yellow Tags

Yellow tags are reserved for new trainees and for members that a Training Officer considers other warriors should take more care with. Warriors are expected to be aware that the yellow tag means just this - they are not for *wolves in sheep's clothing* and their bearers should be treated with more respect and care. All new members will be yellow tagged and should endeavour to keep their weapons below the 'nipple' line and their blows limited to safe areas such as the stomach. A yellow tag is removed at the discretion of a Training Officer.

3.3 Members of other Societies

Sometimes an experienced warrior from another Society will want to join Regia. They already possess and use weapons other than our initial Trainee weapons. At the discretion of a Training Officer, they may be allowed to start as a Trainee on another weapon other than the spear, shield and hadseax. This may sound like a concession, but as they will still have to go through the same process as a Trainee and will then have to take and pass a test with long weapons the progression is virtually identical.

4 Weapon tests

The first is the Battlefield Safe Test; the second is the Weapon Test these are taken for Long (spears) and Short Weapons.

These tests can only be given by National Training Officers, who should not be a member of your own group.

4.1 Battlefield Safe

Also called a competency test. All trainees and Warriors must take this test in order to take a weapon onto a competitive field for the first time. A Trainee must take this test before he fights his first battle with his spear and a warrior who has passed his Spear Test must take one when he first takes another weapon onto a competitive field. These tests are relatively straightforward and can be given by a single Training Officer. You will be expected to display:

- A basic Knowledge of the Battlefield together with the 'Honour' system and hit location rules.
- The ability to deliver a safe blow that is within the rules regarding style and safety.

The following Battlefield Safe Tests are only valid for one year:

- Two handed spear.
- Hadseax.
- One handed spear
- Broadaxe
- Any short weapon (Unless there is already a full pass in this category).

All other Battlefield Safe Tests are equivalent to a Weapons Test and are valid whilst you continue to be a member of Regia Anglorum.

4.2 Weapon Tests (Long Weapon and Short Weapon, ...)

If you want to take a test you must have

- 6+ training stamps (2 battle/ 2 National Events / 2 Training)
- Asked a Training Officer for a test that day at the start of training
- Attended training on time
- Carry a Red Tag on your spear or sword arm in Training and Battle
- Fight with the correct balance of safety and effectiveness – as a Red Tag, you will be judged during the day by everyone.
- Attended the Test at the time chosen by the Training Officers (usually after the battle)

In descending order of priority the training officers will be looking for the following competencies.

Primary To demonstrate general safety and control based around a good stance and defence. To demonstrate an understanding of the legal target areas including armour rules and any exceptions to the general rules.

Secondary An ability to attack and place shots whilst under pressure. To be able to control a weapon in order to minimize damage once a mistake has been made i.e. if a blow bounces off a shield into the head, being able either stop it, slow it down or redirect it to either avoid striking or soften the blow/stop on contact*. Battlefield awareness.

Tertiary A general familiarity with kit. Being familiar with the feel and movement of the arms and armour. A reasonable level of fitness.

*This sentence is not intended as a loophole for smacking someone in the head and any attempt to use it as such will land that person in deep trouble. Accidents will happen regardless of how skilled the participants are, however a skilled warrior, on realizing that a potentially dangerous blow is about to land should be able to minimize the effects.

All tests will be carried out with a minimum of two officers, preferably three. At any point the test may be stopped to discuss a certain point or to concentrate on a perceived area of weakness/concern. Pass or fail the officers will explain their actions and provide help where necessary. A very small number of people have been failed and will continue to be failed on subjective assessment, but only when all three officers agree, again this will be openly admitted and discussed with the trainee.

Passing a relevant weapon test allows you to move on to other weapons. The appendix contains a summary of the Weapons Test Structure. Once you pass a Weapon Test in any short weapon, then all the remainder can be used with just a Battlefield Safe.

Weapons Tests remain valid whilst you are a member of Regia Anglorum.

4.3 Breach of Weapon Testing Rules

Any member of the society found fighting without a valid pass in the weapon they are using, will be banned for life.

5 Authentic Commands

This is a basic list of commands in Saxon, Norse, Norman and Welsh.

Movement

Go Forward	Forth gæth / Gangath forth	Gangith fram	Tr-eye-say vair	C
Advance to combat	Forth on gewinn gangath	Gangith i vigu	Meh-tay on-badon	
Forward at the Double	Forth rinnath	Rennith fram	Lie-say coh-reh	E g
Step	Forth on fotes trim stepath....stepath	Stigith fram ...stigith	Pah	A e v
Charge	Raesath/ On raes	Gangith i ras		
Withdraw	(Gangeth) on baec	Gangith undan	Reh-tray	C
Run Away	Abugath	Rennith af	Es-coor-ay	
Left	Swithren	Vinstri	Gorsh	V
Right	Winstren	svithri	Droyt	E
Turn Left/Right	On ... wendath	Vikith i	Prendrey ir	T
Turn About	Ongean wendath	Vikith undan	Tourn-ay	T
Form up	Gesomniath	Komith saman	Ah-lee-ay	C

Shieldwalls

Attention	Aweccath!	Vekith	Ecouter	E
Prepare to form Shieldwall	Abideth bebob on bordweall	Bithith i skjaldborgu		E t ll
Form Shieldwall	On bordweall	Slith skaldborg	Em-brah-see-ay	T
Strengthen to the Left/Right	Trimmiath on ...	Styrkithi i ...	Es-troy-tay ir ...	C c
Shoulder Arms	Nimath spere!	Nemith geirir	Ah-doh-bay	T
Ready Weapons	Waepnu araerath!	Reiddith vapn	Prendray les arms	
Form 2 Ranks	In twa reawas filciath	Skiptith i tveim		
Form 3 Ranks	In threo reawas filciath	Skiptith i thrim		
Prepare to Receive Charge	Standath fæst	Standith fast	Doh-nay es-tahl	S
Dismissed	Tofarath	Farith	Romp-ay	C

Others

Sit down	Sittath adune	Sitith	Ass-ay-ay	Eisteddwch
Kneel	Cneowliath	Knelith		
Stand up	Astandath	Standith upp		
Halt	Standath	Standith	Arretter	Atalnod
At ease	Standath softie	Standith seft		
Prepare to ...	Abideth bebob ...	Reiddith		

Safety

Stop	Stop	Stop	Stop	Stop
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6 Archery

6.1.1 Facing archery.

The bows we use on the battlefield are very weak and are unlikely to cause injury by impact force, but there are some things combatants need to be aware of for safety reasons and to make our displays look right.

There are two types of archery that may take place on the battlefield, and this section explains what they are and what to do in each case.

Although both types may take place in the same battle, they will never occur at the same time.

Archery only takes place during the scripted, non-competitive parts of the battle and the archers never shoot at you whilst you are engaged in melee combat.

1. Indirect Shooting / Lobbing

This is done at long range (over 30 metres), often from behind the opposing line.

The archers shoot up at about 45 degrees to drop their arrows on you from above.

The archers are short-drawing their bows and the arrows are falling out of the sky with little more force than their own weight.

When facing this type of archery you must raise your shield to protect your head and must not look up to see where the arrows are falling.

Do not lower your shield until given the 'All Clear' by your line commander to do so. If you do not have a shield you should move to a part of your line that is not going to be shot at or shelter close behind someone else who has a shield.

The purpose of this type of archery is to show how an army can soften up, attempt to demoralise its opponent and manoeuvre unseen whilst the opponents are forced to hide behind their shields.

2. Direct Shooting

This is done at medium (20 to 30 metres) and short (under 20 metres) range.

With this form of battlefield archery the archers shoot directly at you.

At medium range keep the upper edge of your shield rim at eyebrow level and look down. This is so that your eyes are protected from any arrows that may come at you above shield boss height.

At close range the archers will be short-drawing their bows and aiming low, so the risk of an accidental high shot is minimal.

The purpose of this type of archery is to show sniping and to show how ineffective archery was against people with large shields.

The archers will often deliberately aim at your shield in order to appear ineffective.

Why do we do archery on the battlefield?

For the same reason that we use spears as the main battlefield weapon – because it's authentic and without it we are not showing combat as it really was.

Many manuscript pictures, carvings and of course the Bayeux Tapestry depict archery being used in combat, as do sagas and even the poem Beowulf.

Archery was an important part of the preliminary stages of a battle and warriors took pride in their skill with the bow.

6.1.1.1 What to do if you get hit by an arrow

A real arrow from a war bow would do massive damage if it hit you and mail is no protection.

A wooden shield, on the other hand, stops an arrow rather well.

If an arrow hits your shield, ignore it.

If an arrow hits any part of your body, regardless of whether it is a 'valid target area', pretend to be wounded for a few minutes, perhaps stagger behind another part of your line for a bit, then return.

Do not lie down and act wounded as the archers for safety reasons tend to shoot low aiming for the lower legs, a prone person could easily be hurt.

The Competitive Part of the Battle

Archery does not take place during the competitive part of the battle.

7 Cavalry

The natural instinct of a horse is to run away. In all probability the 'Knight' only rides his horse 10-20 times a year. In the event of a crisis it could well be the experience of the horse, which prevents the unwary foot soldier from becoming a stain on the grass.

Your task is to make sure that you are always aware of where the horses are. A horse always has right of way.

- Horses tend not to like sudden and noisy movement, odd smells, strange, unfamiliar items like shields, jingling mail, swords waved in their faces etc. Slow down when approaching horses, reduce the noise you are making, but also make sure the horses are aware of your approach. Preferably avoid the horses altogether even if this means taking a lengthy detour.
- If you have a message to convey to the horseman do not to run up to him, as this will cause his mount to want to run away. You can still approach quickly, but from the front or sides, never from behind.
- Talk quietly and don't bash your shield to make noise.
- Never stand where a horse can kick you

In Regia, we do not use infantry and cavalry in combat together on the battlefield. We do, however, have the occasional set pieces, but generally you will not be involved with a line of horsemen bearing down on you, lances lowered to your face height. You know you're re-enacting, the rider knows he's re-enacting, the horse is fighting for his life, 1 TON of horse and rider, regardless of their speed, can make a fine mess of any foot soldier.

On the battlefield NEVER:

- Try pulling a rider from his horse.
- Try to disable the horse in any way.
- Throw yourself into the path of an oncoming horse.
- Get involved in competitive combat with the horseman.
- Stand in the emergency exit left in the side of the arena, if a horse goes out of control this is the point that the rider will be aiming for.

Off the battlefield NEVER:

- Feed the horses, unless given permission from their carers.
- Go into their enclosure.
- Touch the white tape, which surrounds the horse's enclosure, it's electrified.

Above all have great respect for:

A horse's size and crushing ability.

Utter brainlessness

The rider, who is attempting not only to control this animal, but also to simultaneously wield weapon and shield.

8 Choreography

This section is not intended as a blow-by-blow description of how to structure a fight, but is more a set of general guide lines to choreography within Regia's style of combat.

- 1) **Ignore tricks.** This is where one of you comes up with a 'move' that you think will look really good. You then crowbar the entire fight around it to fit it in. This makes the fight appear contrived. You will find it hard to remember and it will disappoint.
- 2) **Work from the feet up.** Allow your natural balance and footstep responses to place you in the right position. Start with a simple premise, such as a head shot. Then work out your next move. You will probably find that it is natural and obvious. This will make it easier to remember.
- 3) **Keep all strikes aimed at the head and upper body.** This is safer. You no longer have to confuse yourself trying to defend arms and legs. You can work in combinations of high, low, high, as you get more confident. Also, your audience can see them more clearly, and high sword swings give greater movement, which can only be a good thing.
- 4) **Use your Regia skills to keep the choreographed bit to a minimum.** Fence around in the early stages with sword and shield as you would normally. Build breaks into the fight, insults that can be shouted, calls for water etc. Clear divisions that you know that allow you to mentally time the routine.
- 5) **Clear and obvious movement.** Telegraph your blows and maintain eye contact. Sometimes you may find that you are masking a crucial move, perhaps even the kill, with your body or shield. Be aware of this but also be aware that you can use this to your advantage for dramatic effect. Regia combat is often quite static, don't be afraid to step in with a strike.
- 6) **Keep your arm straight when you strike.** A strike from a bent arm always looks weak and half-hearted - even when it is not. The viewer cannot see how hard a blow is landed.
- 7) **Keep it Honest.** Use the weapon the way it was intended, don't fence with a heavy broadsword. Stick to one weapon only.
- 8) **What does it look like?** Remember this for the benefit of the audience. Get someone, anyone, to be your audience when you work out or practice your routine. Listen to what they have to tell you. It may be as simple a matter as details of your posture or positioning that make the difference between a good or bad fight.
- 9) **KEEP IT SIMPLE.** This really cannot be stressed enough. If fighting for camera, you may have to do the same routine ten times over. Avoid falls or rolls that cause you a little discomfort, unless you have a guarantee that you will only have to do them once or twice. A fall ten times over on the same body part in mail could cause you serious injury. You are not a professional stuntman - beware of letting them treat you like one!
- 10) **Slow it down.** This gives more reaction time for your partner and also makes it look more dramatic for the audience.

9 The Art of Dying

This section is intended to provide some general guidelines concerning traumatic wounds on the medieval battlefield and how they should be acted out on the Regia battlefield. Remember, any strike to a legal target area counts as a wound and you can take no further part in the competitive combat, however, you can act your wound.

9.1

9.1.1 Head Wounds.

Stagger about, confused, prior to collapsing to recover or die.

9.1.2 Head 'kills'.

Spin violently or throw your head away from the shot and then let your body limply follow it, then twitch once or twice and expire.

9.1.3 Chest wounds.

Throw yourself backwards (or away from the direction of the shot), then fall and crawl or stagger away, with extremely laboured breath and much coughing and spluttering. Do not scream a lot, save your breath. Then find a quiet space to sit, not lie, and then attempt to recover or die. N.B. most people with breathing difficulties tend to be very frightened and often panic.

9.1.4 Chest 'kills'.

As above but do not attempt to get away, just gasp and expire noisily on the landing spot. Attempts to sit up will prove futile.

9.1.5 Stomach wounds.

These are particularly nasty, agony for hours. Bits escaping from large holes tend to unhinge the human mind. Many claw futilely at the wound, others panic, some plead for help, some for release. In general the process takes several hours to kill, maybe even days. Make lots of noise; do not attempt to move any further than absolutely necessary.

9.1.6 Stomach 'kills'.

These are very painful, but usually associated with the rupture of a major blood vessel, so release is much quicker. Therefore act as above but expire after 3 to 10 minutes.

9.1.7 Leg wounds.

Throw yourself back or fall down directly, then crawl away favouring that leg. Then bandage if possible and attempt to escape, - depending on the nature of the wound and state of morale. Shout and scream initially until bandaged, and upon exertion thereafter.

9.1.8 Arm wounds.

Get away and attempt to bandage the wound, favouring the limb. Make plenty of painful noises. You should realistically drop anything that the arm was carrying.

9.1.9 Dying.

If surprised by a shot, don't just stump off to find a comfortable patch of grass, continue to act even if you think it's too late. If you realise you've been hit several seconds late or didn't react instantly, don't worry; act stunned and slide to your knees before screaming and dying. This is a valid and fairly normal reaction to large trauma.

Scream if the mood takes you, few people give much consideration to dignity after being disembowelled, and die noisily and messily. Don't be so keen to die too quickly or cleanly. If

wounded appropriately, writhe around groaning for the rest of the battle. However good taste should prevail. You may, if the hit is deemed fatal but un-dramatic, give your opponent plenty of opportunity to deliver a more aesthetically pleasing death.

With serious but sub-mortal wounds, try crawling away from the battle slowly and painfully, or seek the succour of a priest, comrade or civilian, perhaps even dying in the arms of one of these.

9.2 Acting – Adding Realism

9.2.1 Killing.

Whenever possible finish a strike with a 'push' and follow your opponent's direction to give the impression of force and penetration. To increase the appearance of force and aggression, draw weapons away from the successful strike with 'Gusto' and feigned ferocity, (this is considerably safer than placing the shot to appear fierce.)

Facial expression is important, grimacing and scowling will make 'soft' moves look highly aggressive, as will sub-vocal shouts and grunts.

Try to use broad slashing moves, especially against an un-armoured opponent. Where possible, finish off your victim to create an impression of savagery, help your opponent to die by giving a shove to assist a more dramatic reaction to a hit. Grip him to allow the classic 'slide from the blade', and cover for his hesitance when hit, by finishing him off.

10 Glossary

Battlefield Awareness -	An awareness of what those around you are doing and your location on the field with respect to its terrain features, especially with regard to your personal proximity to the inner rope barrier
Dog Tag -	Set of leather squares each with one manoeuvre written on them, which, when strung together give the running order for a battle.
Wound -	A shot which, when placed during a competitive fight, lands in a legal target area.
Telegraph -	To make a strike in such a way that it is clear where the shot will land.

Appendix 1

Below is a more detailed description of the art of dying and traumatic wounds.

Wound Types and Severity

Wound types can be split into three main categories:

- 1) Crushing.
- 2) Piercing.
- 3) Cutting.

These can be divided into three degrees of severity:

- A) Slight.
- B) Severe.
- C) Critical.

Although most weapons inflict a single type of wound, primarily, many will do more than this and inflict a secondary form of damage. For example, a long axe (primarily a cutting weapon) will also crush, whereas a small knife can only cut.

Wounds by Body Area

Head

- 1)
 - A) Withdraw, clutching the wound, but recover within minutes. Combat will be impaired by poor depth perception, blurred vision, ringing in the ears and a pounding head.
 - B) If maintaining consciousness (approximately 50%), stagger back; you will be very reluctant to rejoin the fray. Death may occur (10%), usually within 2 hours, the risk would fall proportionately with time.
 - C) Fall down dead or knocked out instantly, very little opportunity for acting here. A small number would retire, screaming and clutching the affected area totally heedless of their surroundings.
- 2) It would be unrealistic for all but a few head wounds to be survivable. Those lucky enough to do so would be able to stagger away.
- 3) Light, cutting weapons cannot, usually, do serious damage to the skull. However as few weapons of our period can be considered light, there is considerable scope for inflicting major damage. Furthermore, even superficial facial wounds create excessive reactions from most people, whilst this reaction is short-lived, it is fairly incapacitating. Usual reactions include; initially, shock replaced by either fear or anger (in the slight to severe wounds) or unconsciousness and death in the more critical injuries; with only a few surviving to run away.

Arms

- 1)
 - A) This would not usually worry a well-built and motivated person, but could reduce

effectiveness.

B) See above but more so.

C) This is considerably more serious and is grounds for immediate withdrawal. Fractures, especially compounded, are likely to cause unconsciousness.

- 2) Piercing wounds to the arms pose no great threat, there is, however, a very great risk of infection from fragments of cloth, armour or weapon forced deep into a wound.
- 3) Any cut to the arms should be greeted with rapid withdrawal; however only the most severe would warrant a prolonged absence.

Chest

- 1) A crushing wound to the chest would be 'all or nothing'. Minor wounds causing no significant debility, but major ones killing quickly. Most chest injuries are very painful, and cause varying degrees of breathing difficulty. The elasticity of the chest usually causes the victim to fly backwards some distance when struck in this area.
- 2) All will require immediate withdrawal from combat. For those not dying, falling down and gasping for breath seems a likely course of action, or at least crawling away and doing so.
- 3) Any chest injury should be viewed as life threatening, but realistically cuts to the chest are less so than other types unless accompanied by weight and force. Lung injuries will cause breathlessness and panic, then gradual unconsciousness and sometimes death, the whole process taking up to an hour depending upon severity. Heart injuries are terminal and fast.

One interesting effect of chest injuries is the apparent ability to throw oneself back several feet no matter what the original direction of travel at time of impact.

Stomach

- 1) These are all kills, however, you don't have to die immediately – grasp the offending area and voice your pain then stagger or crawl away and find a comfortable spot to die.
- 2) All strikes technically kill, but again stomach wounds would kill slowly. Although piercing would debilitate, death is usually slow and noisy.
- 3) All stomach wounds kill, but again relatively slowly, clasp the wound and grimace, flail your legs and fall over a lot.

10.1.1 Leg

- 1) Obviously aiming for the lower leg is outlawed, but that does not mean you cannot act a lower leg wound (the same for any wound on the body) drag or hop. Talk to somebody who has broken a leg
- 2) These only wound, but bear in mind just how painful and debilitating a puncture wound really is.
- 3) As for piercing, an inner thigh hit is certainly as life threatening as a stomach wound. Remember you could be dead.

Appendix 2 – Overview of Testing Strategy

Summary of Weapons Test Structure

