

## ARMOR: RAPIER AND SYNTHETIC WASTER (E.G., RAWLINGS) COMBAT

### 1. HEAD

- a. A three-weapons fencing mask or a fully enclosed helm with fencing mask type mesh. Some fencing masks do not offer adequate throat protection. In this case, additional protection must be added. Masks with snap-in bibs are not sufficient and require neck protection as well.
- b. The back of the head must be covered with 1/4 inch of padded material or equivalent. Rigid protection is recommended. Synthetic Wasters headgear must have at least semi-rigid back of head cover.
- c. The openings on the visor shall not be wider than 1/8 inch in any direction.
- d. Metal helms require a minimum of 1/4 inch of padding and chinstraps.
- e. 18-gauge lobster tail helms are recommended, but not required.

### 2. NECK

- a. A gorget of heavy or rigid material shall be used. Light leather or medium weight fabric with rigid plates attached is also sufficient (See Gorget in the Glossary).
- b. A dog-collar style gorget alone is not sufficient.

### 3. BODY

- a. A minimum of 1/4 inch thick quilted gambeson, lined medium weight canvas or denim, or leather buff coat is required.
- b. Kidney protection is recommended, but not required for combatants 18 years of age and older. Rigid kidney protection is required for combatants under the age of 18 years.

### 4. ARMS AND LEGS

- a. Elbow pads are required. Padded sleeves on gambesons as an alternative to elbow pads are not sufficient. For Synthetic Wasters, rigid elbow pads are required.
- b. Arms are to be covered by at least one layer of sweatshirt material or equivalent.
- c. Kneepads are recommended, but not required. For Synthetic Wasters, rigid knee pads are required.
- d. Semi-rigid shin and forearm protection is highly recommended.

### 5. HANDS

- a. Medium weight leather gloves or similar
- b. Synthetic Wasters gloves must be padded