

Midrealm Rapier
Cut and Thrust
Grappling Experiment Handbook
2nd Edition: August 2024



Table of Contents

| <u>Section</u> | <u>Page</u> |
|---|-------------|
| Introduction | 3 |
| Phases | 3 |
| Reporting | 4 |
| Rules | 4 |
| Grappling Levels | 5 |
| Grappling Techniques | 5 |
| Equipment | 6 |
| Certification to Participate | 7 |
| Authorization | 7 |
| Marshallate | 8 |
| Kingdom Premiere Marshals | 8 |
| Risk | 9 |
| When and Where? | 9 |
| Appendix A – Midrealm C&T Grappling Links | 10 |
| Appendix B – Kingdom Premiere Marshals Form | 11 |
| Appendix C – Example Authorization Class | 12 |

1. Introduction

- 1.1. This experiment is a rewrite/resubmission of a previous experiment, approved by the SRM in 2015.
- 1.2. SCA Rapier combat has not included grappling or wrestling within its martial activities, although techniques of grappling or wrestling are documented to the combat arts of pre-17th century Europe.
- 1.3. Outside of the SCA, there are groups that study the martial arts of medieval and renaissance Europe that safely use these historical grappling techniques.
- 1.4. Similar techniques have a long history of safe use in modern martial systems derived from a wide variety of cultural backgrounds.
- 1.5. With appropriate training and oversight, grappling actions can be safely incorporated into some of the martial activities of our organization, specifically the Cut & Thrust subset of Rapier Combat.
- 1.6. This will allow an expansion on the study of period rapier combat to include many more techniques represented in the period manuals.

2. Phases

- 2.1. This proposed experiment is planned in two phases, with the first having been already completed:
- 2.2. Phase 1: In kingdom application - This phase has already been completed in the previous iteration of the experiment.
 - 2.2.1. Proof-of-Concept.
 - 2.2.1.1. In this phase, we will seek to explore the feasibility of incorporating grappling and wrestling techniques into existing SCA combat activities, within clearly defined boundary conditions.
 - 2.2.1.2. This phase is primarily concerned with the safe execution of the techniques themselves, within the context of SCA combat.
 - 2.2.1.3. Success in phase 1 will be characterized by a substantial body of practice, at least 50 occurrences of grappling activity with minimal injury, at which time we will re-apply for the next phase of experimentation.
 - 2.2.1.4. Any injury that results in breaking of bones, dislocation of joints, or head trauma requiring hospitalization will pause the experiment while the cause is investigated.
- 2.3. Phase 2: Interkingdom application.
 - 2.3.1. Proof-of-Concept.
 - 2.3.1.1. This phase will explore whether it is possible to bring these systems to a larger scale, allowing for participants from across Kingdoms and the Society to engage in a common activity.

- 2.3.1.2. If successful, this phase will increase the number and geographic range of experimenters, without any significant increase in injuries.
- 2.3.1.3. Success will be determined by no less than one year of participation by any interested kingdoms, with fewer than 5% of bouts resulting in any kind of injury and 0% resulting in serious injury as outlined in Phase 1.
- 2.3.1.4. Any serious injury would pause the experiment while the cause is investigated.
- 2.3.1.5. If successful, we would then apply for grappling to become a full-status advanced authorization within SCA Cut & Thrust.

2.4. Phase Guidelines

- 2.4.1. To create the infrastructure and leadership required to establish systems of training and oversight which would allow for the expansion of these activities, use of tracking forms for qualification of combatants to participate in the experiment will be used.
- 2.4.2. Marshals for the previous iteration of the grappling experiment will retain that status and may train new marshals for this experiment.

3. **Reporting**

3.1. Reporting will be done on an individual basis with the following:

- 3.1.1. Midrealm C&T Grappling Experiment Activity Report Form – **See Appendix A**
- 3.1.2. The response sheet will be shared quarterly to the following:
 - 3.1.2.1. Midrealm Kingdom Rapier Marshal (KRM)
 - 3.1.2.2. Midrealm Deputy Kingdom Earl Marshal (DKEM) of Experiments
 - 3.1.2.3. Society Rapier Marshal (SRM)
- 3.1.3. The report will include the following:
 - 3.1.3.1. Name of the participant
 - 3.1.3.2. Name(s) of their opponent(s)
 - 3.1.3.3. Where the activity occurred (event name and location)
 - 3.1.3.4. Any injuries or equipment failures.
- 3.1.4. The experiment activity will be included in the KRM and DKEM of experiments quarterly reports.
 - 3.1.4.1. Includes any injuries or equipment failures in addition to any other commentary on the experience.

4. **Rules**

4.1. Grappling will occur within the context of SCA cut & thrust (C&T) combat.

- 4.1.1. All rules of the SCA Rapier Handbook and the Midrealm Rapier Handbook for C&T apply and will be adhered for this experiment.

4.2. An authorized grappling marshal must be present for all grappling activity to take place.

4.3. All grapplers must meet additional equipment requirements.

4.4. Prior to beginning an individual bout of cut and thrust combat, the participants may agree to the following:

4.4.1. To include grappling

4.4.1.1. Both combatants are certified grappling participants

4.4.1.1.1. Grappling experiment subject matter expert (SME) maintains a list of certified C&T grappling participants. – **See Appendix A**

4.4.1.2. A certified grappling marshal is available.

4.4.1.2.1. Grappling experiment SME maintains a list of certified C&T grappling marshals. – **See Appendix A**

4.4.1.3. This explicit agreement is required at the beginning of any new series of bouts.

4.4.1.4. Once the grappling level is agreed upon, either combatant may unilaterally revoke permission, with a simple verbal indication.

4.4.1.5. Permitted grappling techniques (push, lock, throw) will be within the constraint for safety of all combatants and must always be maintained.

5. Grappling Levels

5.1. The following are the list of examples of grappling levels and their examples of authorized grappling technique. These are used as a recommendation for those participants to lay out their skill level to decide in a bout, but participants need to be aware that injuries can still happen no matter what they have agreed to.

5.1.1. Level 1 – Arm Movement Only (Push)

5.1.2. Level 2 – Arm/Body Movement Only (Push and up to the moment before the lock)

5.1.3. Level 3 – Arm/Body Movement, Joint Locks (Push and lock)

5.1.4. Level 4 – Arm/Body Movement, Joint Locks, To the Throw (Push, lock and up to the moment before the throw)

5.1.5. Level 5 – Arm/Body Movement, Joint Locks, To the Ground (Push, lock and throw to the ground)

5.1.6. Level 6 – Arm/Body Movement, Joint Locks, To the Ground Fighting to Submission (Push, lock, throw to the ground, and submission)

6. Permitted grappling techniques.

6.1. Pushes

6.1.1. A combatant uses their arm/hand/body directly against their opponent's hand/arm/body) to the opponent's limbs or torso are allowed.

6.1.2. These do not necessarily end the engagement themselves.

6.1.3. They may be used to position an opponent in such a way as to allow a blow or subsequent grappling technique.

6.1.4. No pushes may be performed using a hand that is holding equipment.

6.2. Locks

- 6.2.1. Should be attempted only by participants who have significant prior experience in these techniques.
- 6.2.2. All locks end the bout as soon as they are successfully engaged.
- 6.2.3. The lock should not be forced to the point of causing pain.
- 6.2.4. Both participants are required to call hold when a lock has been engaged.
- 6.2.5. Discussing whether the lock is successful ends the bout.
- 6.2.6. Any technique which is likely to result in a joint dislocation or broken joint or limb is strictly forbidden.

6.3. Throws

- 6.3.1. End the bout as soon as they are set unless combatants have previously agreed upon high grappling levels for the bout (Level 4, 5 & 6).
- 6.3.2. In most cases completing a throw will be safer than attempting to halt the action prior to the execution of the throw. Therefore, completion of throws is allowed, and the combatant initiating the throw should aid the partner in executing a safe fall.

6.4. Non-Permitted Grappling Techniques

- 6.4.1. Choke Holds
 - 6.4.1.1. Any type is not allowable or acceptable.
 - 6.4.1.2. Use will immediately remove grappling authorization(s).

6.5. Falls

- 6.5.1. Falls should be practiced safely from standing, crouching, and sitting positions.
- 6.5.2. Types of Falls – Falling safely in the Four Cardinal Directions
 - 6.5.2.1. Falling Backwards, falling to the Right, falling to the Left, & falling Forwards

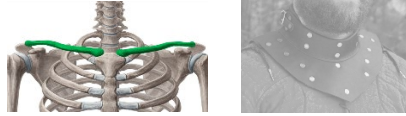
6.6. Ending an Engagement

- 6.6.1. Hold
 - 6.6.1.1. May be called by anyone where safety, injury, or mishap may occur.
 - 6.6.1.2. May be called by the Grappling Marshal if an agreed upon grappling level by combatants has been surpassed.
 - 6.6.1.3. May be called by either grappling combatant to end an engagement.
- 6.6.2. Tape-Out Method
 - 6.6.2.1. Participants may indicate a hold to end an engagement (to signal a lock, to signal a throw, or for any other reason) using a non-verbal cue, such as tapping their opponent or the ground, in combination with calling "hold".

7. **Equipment**

7.1. Additional Armor Requirements

- 7.1.1. Gorget
 - 7.1.1.1. The gorget must be constructed such that where it rests upon the shoulders, there is at least semi-rigid material (such as unhardened 8 oz. leather).
 - 7.1.1.2. The gorget must be designed to cover the shoulder clavicle area to provide additional protection against falls or impact.



7.1.2. Helms/Masks

- 7.1.2.1. Must be secured against becoming dislodged during a fall.

7.2. Flooring requirements

- 7.2.1. Outdoors - Same as for normal C&T activities (Soft ground or grass).

- 7.2.2. Indoors:

- 7.2.2.1. Grappling Levels 1 – 3

- 7.2.2.1.1. Same as for normal C&T activities.

- 7.2.2.2. Grappling Levels 4 – 6

- 7.2.2.2.1. Mats of at least 3/4" thickness in case of throws or falls.

8. Certification to Participate

8.1. Before attempting to authorize in grappling, a participant must be authorized in rapier C&T.

8.2. Before attempting an authorization, a participant must have first worked with certified grappling participants and marshals.

8.3. The participant must receive approval from a certified grappling marshal indicating the participant's sufficient understanding of the rules of the grappling list.

8.4. The authorization must be conducted by at least two certified grappling marshals.

9. Authorization Process

9.1. To be authorized as certified grappling participant the requestor will have to the ability to demonstrate the following:

- 9.1.1. Demonstrate the ability to safely execute all four types of falls and grappling techniques from a standing or crouched position without a partner and without a helmet, gorget, or weapons.

- 9.1.2. Demonstrate the ability to safely execute all four types of falls and grappling techniques from a standing or crouched position with a partner and with a helmet, gorget, or weapons.

- 9.1.3. Demonstrate their ability to safely discard their weapon in a way to avoid having the weapon exit the list and in out of the way of any participants which could result in a tripping hazard.

- 9.1.4. Demonstrate the moment of recognition at which a throw becomes inevitable.

- 9.1.5. Demonstrate the ability to aid their opponent safely during a throw.

- 9.1.6. Demonstrate the knowledge of locks or throws without continuing them to the point of painful submission.

- 9.1.7. Demonstrate the ability to respond to an opponent using the tap-out method with an empty hand, weapon pommel, or other equipment. Participants unable to demonstrate any fall from standing or crouching due to physical limitations, can verbally demonstrate how it is done but must at least demonstrate a fall while sitting.

9.2. Participants unable to demonstrate any grappling technique can verbally demonstrate how it is

done but must at least demonstrate out of a bout with another participant.

9.3. Certification will be submitted by an authorization C&T grappling marshal. – **See Appendix A**

10. Marshallate

10.1. Midrealm C&T Grappling Marshal Requirements

- 10.1.1. Must be an already warranted C&T marshal.
- 10.1.2. Must be successfully certified as a grappling participant.
- 10.1.3. Must be approved by at least one certified grappling marshal.
- 10.1.4. Certification of a Midrealm C&T grappling marshal will be submitted by an authorization C&T grappling marshal. – **See Appendix A**

10.2. Midrealm C&T Grappling Marshal Responsibilities

- 10.2.1. Oversee and assist in grappling authorizations. – **See Appendix C for example auth.**
- 10.2.2. Have the authority to oversee any bouting within the purview of grappling.
- 10.2.3. Only one certified grappling marshal is required to oversee a grappling bout.
- 10.2.4. All authorizations will require at least two certified grappling marshals.
- 10.2.5. One of the two may be a C&T marshal in the process of training to be a grappling marshal.
- 10.2.6. Marshals are responsible for ensuring that all participants have read and understood the rules of the experiment including the additional equipment requirements.
- 10.2.7. Inspections for grappling bouts must include inspection of the gorget design and mask/helm fit to ensure compliance.
- 10.2.8. C&T Grappling Marshals can be approved by the Midrealm KRM, KEM, DKEM of Experiments, or Midrealm C&T grappling SME, if they demonstrate the knowledge and techniques of the required rules for grappling certification. – **See Appendix B**

10.3. Midrealm C&T Grappling Marshal Reporting

- 10.3.1. Will report any comments, questions, or concerns to grappling@midrealm.org
- 10.3.2. Will report any injuries using the Midrealm C&T reporting requirements and to the Midrealm C&T Grappling SME at email: grappling@midrealm.org
- 10.3.3. Will report quarterly using the Midrealm C&T Grappling Marshal Reporting Form – **See Appendix A**

11. Kingdom Premiere C&T Grappling Marshal

11.1. Kingdom Premiere C&T Grappling Marshal Requirements

- 11.1.1. Same requirements as above in section 10.1 must be met.
- 11.1.2. Kingdoms wanting to participate in the Midrealm C&T Grappling experiment can appoint two Premiere Midrealm C&T Grappling Experiment Marshals if they demonstrate the knowledge and techniques of the required rules for grappling certification. – **See Appendix B**

11.2. Kingdom Premiere C&T Grappling Marshal Responsibilities

- 11.2.1. Same requirements as above in section 10.2 apply.
- 11.2.2. Will oversee the Midrealm C&T Grappling experiment in their kingdom.
- 11.2.3. Can choose what grappling levels their kingdom allows for the experiment.

- 11.3. Kingdom Premiere C&T Grappling Marshal Responsibilities
 - 11.3.1. Same requirements as above in section 10.3 apply.

12. **Risks**

- 12.1. Participation in the Grappling Experiment inherently carries more risk than the general subset of C&T, due to the possibility of losing footing, having a limb twisted, or landing incorrectly from a fall.
- 12.2. In agreeing to become a participant in this experiment, the participant must acknowledge and accept this higher risk level.
- 12.3. Safety will be maintained by Marshals participating in the experiment who have been trained specifically in marshaling grappling bouts.

13. **Where and When**

- 13.1. This experiment will run at both practices and events in all regions of the Midrealm (phase 1 completed) and potentially in several other Kingdoms (phase 2).
- 13.2. Success in phase one was characterized by over 100 occurrences of grappling activities with minimal injuries and zero serious injuries.
- 13.3. Success in phase two will be indicated by at least one other kingdom participating in the experiment for one year, again with only minimal injuries and zero significant injuries, as stated above.
- 13.4. The experiment is anticipated to run for at least one year in phase two.

Appendix A

Midrealm C&T Grappling Experiment Links

1. **Reporting Forms**

- 1.1. Midrealm C&T Grappling Experiment Activity Reporting Form – This form is for reporting and grappling activity, such as practices, events, tournament, etc.
<https://forms.gle/JEJMGJrWj3a3NdFa8>
- 1.2. Midrealm C&T Grappling Participant Certification Reporting Form- This form is certified C&T grappling marshals to authorize a new C&T Grappling Participant.
<https://docs.google.com/forms/d/e/1FAIpQLSeB4pLdglXumNi7jLC5fvjDLwWc0l74d7waPnJ9LFatbUe8wQ/viewform?vc=0&c=0&w=1&flr=0>
- 1.3. Midrealm C&T Grappling Marshal Certification Reporting Form – This form is certified C&T grappling marshals to certify a new C&T Grappling Marshal.
https://docs.google.com/forms/d/e/1FAIpQLSfj1i2JRJ3iN5SiP4jm5EAXglRpT8cvOCvL_44D5tHXWp4ulQ/viewform?vc=0&c=0&w=1&flr=0
- 1.4. Midrealm C&T Grappling Marshal Quarterly Reporting Form
https://docs.google.com/forms/d/e/1FAIpQLSfhZm_TZ7NHpkff3oLyDqfd6eHSNjEvyFgrl-r6e_HsJ5s3xQ/viewform?usp=sf_link

2. **Rosters**

- 2.1. Midrealm C&T Grappling Certified Participant Roster:
<https://docs.google.com/spreadsheets/d/1PWA6vPoqJLzHGbkzYo7SgVCE2G4CBjd1NYToZo8KsM/edit?usp=sharing>
- 2.2. Midrealm C&T Grappling Authorized Grappling Marshal Roster:
<https://docs.google.com/spreadsheets/d/1tpZEZy0YPKoRnx5EGwLHzaYjjVJfpudWyfjOtjP9YBo/edit?usp=sharing>

Appendix B

Kingdom Grappling Experiment Marshal Form

Incoming Officer

SCA Name & Title: _____, Modern Name: _____

Phone Number: _____, Email Address: _____

I am requesting to be appointed as the premier Kingdom Grappling Experiment Marshal of the SCA Kingdom of _____ for the Midrealm Grappling Experiment.

I certify that have real world experience in grappling as proven in my attached resume. ____ (Initial)

I certify that I understand all directions, instructions, and rules as required of me in the Midrealm Grappling Experiment policies and procedures. ____ (Initial)

I am a sustaining member in good standing of the Society for Creative Anachronism, Inc., or I am an associate or family member and live at the same address as a subscribing member. ____ (Initial)

I understand that I must regularly report on the state of my office to my Kingdom Rapier Marshal (KRM) and the Midrealm Grappling Experiment subject matter expert (SME). ____ (Initial)

To the best of my knowledge, I can fulfill all requirements & perform all duties of the office. ____ (Initial)

Name: _____ Signature: _____ Date: _____

.....
Requesting Kingdom Grappling Experiment Approval Signatures
.....

We, the undersigned, hereby approve in the appointment of the above as one of the two premiers _____ Kingdom Grappling Experiment Marshals. We have reviewed their documentation and have reviewed their knowledge and find that they hold the valid credentials to be appointed to this position.

SCA/Mundane Name: _____ KEM Signature: _____ Date: _____

SCA/Mundane Name: _____ KRM Signature: _____ Date: _____

.....
Midrealm Grappling Experiment Approval Signatures
.....

We, the undersigned, herby approve in the recommendation and appointment of the above as one of the premier Kingdom Grappling Experiment Marshals of the above requesting kingdom. We have reviewed their documentation and have reviewed their knowledge and find that they hold the valid credentials to be appointed to this position.

SCA/Mundane Name: _____ DKEM Signature: _____ Date: _____

SCA/Mundane Name: _____ KRM Signature: _____ Date: _____

SCA/Mundane Name: _____ SME Signature: _____ Date: _____

Copies To: Midrealm Grappling Experiment SME