

Pennsic 49 Youth Combat Heavy List Collegium

Monday, August 8th 2022

First Youth Marshal Collegium
Pennsic 49
August 8

Schedule

1:00 Armor - How to perform armor inspections, tools and resources useful for running a list, and quick and dirty armor fix tips and tricks. Instructors: Angus Robertsson, Karrah the Mischievous.

2:00 Weapons - How to inspect weapons. Come learn how to make youth combat weapons suitable for different ages of fighters. Materials available at cost to make your own. Instructors: Methias T Weasel, Karrah the Mischievous.

3:00 Marshaling - How to become a marshal, responsibilities at each level, and how to build and grow your group. Zoom link available by prior arrangement. Instructors: Dyderich Wolfhart, Germanicus de Atlan, Eikaterine tis Elliniki.

4:00 Youth Marshal Meet and Greet - Come meet your fellow youth marshals from around the Knowne World and talk about issues that affect all of our programs. Plus? A special cool treat to share, sent from afar. Zoom link available by prior arrangement. Our Society Marshal, Germanicus de Atlan will be joining us via Zoom.

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Required Youth Combat Armor for Division 1

SCA - Society Rules, as of 7/2017

Handout adapted from the work of Arianna of Wynthrope



Helmet: Hockey helmets, lacrosse helmets, and other sports helmets with facemasks are acceptable. The helmet must be constructed of a continuous rigid material and have a grill, rigid mesh, or face plate that prevents a weapon from making contact with the face. No helmet shall have a gap exceeding 2.0 inches (5.1 cm) in the area protecting the face. Weapon may not touch any exposed area of the head or neck.

Neck: Throat and larynx shall be protected by a minimum of light leather or the equivalent

Torso: covered by a minimum of cloth (tunic/t-shirt/etc)

Knee and Elbow joints: minimum of cloth or soft pads

Hands: Light gloves (garden gloves, etc)

Groin: Minimum protection is an athletic cup or a padded skirt or undergarment made of light leather or the equivalent. The wearing of a male style athletic cup by female fighters is prohibited.

Feet: Sturdy shoes are required. Open toes, sandals, toe shoes, flip-flops, crocs, etc. are NOT acceptable.



Required Youth Combat Armor for Divisions 2 and 3



Helmet: Hockey helmets, lacrosse helmets, and other sports helmets with facemasks are acceptable. The helmet must be constructed of a continuous rigid material and have a grill, rigid mesh, or face plate that prevents a weapon from making contact with the face. No helmet shall have a gap exceeding 2.0 inches (5.1 cm) in the area protecting the face.

Weapon may not touch any exposed area of the head or neck.

Neck: *Division 2:* A minimum gorget of medium leather with padding is required. The larynx, cervical vertebrae, and first thoracic vertebra must be covered.

Division 3: A gorget of rigid material or heavy leather, with padding, is required. The larynx, cervical vertebrae, and first thoracic vertebra must be covered.

Torso: *Division 2:* In addition to Division 1 requirements, kidneys must be protected by a minimum of a medium leather kidney belt with padding or the equivalent. It is recommended but not required that girls have chest protection.



Division 3: In addition to Division 1 and Division 2 requirements, the xyphoid process must be protected by a minimum of medium leather and padding or the equivalent. Girls are required to have chest protection of medium leather, heavy quilted material, or the equivalent.

Knee and elbow joints: *Division 2:* Elbows and knees must be protected by a minimum of soft pads.

Division 3: Elbows and knees must be protected by rigid material over padding. Hockey, motocross and other similar sports elbow and knee pads are acceptable.

Hands: *Division 2:* at least 0.25 inch (6.3 mm) of foam or padding, hockey gloves with rigid thumb or full gauntlets (plastic or metal) are required unless hands are covered by basket hilts. Hands in a basket hilt shall have a minimum of a lightweight glove and half gauntlet. The use of basket hilts is strongly encouraged.

Required Youth Combat Armor for Divisions 2 and 3

Division 3: at least 0.5 inch (6.3 mm) of foam or padding, such as those for ice hockey or lacrosse goalies, or equivalent. Gauntlets of heavy leather or rigid material lined with closed cell foam or heavy padding are acceptable. Lighter gloves with a basket hilt and additional wrist protection, such as a half gauntlet, are acceptable. Street Hockey gloves alone are NOT acceptable.

Groin: minimum protection is an athletic cup for boys, or a padded skirt or undergarment made of light leather or the equivalent for girls. The wearing of a male style athletic cup by female fighters is prohibited.

Feet: Sturdy shoes are required. Open toes, sandals, toe shoes, flip-flops, crocs, etc. are NOT acceptable.



Creating a Gorget for SCA Youth Combat

(credited to work published originally by Jaekel and Shamus of Barony of Bhakail, EK 2011)

In this guide we will be making a gorget from barrel plastic for use in SCA Youth Combat as per East Kingdom standards. This method is useful in creating resizable neck protection that can be adjusted for several years worth of use.

What you will need

Materials (pictured below):

- a) Barrel plastic
- b) Foam padding (exercise mat)
- c) Template patterns
- d) Duck tape
- e) Scissors
- f) Cord
- g) Marker or Pen
- h) Cotton fabric (old t-shirt, optional)

Additional Tools:

- i) Saw
- j) Drill



Plastic armor plate templates

We will begin construction of our gorget by using templates to mark the barrel plastic for cutting as shown above.

I have included [a set of templates](#) for you to use that are the same size as those shown in the pictures of this guide. Note that you can cut apart the template pieces along the dotted lines as a way of making the armor plates larger or smaller as you desire.

Cut and smooth the plastic armor plates

Using whatever method of choice/availability at your disposal, cut out the pieces of gorget armor plating and smooth the sharp edges by either filing and/or sanding them.



Bend and shape the plastic armor plates

You now need to heat and shape the plastic armor plates into tighter curves that will fit around the neck more naturally. There are 3 popular methods for accomplishing this that I have come across:



1. Use a heat gun and gloves to shape the plastic.
2. On a cookie sheet covered with aluminum foil, place the plastic gorget plates in an oven at 250 degrees for 5 to 10 minutes. Bend the plastic into shape and hold in place using gloves for a minute (or, as I like to do, use duck tape!).
3. On a cookie sheet covered with aluminum foil, place the plastic gorget plates in an oven at 300 degrees for 5 minutes. Bend the plastic into shape and hold in place using gloves while quenching the plastic in a sink of cool water.

Drill holes

Now that our plastic gorget armor plates are in the desired shape, it's time to drill the holes for the cording. This is a lot less problematic to do now rather than after the plates are covered in duct tape.





Foam padding templates

Use your gorget armor plates as templates to trace outlines on your foam padding. I prefer to use cheap foam exercise mats for padding as shown pictured above.

Cut the foam padding

Carefully cut the foam padding to fit well underneath the plastic armor plates. As you can see from the image above, I like to use a combined piece of padding to go underneath armor plates 2 and 3 (the plates covering the back of the neck).



Duct tape the plastic armor plates

Use duck tape to completely cover the plastic gorget armor plates as shown. A nail or similar tool can then be used to poke through the duck tape over the holes we drilled earlier.

Wrap the foam padding with fabric (optional)

Using cotton cloth of some sort (I use old chopped up t-shirts), completely cover the foam padding. Doing this step will greatly aid the comfort level of the youth fighter who wears this gorget.



Align and connect



With the help of some rolled up duck tape loops, align and fix into position the foam padding inside the duck tape covered armor plates.

You will then need to use the nail (or whatever your tool of preference) to poke holes through the padding foam (and cloth if you used it) so that you can get the cording through shortly.

Lace with cord

Using a good sturdy cord (I prefer poly cord since it is strong, will not rot or mildew, and leather seems to snap all too easily after a few uses), thread the pieces of the gorget together as shown. A trick I like to use is to poke long needle nose pliers through the holes in the foam padding so that I can grip the end of the cord for pulling it through.

You will, of course, need to make sure that the gorget can relatively easily be opened and closed on one side. This gorget uses two square knots on the right side for access.

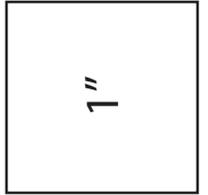
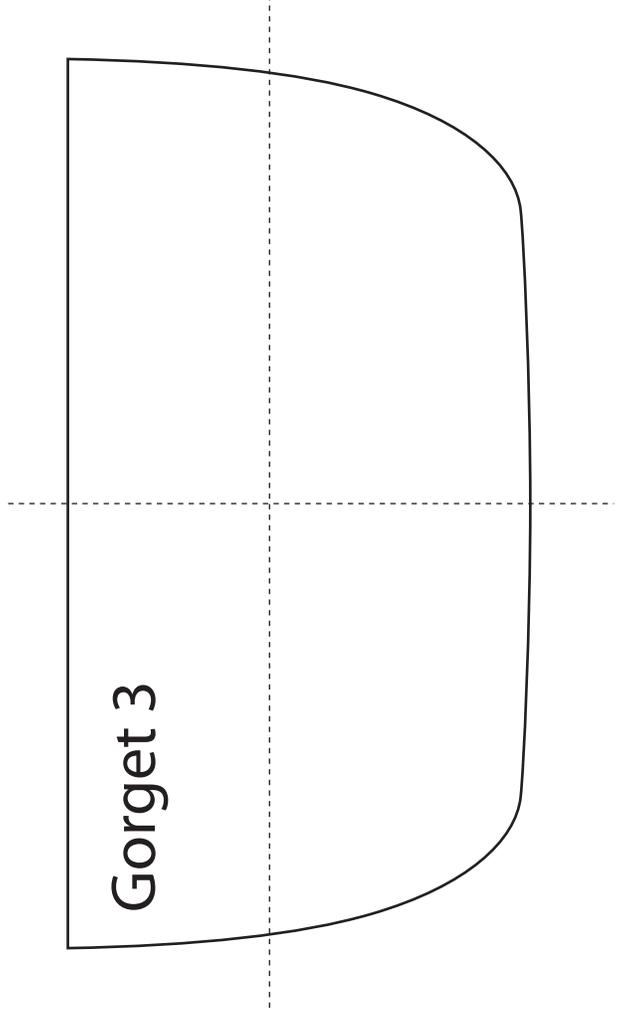
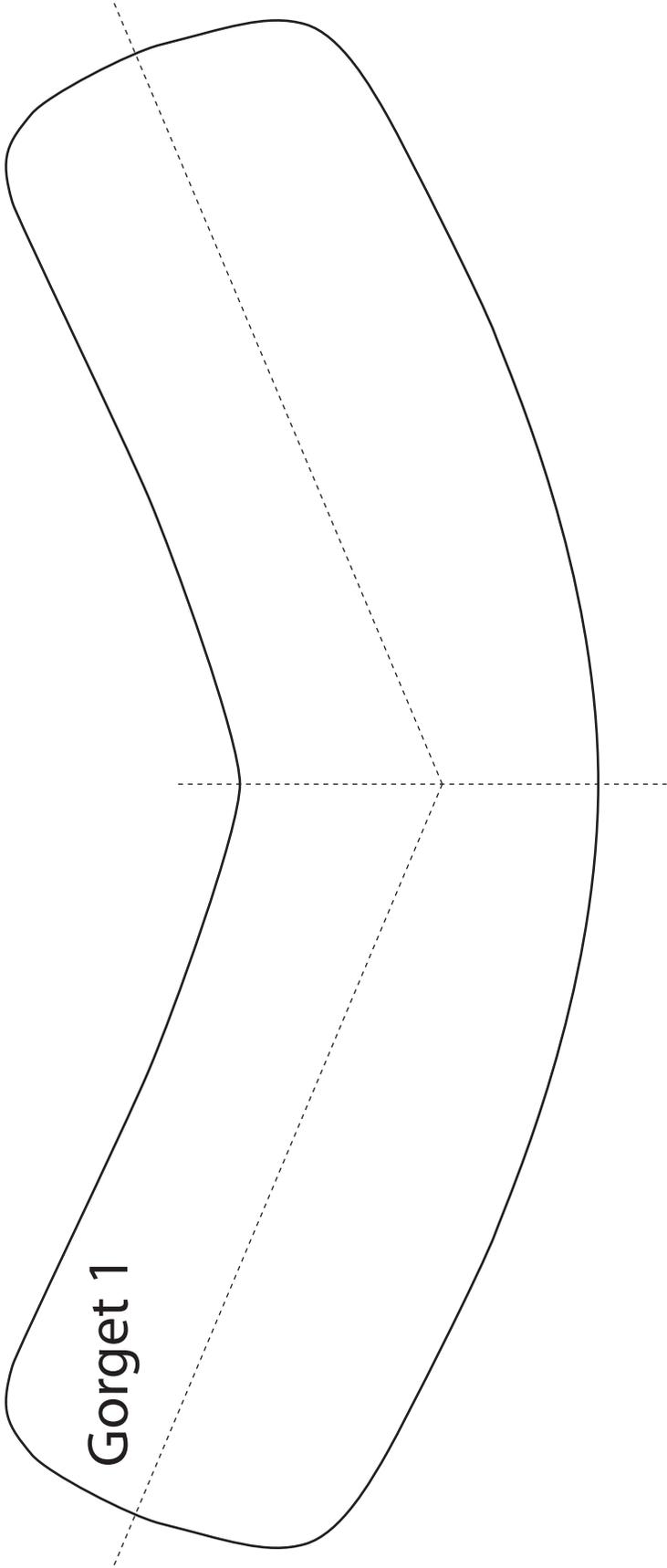


A completed gorget

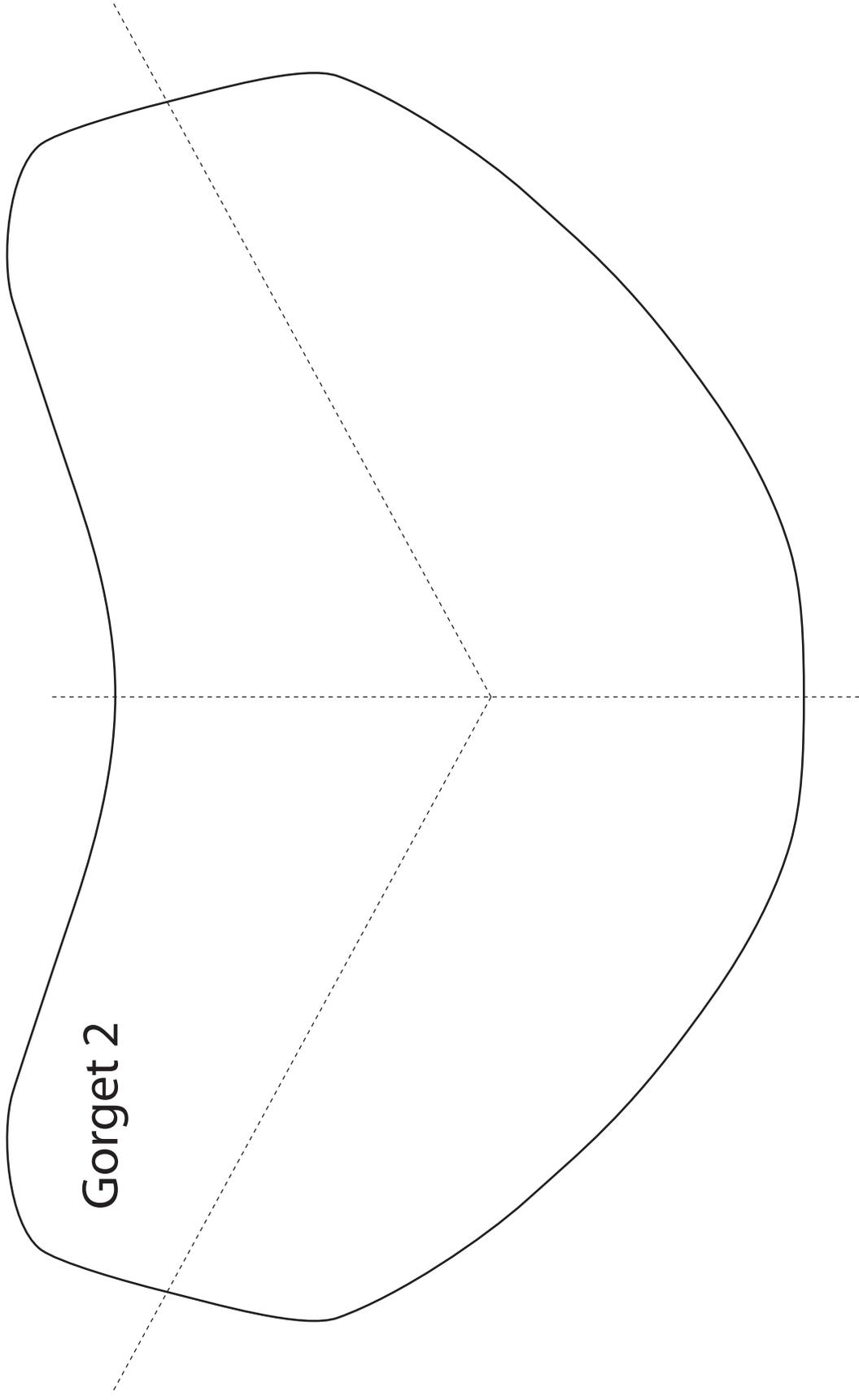
You should now have an excellent heavy duty piece of neck armor that is comfortable to wear and easy to get in and out of. Also, by adding a small tab of barrel plastic to each side, this gorget can be expanded in size if necessary and continue to be used for many years.

This gorget fulfills the SCA East Kingdom safety requirement for neck protection that covers the Larynx and lower Cervical Vertebrae.

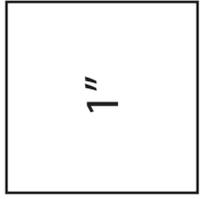




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Gorget 2



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Society Youth Combat Weapons Guidelines

NOT ALLOWED: **Any metal anywhere in the weapon**
 Flails
 PVC cores
 Cutting/smashing surfaces at BOTH ends of the weapon

Weapons Standards:

Cores can be made of rattan (shaved or skin on) or High Density Polyethylene (HDPE) pipe used for irrigation and plumbing (Siloflex/PEX). Diameter of the core can be nominal size 0.75 inch (19.0 mm) to 1.0 inch (25.4 mm). *Note: Two-handed Division 3 weapons over 5-1/2 feet (1.67 meters) may use rattan up to, but not exceeding 1.25 inches (32 mm) in diameter.*



Rattan ends must be rounded, and Siloflex/PEX must be capped, plugged, or otherwise covered to prevent ends from cutting through the foam.

Thrusting tips and cutting edges shall be marked in a contrasting color.

Basket hilts are permitted on single-handed weapons.

Weapons may not exceed 8 ounces (226.8 grams) in weight per foot of length.

If a weapon has a head, it must be constructed solely of lightweight foam. The head shall be firmly and securely attached to the haft. Striking surfaces shall have compression characteristics similar to those without a defined head.

Wrist straps, lanyards, and triggers are recommended but not required.

Pommels, cross-guards, and the butt ends of weapons without butt spikes must be covered with at least 0.375 inch (9.5 mm) closed cell foam and covered with a loose single layer of duct tape or cloth.

Striking surfaces must be covered with at least 0.375 inches (9.5 mm) of closed cell foam extending 1.0 inches (25.4 mm) or more past the end of the core material. The foam must be covered with a single loose layer of duct tape or a cloth sleeve.

Note: If the weapon has a thrusting tip/butt spike, the thrusting end must extend 2 inches (5.08 cm) past the end of the core material and be at least 2-½ inches (6.35 cm) in diameter. Thrusting tips should be constructed so that they do not fold over.

Society Youth Combat Weapons Guidelines



Division 1: No weapons may be longer than 5 feet (1.52 meters).
Division 2: No weapons may be longer than 5.5 feet (1.67 meters).
Division 3: No weapons may be longer than 7.5 feet (2.29 meters).
Weapons exceeding 6.0 feet (1.83 meters) shall not be used for cutting or smashing and shall be used for thrusting only (spears).



Thrown Weapons

May be used for striking and may also be thrown in melee scenarios where thrown weapons are allowed. Examples are thrust-and-throw javelins and axes.

Throwing Axes: May be used in any division and are constructed from only closed cell foam and tape. Axes shall not be excessively large or heavy.

Javelins: Constructed from a single diameter of HDPE pipe and may be used in melee combat in Divisions 2 and 3. They may be thrown or be used as a single-handed thrusting weapon.

The thrusting tip must conform to standard weapon thrusting tips.

The butt end may not be used offensively. It must be padded with foam in such a manner that it will not penetrate a 2.0 inch (5.08 cm) opening. Fins or stabilizers of foam or duct tape may be attached near the backend.

Must be between 4.0 and 5.5 feet (1.22 and 1.67 meters) long.



Youth Marshaling 101

Responsibilities of the Youth Marshal - On the list

1. To the best of their ability, a marshal will ensure that youth combatants are adhering to the minimum armor and weapons standards while on the list.
2. To stay alert to the activities on their list and assist young people in developing honorable, fair, and chivalrous behavior on the list.
3. To call 'HOLD' when something which may endanger a fighter has or is about to occur.
4. Assist fighters in learning how to calibrate their hits, and also how to recognize when they have themselves been hit.

Responsibilities of the Youth Marshal - Toward the SCA

1. Submit reports to your DEM Youth Combat within a week of an event in which they have marshaled or MIT'd
2. Submit quarterly reports to your DEM describing your activities for the previous quarter (dates will vary by kingdom)
3. Submit injury or incident reports to the autocrat of the event at which the injury or incident occurred or to the seneschal of the region if it was at a practice.
4. Make sure to keep accurate lists of attendance at your marshal activities. Get your paperwork to your regional MOL in a timely manner (this may also vary by kingdom)
5. Maintain your background checks to be able to continue to work with youth at SCA sponsored activities (even if you have someone who reminds you that it is due... it is still your responsibility to get them done, and sometimes, that person forgets. It's still your job!)

Responsibilities of the Youth Marshal - Toward themselves

1. Always ask for help. Marshaling is not a one-person job. Don't be afraid to ask parents of youth fighters, other adults who might be watching, or older youth who have aged out of the program to lend a hand.
2. Train MITs as you can. None of us will be here forever, and it is only by training new people to do this job can any of us retire and still leave a program behind. Some MITs may decide they don't want to become full marshals. That's ok. This isn't for everybody! There are others who will. The better trained they are, the better the program becomes.
3. Always, always keep to the two deep rule. Always.

How do I become a youth marshal?

1. Express an interest to a marshal at an event. They will begin helping you get acquainted with the role.
2. Get a copy of your kingdom's youth combat rules. Some kingdoms just go by SCA Society rules, others have heavily edited versions of these for their own rules. Read through them.
3. Talk to a full marshal about training. There should be some guidance on this in your kingdom's rules.

4. Get your SCA background check according to the provisions of your kingdom.
5. After completion of the training requirements of your kingdom, talk to your DEM about changing your status to a full marshal.

How do I start a regular practice?

1. It usually works well to have youth combat either immediately before or immediately after an adult heavy list practice. Both youth and adult fighters benefit from this association. If you have a regular practice in your region, talk to the HL Marshal in charge and see if they would allow you to begin
2. If you need to find a place to hold a practice that is not run concurrently with adult list, places to consider using include libraries (many have large, indoor spaces which can be reserved for use by residents which may be useful during times of year not amenable to outdoor practices), church basements, VFW halls, schools, firehouses, and high-traffic public parks (which are great for publicity, as well)
3. Holding practices in an open, public space is a good idea because it draws attention, and is likely to bring interested observers. Many of these practices become their own informal demo!
4. Make sure to keep the parents of at least your younger fighters with you. It's required for the younger ones, and because they are present, will often become helpers to you. Treat them well. Without good people to help you run a practice or activity, your practice will not thrive.

How do I grow my practice?

1. Attend demos with a few of your fighters (and their parents). These will often bring interested people with good questions.
2. Have a flyer or business card with your contact information on it. Include things like times/dates of your practices and web addresses with more information about the program.
3. Build up a supply of loaner gear. Kids grow fast. People will often donate old and outgrown youth armor to marshals with the request that they pass it on to someone who needs it. Keep these donations on hand to enable interested youth to try on when they first come to a practice or demo. Try to maintain your loaner gear by keeping it in good repair and clean. A pack of chlorox wipes or lysol in the bin to use between events/practices will work well.

What should I avoid?

1. Do not hold youth practices in your private residence, even if you have the space to do so. This is not expressly forbidden, but it's unwise in the current environment, and can lead to legal entanglements that are unpleasant for everyone. Use public spaces with plenty of people present to help make the activity both safe and fun.
2. Once in a while, go to an event and do something OTHER than youth combat. You'll thank me later.

Most of all... Have fun!

All files also available electronically at
pennsic.youthcombat.org

