

NHK Ruleset, English language summary 2019 edition

Rules summary

- Pool fights last 2 minutes, elims and finals 3 minutes per round. There will be no maximum amount of exchanges or points made.
- Scoring is 3 points for strike, cut or thrust to head, 3 points for thrust to torso, two points for anything else.
- Pommel hits only score points when aimed at the mask, shown from a dominant position without being applied with force. This action will score 3 points.
- Throws are not allowed. What is allowed is grappling to achieve a dominant position and showing the ability to score a point. There will be no breaks or choke holds.
- There are two tempos to score points, and afterblows will not be scored any differently from initial hits. The net resulting score from these two tempos will be written down as the final score.
- Double hits can result in the deduction of matchpoints, but only in the most extreme cases of fighters engaging without self-preservation.

Gear requirements (minimum)

- Fencing mask with back-of-head protection, free from damage such as deep dents or torn mesh.
- Padded fencing jacket, free of gaps or openings, free of any complete tears or perforations. If the jacket opens in the front, an overlap needs to be present. The jacket needs to have a collar, covering the front of the throat. The jacket may have ventilation grommets or mehs in the back only; these grommets need to be small enough to prevent a sword tip from passing through.
- Sufficiently protective gloves, meaning no Lacrosse or Hockey gloves, no Red Dragons and no steel gauntlets.
- Throat guard with rigid plate.
- Elbow guard with rigid plate.
- Knee- and shin guard with rigid plate
- Athletic cup (obligatory for men, optional for women).
- Shoes must be worn. The shoes must be clean, and the sole needs to be of the kind that does not leave marks on gym hall floors.
- The weapon will be a longsword or Federschwert, steel, to be supplied by the fighter. Maximum length 140 cm, maximum weight 1900 grams. The blade needs to have a thickened and/or curled tip, needs to be sufficiently flexible to be safe, and needs to be free of any major burrs or dents. Minimal edge thickness 2mm. Rings on the crossguard are not allowed.