

## **CAPITOL CLASH WASHINGTON DC HEMA OPEN 2017**

### **RINGEN**

#### **EQUIPMENT REQUIREMENTS**

**Note:** In the event of a jacket malfunction (e.g. sleeve ripping off), the competitor has 10 minutes to find a replacement or else must accept disqualification. It is therefore advisable that competitors wear jackets designed specifically for Ringen.

#### **Apparel:**

*–All participants must wear a long sleeved jacket designed for Medieval and Renaissance Wrestling (see list of approved manufacturers below) with no belt. No Asian martial arts jackets are allowed: The open styled jacket of Judo or Jujitsu changes the nature of many techniques, and also the organizers wish to promote a Historical European uniform.*

*–Athletic pants, athletic shorts, fencing/HEMA pants, or martial arts pants. No jeans, no cargo pants/shorts. Pants may not have zippers or any kind of metal pieces. Note that pants should be held up with more than a mere elastic band; If a competitor's pants start falling in the middle of the match, the match will not be halted.*

*–All participants will compete barefoot with no socks.*

#### **Approved Historical Wrestling Jackets:**

- SPES "JF" Ringen Jacket
- Revival Clothing Wrestling Jacket
- Fühlen Designs Wrestling Jacket
- Historic Enterprises "Fiore Coat"

Please contact the organizers if you wish to use a jacket that is not listed above.

#### **Additional suggestions:**

- A mouth guard is highly suggested
- A wrestling head guard to protect the ears
- Men are encouraged to wear an athletic cup