

INCLUSION LEVEL 1/2 CARDS

INCLUSIVE TEAM FENCING

QUICK INTRODUCTION

This team competition allows SEND and non-SEND pupils to compete with and against one another on a level playing field in a friendly, yet at the same time competitive, environment.

GETTING STARTED

Who the competition is aimed at?

- Inclusive team fencing is aimed at SEND and non-SEND pupils who cannot easily access mainstream fencing competition.
- Pupils compete in teams of three that should include a mixture of SEND and non-SEND athletes.
- Teams should be made up of athletes of similar fencing ability. To create this run a warm up session including at least four exercises from the secondary intra fencing Circuit card ([http://www.yourschoolgames.com/uploads/file/Fencing\(2\).pdf](http://www.yourschoolgames.com/uploads/file/Fencing(2).pdf)). Then group athletes into teams of similar fencing ability.

SETTING UP THE COMPETITION

Each match requires:

- One piste (the field of play), which is 12-14 metres long and 1.5-2 metres wide
- One referee, one stopwatch, one clipboard and pen, one score sheet and two masks (one per team);
- At least two foils (one per team; ideally use “buzzy” foils that make a sound when you hit, or “score vests” that beep and flash when hit); and
- Standing fencers must play wheelchair fencers sitting down, facing each other side-on.

RULES OF THE COMPETITION

- Each fencer in Team A competes against each fencer in Team B. A competition therefore consists of nine different bouts i.e. each fencer has three bouts. The referee selects the order of play.
- Each bout has a limit of one minute of “fencing time”.
- The stopwatch should only be running when fencing is taking place.
- The winner of each bout is the first fencer to score two hits or whoever is leading when time has elapsed.
- If the scores are tied when time has elapsed, a further 30 seconds of “sudden death” fencing should be carried out.

- One point is awarded for a victory. The team with the most points at the end of the nine bouts wins.

The ‘On guard’ starting position (standing two metres either side of the centre line):

- Stand side-on, knees bent and at right angles, shoulder width apart;
- Your leading foot is on the same side as your foil hand; and start with a bent arm, hold your foil at waist height and point it at your opponent. (continued)

CHECK OUT OUR FILMS



INCLUSIVE TEAM FENCING

RULES CONTINUED

REFEREEING – in detail

- To start play, the referee holds up a green card and says, 'On Guard! Are you ready? Fence!' and to stop play the referee holds up a red card and says, 'Halt!'
- A Referee calls 'Halt!' and stops play when:
 - a hit has been scored (on- or off-target);
 - a fencer has infringed the rules (e.g. they come off the piste, or have covered their target with their unarmed hand etc. – see below) or the fencers are unsafe in any way (see below);
 - the total time for the bout is up.
- Fencers can't score at the same time. The fencer who starts to attack first has priority. The other fencer must defend themselves by blocking (parry) or making their opponent miss before they are able to attack back (riposte). If unsure call "halt" and re-start from the position the fencers are in.
- After each good hit (landed with the tip of the sword on the chest, making the blade bend in an upwards arc) the fencers are placed on guard on their on-guard lines (two metres either side of the centre line).
- If the referee is unsure, she/he may ask the fencers to go back on guard and replay the point. The referee's decision is final.
- The referee may award penalties against persistent offenders in the form of yellow (warning), red (point against) and black (expulsion) cards.

SAFETY

Fencers should:

- Always face their opponent when fencing, making sure not to expose the back of their head or neck.
- Always ask the referee's permission before removing their mask.
- Always use appropriate force when making a hit.
- Only use one hand when fencing, unless it is appropriate to use two hands.

THINK TACTICS

- Vary your moves to keep your opponent guessing.
- Balance defence with attack.

OFFICIATING

Officials are required to carry out the following roles:

- Referee
- Timekeeper
- Scorekeeper
- Overall competition organiser

THINK INCLUSIVELY

Space

- Reduce the length of the piste.
- Limit the amount of steps fencers can take during a bout.
- Allow fencers to compete standing but without moving. The distance between each fencer should be an arm plus a foils length.

Task

- Seated fencers can fence sitting in a chair or wheelchair. The distance between each fencer should be an arm plus a foils length.
- If beneficial allow fencers to grip the foil using both hands.
- Increase or decrease the length of each bout.
- Adjust the number of bouts each team plays.

Equipment

- Allow fencers to use lighter and softer equipment e.g. foam foils.
- Use Velcro strapping to help fencers better grip the foils.
- For visually impaired fencers ensure there is colour contrast between the foil and the opponent's vest e.g. black foil white vest.

People

- Allow substitutions in between bouts.

SPIRIT OF THE GAMES STATEMENT WITH A FOCUS ON INCLUSION

Honesty - acknowledge valid hits scored by your opponent by putting your non-sword hand up and saying, 'touché!'