

Heroes and Heroines CIC: Participant Guide to Simulated Combat

1. Introduction & The Golden Rule

Combat is a central pillar of our events. Because we operate a "High Hits" system, fights are designed to be prolonged, dramatic, and intense. However, safety is our absolute priority.

The Golden Rule: You are responsible for the safety of your opponent. If you cannot deliver a blow safely, you must not deliver it at all.

2. Weapon & Prop Standards

Before you can start an event, your equipment must be verified.

- **Mandatory Weapons Check:** All LRP props used for combat must be checked by a competent, authorised person prior to the start of the game.
- **Construction Standards:** We check that the core of the prop is securely attached and encased by an adequate thickness of foam. The latex must be sealed and free from damage.
- **Re-checking:** If your weapon is damaged during a fight, stop using it immediately.

3. Melee Combat Guidelines

In a high-hits system, the goal is not to strike as fast as possible, but to fight dramatically and safely over a longer duration.

- **Pull Your Blows:** Do not strike with full force. A "touch" is all that is required to register a hit.
- **Theatricality:** Because characters within high hits LARP have high endurance, focus on big, telegraphed swings rather than rapid "drum-rolling" (machine-gunning) hits. This allows your opponent to see the blow coming and react, making the fight safer and more enjoyable.
- **Targeting:** Avoid striking the head, face, or neck. Focus strikes on the limbs and torso.

- **Dark Conditions:** Fight significantly slower in dark places or at night to account for reduced visibility.

4. Archery & Projectile Safety

We take archery safety very seriously. Only persons who have demonstrated their ability to use a bow or crossbow safely are permitted to use a bow or crossbow.

The 10-Foot Rule:

- You should **not** draw a bow to full draw at a target 10ft (3 metres) or less away.
- You should **not** fire a crossbow at a target closer than 10ft away.
- If an enemy closes within 10ft, you should switch to a melee weapon or retreat.

Equipment Handling:

- **Do not parry** or strike with your bow; it is not a melee weapon.
- Ensure your bow is strung correctly and securely; an incorrectly strung bow is a danger to you and others.

Arrow Checks:

You must check every arrow before every shot. An arrow recovered from the battlefield has a chance of being unsafe. You must check:

- The head is secure and free from debris.
- The shaft is not cracked or split.
- The flights are not missing or loose.
- The nock is not loose or split.

5. Game Area Safety

- **Uneven Ground:** Be aware of your footing. We will identify potentially dangerous areas (such as steep banks or water) during the pre-game brief, but you must remain vigilant, particularly in woodlands or near water bodies where combat is discouraged.
- **Non-Combatants:** Be aware of those wearing "Non-Combatant" identifiers (if applicable) or high-vis crew vests. Do not engage them.

6. Emergency Procedures

We use a specific system of safety calls to identify dangerous occurrences quickly.

- **"MAN DOWN" or "TIME OUT":** This call is to be used for a medical emergencies or immediate safety hazards (e.g., a player has broken a bone or a fire has started, the fight is moving toward a dangerous area, someone has fallen over).
- **Action:** Upon hearing "Man Down," **ALL PLAY MUST STOP IMMEDIATELY**. Drop to one knee if safe to do so and remain silent.
- **Resolution:** Crew members will investigate and deal with the problem²¹. Do not resume play until a Referee calls "Time In."

7. Referees and Conduct

- **Oversight:** Referees (both in-character and out-of-character) will be observing the game.
- **Sanctions:** Any person role-playing fighting in an unsafe manner will initially be warned, and then as a final measure be removed from play.
- **Inexperience:** If you are new to LRP combat, please identify yourself to the organisers. We provide short introductions to safe role-play fighting for inexperienced players/staff.

Remember: We are here to create a story together. The best fight is one where both players walk away smiling, regardless of who won. Stay safe, check your arrows, and pull your blows.