

## The Sport of Fencing

Although fencing over the centuries has changed from a deadly combat to a complex game, the speed of movement and intricate strategy of dueling are still very much part of the modern day sport.

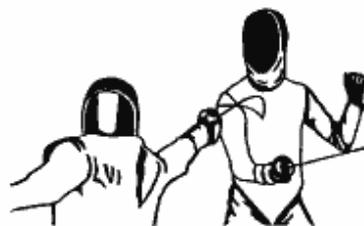
Today's is a modern combative sport. It's a challenge both physically and tactically between two opponents. A game that's extremely fast requiring both cunning and a high degree of fitness. Fencing resembles squash in its athletic demands and approaches chess in its tactical depth.



Fencing one of oldest sports in existence and it is one of the nine Olympic sports events which were held at Athens Greece in 1896 since than it is one of the events in Olympic sports.

## How it's Played

The object of the game is to score touches on your opponent. They are scored only when they land on the target, which is the opponent's torso. Off-target touches stop the bout but are not scored. Usually the first to score five touches, wins the bout.



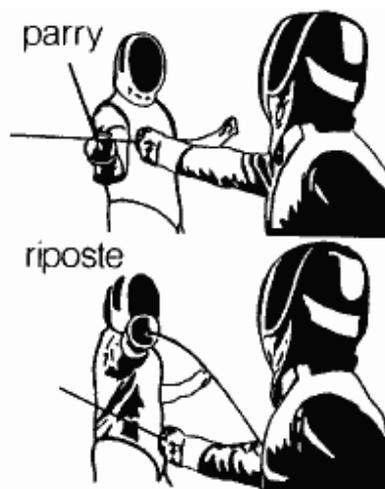
Due to the speed of fencing, touches are registered electronically. When a valid touch is scored, on comes a colored light on the side of the fencer who made the touch. When a touch is registered off-target, a white light is shown on the side of the fencer who scored that touch.



The game is played by a system of priority. To score, you must first obtain priority. The first fencer to start extending the arm straight, while threatening his target, has the priority. When two touches are scored at the same time, regardless of who's touched first, only the fencer with the priority scores the touch.



When you are attacked, you must defend or parry the attack. This parry gives you the priority to hit back, called the riposte. It's this priority system that gives fencing its sequences of attack and defense, with the priority changing from side to side like a rally in tennis. This physical exchange is practiced over and over again, so that the fencer is constantly aware of the changing priority, and can eventually achieve split-second control of his/her reactions.



With such a well-designed system of defense, you need more than just physical speed to score touches. By bluffing and faking, you have to somehow provoke and deceive this system of defense. You have to fake, to convince your opponent you intend to attack, and when he/she attempts to parry, you deceive to score.



Scoring touches in fencing is more than just a matter of physical speed, its a matter of tactics. Tactics are based on the fact that every attack can be parried, but every parry can be deceived! Fencing is a sport that not only physically taxes the body for split-second control of attack and defense, but also incorporates tactical cunning, to fake and mislead, in an attempt to outsmart your opponent. Tactics are as simple or as complex as each opponent, and those tactics can change in the course of a bout. It's this uncertainty that creates the challenge and the excitement of this combative, modern Olympic sport.

Fencing, a match of mind and body.

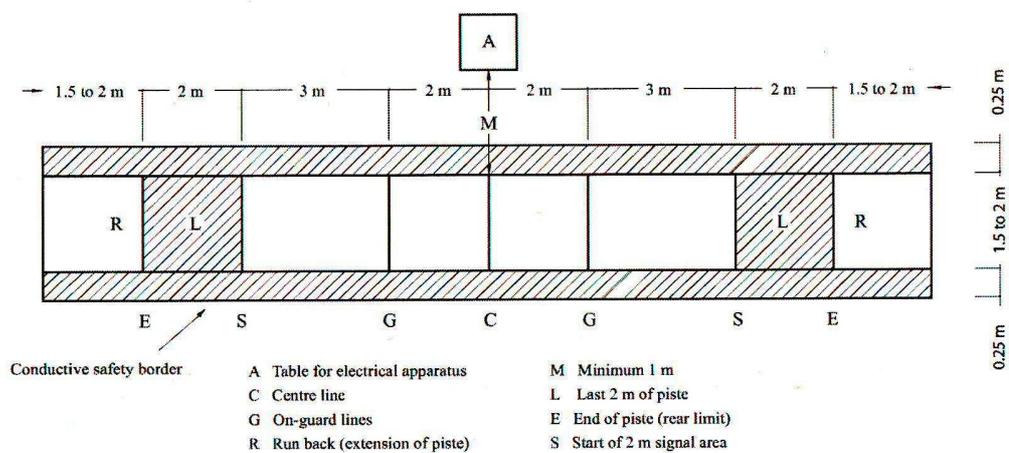
It's a game !

It's a sport !

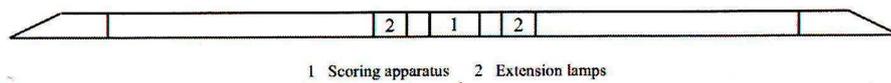
It's a challenge !

## **THE FIELD OF PLAY (PISTE)**

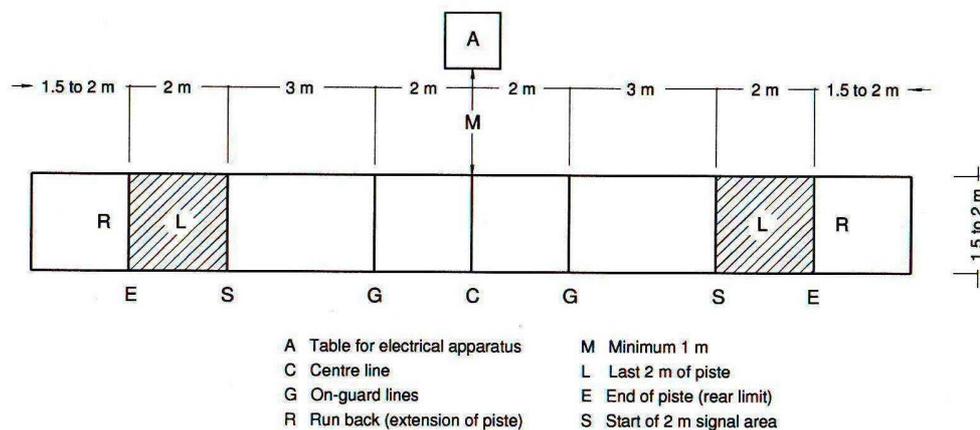
In modern [fencing](#), the **piste** or **strip** is the playing area. It is roughly 14 meters long and 2 meters wide; the last two meters on each end are hash-marked, so as to warn a fencer before he/she backs off the end of the strip. Retreating off the end of the strip with both feet gets a touch against. Going off the side of the strip with one foot halts the fencing action. Going off the side with both feet gets a penalty of the loss of one meter, and if this results in the offender going off the end of the piste, a point is awarded to his opponent. After each touch, fencers begin again at the center of the strip, 4 meters apart, or roughly at a position where their blades can nearly touch when fully extended. Many pistes at fencing tournaments are "grounded" so that if a fencer's blade makes contact with the floor, the hit won't register.



For foil and épée the conductive surface must cover the whole of the length and breadth of the piste, including its extensions (run back) and its safety borders (cf. Article t.13s, m.57)



**Figure 1. Piste for semi-finals and finals (maximum height 50 cm)**



For foil and épée the conductive surface must cover the whole of the length and breadth of the piste, including its extensions (run back) (cf. Article t.13s, m.57)

Figure 2. Standard piste for all three weapons

## EVENTS IN FENCING

There are three different events in fencing.

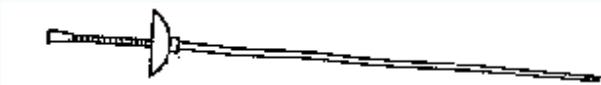
1. FOIL
2. SABRE
3. EPEE

**1. FOIL:** - The [foil](#) is a light and flexible weapon, originally developed in the mid [17th century](#) as a training weapon for the [court sword](#) (a light one-handed sword designed almost exclusively for thrusting). It is the weapon that, traditionally, many students practice first. Hits can be scored only by hitting the valid target surface with the point of the weapon. The target area is restricted to the [torso](#). A touch on an off-target area stops the bout, and does not score a point. There are "right of way" conventions or *priority rules*, whose basic idea is that the first person to create a viable threat or the last person to



### VALID TARGET AREA AT FOIL

defend successfully receives a "right" to hit. If two hits arrive more or less simultaneously, only the fencer who had the "right of way" receives a point. If priority cannot be assigned unambiguously, no points are awarded. The basic idea behind the foil rules was, originally, to encourage the defence of one's vital areas, and to fence in a methodical way with initiative passing back and forth between the two fencers and no last-minute counter-attacks ---- which risk a double death.



### FOIL WEAPON

In modern competitive fencing "electric" weapons are used. These have a push-button on the point of the blade, which allows hits to be registered by the electronic scoring apparatus. In order to register, the button must be depressed with a force of at least 4.90 [newtons](#) (500 [grams-force](#)) for at least 15 [milliseconds](#) (Originally 1-5 milliseconds, but changed in 2004, done to counter the popularity of the "flick attack"). Fencers wear conductive ([lamé](#)) jackets covering their target area, which allow the scoring apparatus to differentiate between on- and off-target hits.

2. **SABRE**:- The [sabre](#) is the "cutting" weapon, with a curved guard and a triangular blade. However, in modern electric scoring, a touch with any part of the sabre (point, flat or edge, as long as it is on target) will register a hit.



## VALID TARGET AREA AT SABRE

The modern sabre is commonly believed to have taken its origins and traditions from the cavalry sabre, but that has recently been exposed as a myth. [\[citation needed\]](#) It is believed that the Hungarians introduced sabre fencing in Europe towards the end of the 18th century. Their sabre, derived from oriental [scimitars](#), had a flat, slightly curved blade and was not as wide and thick as the French cavalry sabre. The Hungarians could not perfect their sabre until they were influenced by the [Italian](#) school, which helped them to perfect their teaching.

The target area in sabre is everything from the waist up, except for the hands. A hit that lands off target will not register a light or stop the bout.



**SABRE WEAPON**



Like foil fencing, sabre fencing uses right of way rules, but the difference in permissible attacks results in widely differing strategies. Since a cut requires a larger motion of the blade to parry than a thrust, sabre parries are more difficult to execute effectively. Sabre fencers therefore tend to rely more on distance for defense, shifting emphasis away from bladework to footwork

3. EPEE:- [Épée](#) fencing was started at the beginning of the [16th century](#). While the use of two-handed [longsword](#) was declining and full suits of [plate armour](#) became less common, this new weapon was born in [Spain](#). The [rapier](#) épée had a long fine blade with a sharper edge, and the tip could be used to cut and thrust. The guard looked like a small basket drilled with holes, having a long, straight [ramrod](#) bored through it to be used in engaging and breaking the opponent's blade and point. The introduction of the rapier brought about a new style of fencing, used almost entirely in the civilian realm of battle.



### VALID TARGET AREA AT EPEE

Like the foil, the *épée* is a thrusting weapon: to score a valid hit, the fencer must fix the point of his weapon on his opponent's target. However, *épée* lacks the foil's most artificial conventions: the *restricted target area* and the *priority rules*. In *épée*, a hit can be scored by landing a hit anywhere on the opponent's body. The fencer whose hit lands first receives the point, irrespective of what happened in the preceding phrase. If two hits arrive simultaneously (within 40 [milliseconds](#) of each other), a *double hit* is recorded, and both fencers get a point (except for in [modern pentathlon](#) one-hit *épée*, where neither fencer receives a point).



### EPEE WEAPON



In order for the scoring apparatus to register a hit, the push-button on the end of the weapon must remain fully depressed (tip must be depressed for a certain distance) for 2-10 [milliseconds](#). To register, the hit must arrive with a [force](#) of at least 7.35 [newtons](#) (the equivalent of 750 [grams](#) of stationary [mass](#)) - a slightly higher threshold than the foil's 4.9 newtons (500 grams). All hits register as valid, unless they land on a [grounded](#) metal surface, such as a part of the opponent's weapon, in which case they do not register at all. At large events, grounded conductive [pistes](#) are often used in order to prevent the registration of hits against the floor. At smaller events and in club fencing, it is generally the responsibility of the [referee](#) to watch out for floor hits. These often happen by accident, when an *épée*ist tries to hit the opponent's foot and misses. In such cases, they are simply ignored. However, deliberate hits against the floor are treated as "dishonest fencing," and penalized accordingly.

## **PARTICIPATION NUMBER OF FENCERS**

A fencing team comprises of 4 fencers in male category in each weapon and 4 fencers in female category. The total number of fencers of a team is 24 (12 male and 12 female)

Foil Men :- 4, Foil Women:- 4

Sabre men:- 4, Sabre Women:- 4

Epee Men:- 4, Epee Women :- 4

## **EQUIPMENT REQUIRED FOR A FENCER TO START THE FENCING**

- Weapons ( any one of fencers own choice)

1. FOIL
2. SABRE
3. EPEE

- Fencing suit
- Fencing mask
- Glove
- Shoes
- Electrical jacket ( for foil and sabre)

## **CATEGORIES OF THE COMPETITIONS**

At international level.

- Cadet :- if age of fencer is 17 or below 17 years.
- Junior :- if age of fencer is 20 or below 20 years.
- Senior :- fencer whos age is above than 13 years.
- Veterans :- above than age of 40.

At national level.

- Sub Junior :- if age of fencer is 14 or below 14 years.
- Cadet :- if age of fencer is 17 or below 17 years.
- Junior :- if age of fencer is 20 or below 20 years.
- Senior :-

## OFFICIAL FENCING COMPETITIONS

### *At international level*

- Olympic Games
- Open World Championship
- World Cup
- Asian Games
- Senior Asian Championship
- Commonwealth Championship
- Grand Prix
- Junior & Cadet World Championship
- Junior & Cadet World Cup
- Junior & Cadet Asian Championship
- Veterans World championship

### *At national level*

- National Games
- Senior National Championship
- Junior National Championship
- Cadet & Sub-Junior National Championship
- All India Inter University Championship \*
- School National Championship

## TOTAL MEDALS IN A FENCING CHAMPIONSHIP

Total number of medals are in one fencing championship is 48 medals i.e. 12 Gold, 12 Silver, 24 Bronze ( both semi finalist will be awarded with bronze medal)

EVENT	GOLD	SILVER	BRONZE	TOTAL NO. OF MEDALS.
FOIL INDIVIDUAL MEN	1	1	2	4
FOIL INDIVIDUAL WOMEN	1	1	2	4
FOIL TEAM	1	1	2	4

MEN				
FOIL TEAM WOMEN	1	1	2	4
SABRE INDIVIDUAL MEN	1	1	2	4
SABRE INDIVIDUAL WOMEN	1	1	2	4
SABRE TEAM MEN	1	1	2	4
SABRE TEAM WOMEN	1	1	2	4
EPEE INDIVIDUAL MEN	1	1	2	4
EPEE INDIVIDUAL WOMEN	1	1	2	4
EPEE TEAM MEN	1	1	2	4
EPEE TEAM WOMEN	1	1	2	4
<b>TOTAL</b>	<b>12</b>	<b>12</b>	<b>24</b>	<b>48</b>

## TOP COUNTRIES IN FENCING

- France
- Italy
- Russia
- Germany
- Hungary
- USA
- China
- Korea
- Poland