Member Handbook

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Introduction

Welcome To Front Range Fencing Club!

We have put this handbook together to help you on your journey in the exciting Olympic sport of Fencing. It is full of lots of helpful information that you will use again and again. Should you have any questions please feel free to ask any of our coaching staff or contact us via email or telephone.

Our fencers range in age from 6 through adult, boys, and girls. There are some who compete locally and nationally and some who are in their first fencing classes. We offer classes, as well as a recreational and competitive program for all levels of interest and age.

Equipment

In all beginning classes fencing gear is provided for use at no extra charge. Once students are ready to make the jump to one of our programs, they will need their own equipment. FRFC is a provider of equipment from *The Fencing Post.* Our experience over time with many suppliers has led us to recommend *The Fencing Post.* If you would like us to size and order your fencer's equipment, please tell your coach at the beginning of class or program. Available used gear is posted on our Facebook page.

Membership Requirements

As a requirement of our club insurance everyone must become a member of the USA Fencing. The fencer's first 90 consecutive days of a trial membership are free, after that time all participants must renew their own membership online with USA Fencing. There are several types of memberships. Most fencers start with an access membership. With a competitive membership enrollment, fencers receive a magazine and newsletter from USA Fencing and are permitted to enter national competitions. Each student is different, but a good estimate is that they will be ready to compete outside the club one year after starting fencing. While encouraged, competition is optional.

Payment

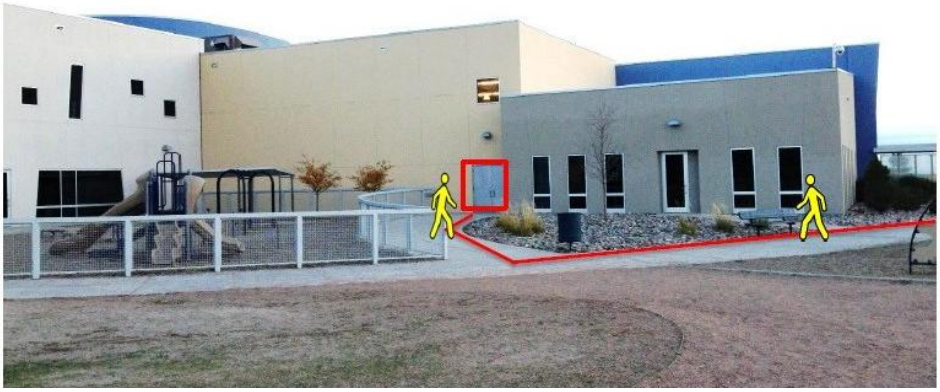
Class fees are due on or before the start date of the class cycle. All programs are on a monthly cycle and fees are to be paid on or before the start of the month. The fee per month is based on the number of times the class meets that month. Payment may be made by credit card, PayPal, Venmo, and other forms on the FRFC website directly through PayPal, (no PayPal account is needed) or by check payable to Front Range Fencing Club.

Contact Information

Front Range Fencing Club
Telephone: 719-339-5495
Email: frontrangefencingclub@comcast.net
Web: https://www.frontrangefencingclub.com/
Instagram: https://www.instagram.com/front_range_fencing_club/

Facility

Chinook Trail Elementary stipulates that all activities for fencing are to be in the gymnasium. We are to enter and exit through the gymnasium exterior door as noted. Smoking and vaping are not allowed. No food or drink other than water is allowed.



Family and Guests of Fencers

We hope that parents, siblings, or other guests of Front Range Fencers will enjoy sitting and watching the fencing activity. For safety reasons we respectfully request that non-fencing participants remain seated in green spectator areas. Spectators may bring portable lawn chairs, as there is no bench or bleacher seating. No food or drink other than water is allowed in the gym.

Code Of Conduct

Front Range Fencing Club (FRFC) is open to anyone with an interest in learning or engaging in the Olympic sport of fencing. Membership and participation at FRFC are a privilege that comes with obligations, not a right, with obligations. FRFC expects all members, non-member participants, guests, coaches, and staff to follow these Rules and Code of Conduct.

Sportsmanship

Good sportsmanship, like physical safety, is another priority at FRFC. All activities are to be conducted in a respectful and courteous manner regardless of whether it is in class, practice, during bouting, or at a tournament. All participants are expected to salute their classmate, opponent, and the referee, before and after each encounter, and to shake hands with their opponent after each bout, in a sportsmanlike manner.

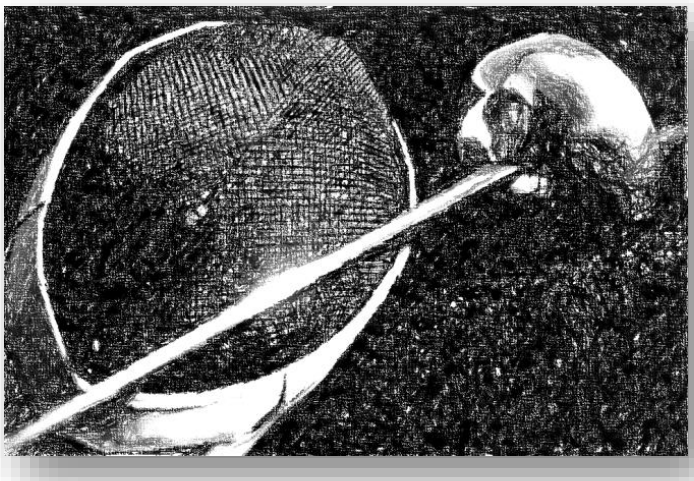
Scoring/Referees

In non-refereed bouts, discussions of priority and valid touches are to be resolved quickly and amicably between the participants, or the touch should be thrown out. In non-electric bouting, fencers are expected to acknowledge touches against them. In refereed bouts, the decision belongs solely to the referees and that decision is final unless, at a tournament, it is a question appropriate for the bout committee. Fencers and guests are expected to treat all referees with respect, regardless of the outcome of any call of action or encounter.

Take A Stab At Fencing:
Your Child Will Love It And So Will You!

By *Douglas E. Richards*

I've written for American Fencing magazine, am a former president of the San Diego Scholastic Fencing League, and the author of The Devil's Sword, a mainstream thriller set against the backdrop of this fascinating sport. **But just four short years ago I was a novice; a newbie. I was just another parent who knew NOTHING about the sport of fencing.**



Sure, I knew that sword fighting was irresistibly appealing to children. Put two kids in a room with long cardboard tubes and within seconds an epic sword fight would begin. I also knew that Hollywood recognized the innate appeal of the sport, as evidenced by the elaborate swordplay in such blockbusters as Star Wars, The Matrix, and Pirates of the Caribbean.

But fencing? The sport of sword fighting? What was that all about? Clanging swords together is nice, but fencing seemed feeble when compared to such behemoths as football, basketball, baseball, soccer, and tennis. These and other great sports at least had the good sense to require a ball; one crying out to be kicked, or hit, or shot, or bounced, or caught, or chased. Sure, fencing was cute and all, and America was achieving unprecedented success in the sport in recent Olympics - but how would it compare to a real sport?

Well, four years ago, when my 12-year-old son took up fencing, I got the surprise of my life. Because I found there was a one word answer to the question, "How does fencing compare to other sports?" And that word is: brilliantly.

Fun to watch, terrific exercise

Not only did I discover fencing was great fun to watch, but I noticed how quickly sweat would begin pouring from the bodies of seasoned combatants. It didn't look all that taxing, not compared to the two hours of sprinting I regularly did on a tennis court at least. So I tried it myself. I suited up and battled my undersized 12-year-old son. And I made two important discoveries. One, despite my height and speed advantage, I had absolutely zero chance against him. And two, fencing was exhausting! After five or ten minutes I was panting like a dog. It turns out that racing up and down a sidewalk-shaped fencing strip (the sports' playing field) while in a fencing stance and trying to stay out of reach of a three foot sword being thrust at my chest at astonishing

speed, was hard. Hitting my opponent while avoiding being hit myself required considerable quickness, athleticism, and intelligence. And the sport provided a fantastic physical and mental workout; far beyond my wildest expectations. Who knew?

When I was a kid, I lived for sports. So, as a father, I couldn't wait to introduce my son to a wide variety of them. And I did. But although my son was a natural athlete, there was one problem: he had absolutely no interest. Not in any of them.

But then, miraculously, fencing came along. It challenged and excited him in a way those other sports could not. There were endless moves for him to learn. Ways to block an opponent's blade (parry). Ways to attack after a parry (riposte). Ways to avoid the parries and ripostes of an opponent. Ways to set traps. It was chess at 150 miles per hour. To excel, my son needed to think several moves ahead, and the sport required incredible eye-hand coordination, footwork, lightning fast reflexes, and even faster decision-making. It was cool. It was fun. And my son quickly developed a passion for it; something I had given up hope would ever happen when it came to him and athletics.

Transformational sport

The sport totally transformed my son:

His self-esteem grew before my eyes.

He became self-assured; confident.

He learned sportsmanship and chivalry. Respect for his coaches and fellow combatants.

He learned teamwork and leadership (as captain of his middle school team).

He tested the limits of his endurance and will, and learned to focus under tremendous pressure.

He forged strong and healthy friendships; and

He got into superb physical and mental shape.

Needless to say, I fell in love with the sport. And not just because of what it was doing for my son, but because it was insanely cool. And although this is a broad generalization, I've found kids who fence are among the nicest, brightest, most helpful, and most respectful kids you would ever want to meet.

So I went from zero knowledge to total immersion in very little time. At my son's first tournament, which was incredibly fun, I realized I was becoming part of a fascinating secret world that only the tiniest minority ever had the chance to experience. I became convinced that many more people would fall in love with the sport if only they were exposed to it. Eventually, I wrote The Devil's Sword to do just this. An action packed thriller

designed to appeal to kids and adults, fencers, and non-fencers alike. A book in which three teen fencers at a tournament at Nellis Air Force Base become unwilling pawns in a brilliant plot to steal a super-weapon: a plot that somehow revolves around the tournament. A book that would give readers a taste of what fencing is all about.

A short course on fencing

So what is fencing all about? Well, in a nutshell, fencers can compete with any of three weapons: a foil, an epee, or a saber (all of which have blunt tips and no sharp edges). Each weapon has a different appearance and weight, and scoring with each requires strikes to a different target area. For example, an epee fencer can score with a strike anywhere on the body, head to toe, while a foil fencer can only score with a hit to the torso. Foil and epee points (called touches) can only be scored with the tip of the blade, while a sabre fencer can score a touch by striking with both the tip and the edge of the blade.

But regardless of the choice of weapon, the protective clothing and mask make fencing far safer than traditional sports. Finally, because touches can occur faster than the eye can follow, fencers are typically hooked up to spaghetti-thin, retractable, electrical cords, like divers, so that a light goes off on a scoreboard when they've stabbed their opponent with the proper force.

This brief description doesn't do the sport justice, of course. The more one learns about fencing the more fascinating it becomes. And a cursory summary doesn't even begin to capture the fun, excitement, and unique atmosphere of a tournament.

So I encourage everyone, young and old alike, to find a local fencing club and give this amazing, addictive sport a try; a sport by the way that appeals to girls every bit as much as boys. A sport that can appeal to kids who have never found a passion for any other sport. For some, it will change their lives forever. But even for those who never become addicted, I can promise that trying it even a single time will be a fun, unique, and unforgettable experience.

Douglas E. Richards has written extensively for National Geographic KIDS magazine and is the author of The Prometheus Project series: fast-paced science fiction thrillers that have been widely praised by the California Department of Education, Asimov's Science Fiction magazine, School Library Journal, and many others. Earlier this year, in recognition of his work, Richards was selected as a "special guest" at San Diego Comic-Con International, along with Stan Lee, Ray Bradbury, and Rick Riordan. To learn more about Richards and his work, please visit www.douglaserichards.com or friend him on Facebook at Douglas E. Richards Author.

Understanding Fencing

The sport of fencing is a uniquely classic sport. It has history, drama, romance, style, art, plus all the advantages of an active physically demanding sport. Mentally it is mind consuming, allowing not a moment's break.

Fencing is also fast and athletic, a far cry from the choreographed bouts you see on film or on the stage. Instead of swinging from a chandelier or leaping from balconies, you will see two fencers moving intensely on a 6x40 ft strip. The movement is so fast the touches are electronically scored.

Benefits of Fencing

There are many benefits to participating in fencing. Good sportsmanship and self-discipline are emphasized. Fencers learn to compete independently as well as for a team; they learn to enjoy winning and profit from defeats, while becoming physically fit and healthy; and, most importantly, they learn to make complex decisions, analyze problems, and think fast. For many the primary motivating factor is the desire to have fun. The following pages will help you reach this goal. Don't forget, Olympic Champions have fun too.

Bill of Rights for Young Athletes

We believe youth have the right to:

- be treated with dignity by all involved.
- fence as a child and not as an adult.
- fence regardless of skill level.
- fence at a level that is commensurate with each child's development.
- fence in a safe and healthy environment.
- have proper preparation for fencing.
- have qualified adult leadership.
- share in leadership of fencing.
- have equal opportunity to strive for success.
- have fun fencing.

For Parents

As a parent, your primary purpose is to support and encourage your child. Parents greatly contribute to the success experienced by their children as well as other children in the youth program. Parent's attitudes are often adopted by their children, who consult them for advice and approval. Parents be aware of this and strive to become positive role models. Most importantly, this always includes showing good sportsmanship and respecting coaches, officials, and opponents.

Get your child to the club to train regularly. Of course, school obligations come first. A consistent training

curriculum is strongly encouraged.

Ensure that your child has a small snack before training and competitions and brings a water bottle and dry t-shirt for warm weather and jacket for cold weather to the club and tournament.

The best way to help your child achieve his goals and reduce his fear of failure is through positive reinforcement. No one likes to make mistakes. When your child makes one, remember that he is still learning. Encourage his efforts and highlight the successes and the things your child did well. Your child will have good days and bad ones. Help him through the bad days and celebrate the good days he is fortunate to have. Fencing is a continuous struggle to improve from first-day beginner to Olympic Champion.

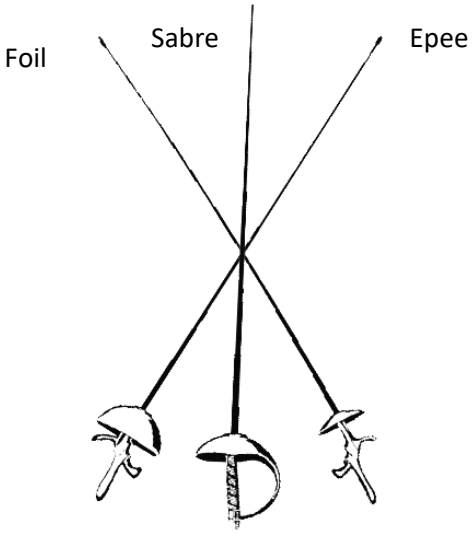
Be careful not to emphasize winning to the exclusion of your child having fun and learning about himself while enjoying the exciting sport of fencing. Encouraging a healthy environment that emphasizes learning and fun can develop a more positive self-image, an invaluable asset throughout your child's life.

At fencing tournaments, take time to meet new people, visit different cities and see what they have to offer. Many lasting friendships have been formed between fierce competitors. Enjoy the full experience of competition by taking advantage of all the opportunities for growth.

The Game

Fencing is played on a metal strip, or piste, which measures approximately 6feet wide by 40 feet long. Points (or touches) scored in a bout are registered on an electronic scoring machine. The machine receives an electrical impulse when the spring tip of the epee is depressed with enough pressure.

The Weapons



Foil, epee, and sabre are the three weapons used in the sport of fencing. Foil and epee are point-thrusting weapons. Sabre is a point thrusting as well as a cutting weapon. The target areas differ for the three weapons.

The foil has a flexible rectangular blade, approximately 35 inches in length, weighing less than one pound. Points are scored with the tip of the blade and must land within the torso of the body. The blade is wired with a spring-loaded tip at the end that completes an electrical circuit when it is depressed beyond a pressure of 500 grams.

The valid target area in foil is the torso, from the shoulders to the groin, front and back. It does not include the arms, neck, head, and legs. The foil fencer's uniform includes a metallic vest (called a lame), which covers the valid target area, so that a valid touch will register on the scoring machine. A small, spring-loaded tip is attached to the point of the foil and is connected to a wire inside the blade. The fencer wears a body cord inside his uniform, which connects the foil to a reel wire, connected to the scoring machine. A touch on the valid surface will register a colored light on the scoring machine. A

touch on the non-valid surface will register a white light.

The epee (pronounced "EPP-pay"), the descendant of the dueling sword, is similar in length to the foil, but is heavier, weighing approximately 27 ounces, with a larger guard (to protect the hand from a valid hit) and a much stiffer blade. Touches are scored only with the point of the blade. The entire body is the valid target area.

The blade is wired with a spring-loaded tip at the end that completes an electrical circuit when it is depressed beyond a pressure of 750 grams. This causes the colored bulb on the scoring machine to light. Because the entire body is a valid target area, the epee fencer's uniform does not include a lame.

The sabre is the modern version of the slashing cavalry sword and is similar in length and weight to the foil. The major difference is that the sabre is a thrusting weapon as well as a slashing (referred to as “cutting”) weapon. The target area is from the bend of the hips (both front and back), to the top of the head, simulating the cavalry rider on a horse. The sabre fencer's uniform includes a metallic jacket (called a lame), which covers the target area to register a valid touch on the scoring machine. The mask is different from foil and epee, with a metallic covering since the head is valid target area.

Touches that arrive on the valid surface register a colored light on the scoring machine. Off-target hits do not register on the machine.

The Strip

There are five lines painted on the strip. Two meters on either side of the centerline are the on-guard lines. At the start of a bout or after a touch is scored, fencers are positioned in the on-guard stance behind these lines. Three meters behind the on-guard line is the beginning of the warning area. This two-meter area is brightly marked and serves to remind fencers they are approaching the end line of the strip. A fencer passing the end line with both feet is counted as touched and a point is awarded the opponent.

The sport involves: blade work, footwork, and tactics. These skills can be learned at any age and a good fencer is always striving to improve them. Physical size is not considered an important factor due to the nature of the game and the variety of ways in which touches can be scored. Successful fencers come in all shapes and sizes.

Blade work is perhaps the most difficult of the essential skills to master. It permits a skilled fencer to deceive his opponent and touch the target despite the opponent's attempts to defend himself.

Footwork, the most physically demanding of the skills, is the one which permits a fencer to move into appropriate positions and distances to allow him to effectively utilize blade work to touch the opponent and to allow him to "get away" to avoid the opponent's attack.

Tactics consist of the plans and counter plans utilized by fencers to coordinate use of blade work and footwork against the fencing style of opponents.

How to Follow the Action

For those new to fencing, it is difficult to follow the lightning speed of the fencers' actions. To become more

comfortable in watching a fencing bout, focus on one fencer. The fencer being attacked defends himself by use of a parry, a motion used to deflect the opponent's blade, after which the defender can make a riposte, an answering attack. Thus, the two adversaries keep changing between offense and defense. Whenever a hit is made, the referee will stop the bout, describe the actions, and decide whether to award a touch.

Fencers seek to maintain a safe distance from each other, that is, out of range of the other's attack. One will try to break this distance to gain the advantage for an attack. At times, a fencer will make a false attack to gauge the types of reactions by the opponent in the real attack.

As you become accustomed to the speed of the game, the tactics and strategies become more apparent, and you will gain a better understanding of the finesse and fascination of fencing!

Basic Equipment

What equipment will I need?

All gear needed for any beginning class at FRFC is provided for use during class time. Once fencers are ready to move to one of the programs (Recreational, Competitive or Adult Fencing), they will need to purchase their own gear. FRFC is a provider of equipment from *The Fencing Post*. Any item from The Fencing Post catalog may be ordered and invoiced, with the equipment being sent to the club for distribution to the fencer. FRFC keeps many items in stock. FRFC members pay the online discounted price in red plus 10% for tax and shipping. This is a discount for you plus we take care of any errors or returns. When ordering, it usually takes about two weeks for equipment to arrive. During holidays and major competitions delivery may take longer. The coach will make recommendations for gear based on the fencer's needs. To view the entire catalog, go to: https://thefencingpost.com/

Be sure to put identification on all your equipment.
FRFC recommendation for labeling your fencing equipment as noted below.
Print, First and last name and FRFC.

On the back tab of mask

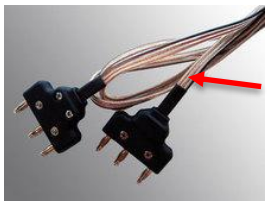
On the inside collar of jacket

Bag tags that also hold a copy of USA fencing membership are a good idea.

On the outside near tag of underarm protector (required for all)

On the outside of chest protector (required for females)

On a tape flag on one end of body cord



On the inside of the weapon guard

On the outside cuff of the glove

FRFC Shirts and More

Get your t-shirts, hoodies and jackets with the club logo and other designs. Are you interested in ordering sports clothing and other items with the Front Range Fencing Club logo? Hats, polos, bags and much, much more are available and fully customizable.

Go to: www.mylocker.net/shops/front-range-fencing-club202111

Choose your item, the design, the colors – you can even personalize it too! Fencers, family, and friends can show their club spirit with more than just t-shirts, they have polos, jackets, hoodies, lab coats, baby clothes. There is something for everyone.

Our club colors are purple, gray, and white, but you may select whatever inspires you.

Coaching Staff

Kathryn Lewis-Salem

Coach Kathryn is Head Coach at FRFC. She is certified by the US Fencing Coaches Association and USA Fencing and has coached and taught fencing at clubs and universities in Texas, Philadelphia, and Colorado. As a World Class fencer, she was a member of the US squad and made many National and International Finals. Formerly ranked second in the United States, she was a Two-Time National Epee Champion and Bronze Medal National Championship Foil Teams member. Her fencing honors include serving as US Olympic Committee Athlete Liaison, USA Fencing Athlete Representative, US Junior Pan Am Team Manager, USA Fencing Philadelphia Division Chair and USA Fencing North Texas Division Chair. Kathryn holds an MFA and BS degrees and is a licensed K-12 teacher. She recently retired from UCCS, where she taught Art History.

Abdel Salem

Coach Salem, is the retired (after 21 years) Head Coach at the US Air Force Academy, directing both the men's and women's fencing program. Most recently he was the head coach for the USA team at the 2019 World University Games in Naples, Italy. He also coached the 2017 World University Games team. Qualifying for three Olympic teams he participated in the 1984 Los Angeles Olympics and was a coach for the 2016 Rio Olympics. He holds an MD from the University of Alexandria, Egypt, where he was a practicing general physician. Coach Salem was named the US Olympic Committee's Fencing Coach of the Year. He is a certified Fencing Master in all three weapons and has served as US World Team Coach numerous times. While at USAFA the Falcons have won many Western Region Championships. Coach Salem coached a team of primarily walk-ons to 19 All-American titles and a national champion. Teaching and coaching fencing at the University of Pennsylvania, Bryn Mawr College, New York Fencer's Club and founding Lone Star Fencing Center (Dallas) and Fairmont Park Fencing Center (Philadelphia) his fortunate students include U.S. Olympic and World Team members. He has served as a staff member of the U.S. Fencing Coaches College and Coach for the World Military Games. Coach Salem is currently serving as Past President of the United States Fencing Coaches Association and is certified by USA Fencing. He is also a Board Member of USA Fencing.

Judith Steed

Coach Judith first began fencing at Virginia Tech and competed on the University Fencing Team. She has leveraged her teaching and facilitating skills to support the learning of Fencing Fundamentals to students of all ages. She began coaching in 2014. She is certified by USA Fencing and the US Fencing Coaches Association.

USA Fencing Programs

USA Fencing is the National Governing Body (NGB) of the sport for the US Olympic Committee.

All-America Team
This program recognizes the success of the best high school team fencers in the nation.

All-Academic Team
Encouraging a high level of academic achievement in our young athletes is as important as encouraging their athletic achievement. Motivation for this achievement, while intrinsically driven, can be enhanced through recognition by US Fencing.

USA Fencing Scholarships
Absolute Fencing Gear All-Academic Team
Connor Porter Memorial Scholarship
Wang Memorial Scholarship

Spirit of Sport
This will share the story of a fencer who exemplifies the true meaning of sport.

Safe Sport
USA Fencing is committed to creating a safe and positive environment for athletes' physical, emotional and social development, and to ensuring that it promotes an environment free of misconduct.

New To Fencing?

Your Fencing Journey

To register, use the QR codes!

Intermediate Fencing for Youth ages 9-14

Along with refining skills, fencers add tactics as they improve in this monthly class. Students may still use all the club equipment just like in Beginning One. Intermediate fencing meets weekly for 50 minutes. The classes are designed to be repeated until the student is ready to move to Recreational Practice and parents are ready to purchase personal fencing gear. We recommend no more than 4 months at this level.

Fencing for Teens and Adults 15 & up

This class meets once per week for 50 minutes, for four weeks. It is a two-cycle class, i.e. You will re-register for this class at least once before proceeding to Adult Electric Fencing. Students may continue in this class until they are ready to move to the next level. We recommend no more than 4 months at this level.

ELECTRICAL FENCING

Electric Musketeers Recreational

For Musketeers who want more fencing and to gain skills and prepare them for competitions this program meets Thursdays, 5:00-6:00pm. Electric Musketeers is for fencers ages 10 and under. Electric Musketeers Recreational students will need to purchase their own gear as they will start to train and bout with electrical scoring, using the entire body for target as per epee rules. For more information and to register follow the QR code.

Adult Electric

Adult Electric students will need to purchase their own gear as they will start to train and bout with electrical scoring, using the entire body for target as per epee rules. Fencers start to work at various skill levels, engage in higher level games, drills and increase skills while refining foot and blade work. Adult Electric meets once a week for 90 minutes. Activities that develop strength, flexibility, and speed as well as technical and tactical exercises are a part of each class.

Recreational Fencing

This one-hour program meets three days a week, Tuesday, Wednesday, and Thursday 5:00-6:00. Students will need their own gear. For more information and to register follow the QR code.

Competitive Fencing

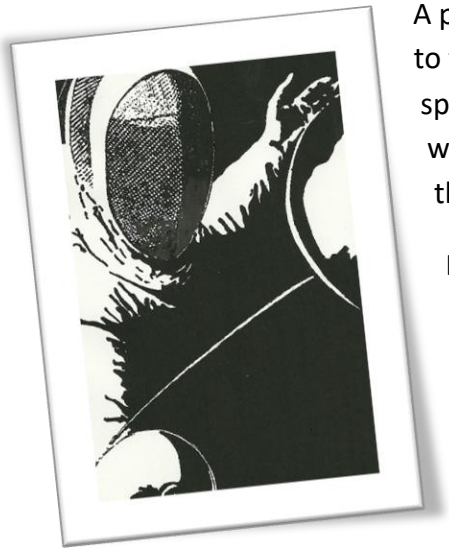
For fencers interested in more training and going to competitions this 2-hour program that meets, Tuesday, Wednesday, and Thursday, 6:00-8:00pm is just the thing. Students will need their own gear. For more information and to register follow the QR code.

ORDERING GEAR

Time for your own equipment?

We order gear from The Fencing Post. We have had many years of good experience with this California company. They offer all levels of quality gear. We have recommendations but can order anything from their website. It is most economical to order through us. We charge sales tax and 1.3% shipping. We take care of returning any goods for size or error at no charge. We will also size the fencer. Note that not all brands are sized the same. Once sized an invoice is sent to you. Once paid the gear is ordered. Allow 2 weeks for delivery. Occasionally, there is used gear for sale. Let us know if you are interested. Discuss ordering new or used gear with Coach Kathryn.

Private Lessons



A private fencing lesson is available to a fencer of any level. They are tailored to the fencer's skills and needs and are for fencers at any level. The time spent one on one with a coach is some of the most valuable time a fencer will spend. The coach will guide their learning and help them discover who they are as a fencer.

Fencing lessons are physically difficult and very intense intellectually. It allows the coach to work with the students at their specific level and give them a fencing experience that will get them to the next level. In a private fencing lesson, there is time to focus on specific skills and to zero in on errors that a fencer may be making. By performing skills in a lesson, then later in class or practice, the fencer will be able to add the new skill to their repertoire and find the correct timing to score with it.

Be patient with the process and trust that the rewards of refined skill and technique will become apparent. There is nothing that can match the improvements that fencers can see through targeted one-on-one lessons in addition to their class and program time.

Private fencing lessons are designed to supplement a fencer's regular curriculum. We recommend that you discuss how private lessons can be incorporated into your training with your coach.

Who can take lessons?
Quite often there is an assumption that the fencer isn't good enough yet for private lessons. A fencer will become more accomplished much more quickly with the custom-tailored instruction of a consistent one-on-one lesson schedule.

How much do lessons cost?
$60 for 4 lessons (ten-minute per lesson) or $80 for 4 lessons (ten-minute per lesson) with Coach Salem

Lesson Cancellation Policy
A private lesson should be rescheduled at least 24 hours in advance.

How do I schedule lessons?
Please speak to the coach you want to take lessons from. Lessons are for FRFC Membership only. To participate in the private lesson, the fencer should warm up before the start of the lesson time. Students may choose from available times with any of our coaches. Please discuss scheduling and signup with the coach.

Inclement Weather

Please refer to the FRFC Instagram page for closures.

https://www.instagram.com/front_range_fencing_club/

In general, fencing practice revolves around the asd20 schedule
https://www.asd20.org/
elementary school closed = no practice
delayed start = practice as usual
early release = no practice

Note that late developing storms may alter the schedule and asd20 does not update the district schedule after 3pm. So, check the FRFC Facebook/Instagram pages. Of course, use personal judgment based on your local conditions before heading out. If you have closure questions, please call 719-339-5495 (don't email).

Absences

If fencers miss a class, we will do our best to get them caught up at their next scheduled attendance. There are no make-up classes for absences. If the class is missed due to a d20 school closure, then that class day will be made up at a different time or day.

Family Discounts

For Classes And Programs

The first two members of a family are full price. The third family member receives a 50% discount on class fees. There are no discounts on private lessons.

Afterschool Classes

Front Range Fencing Club offers after school programs at various schools. We also offer programs for any school group at our Chinook Trail location. All necessary fencing equipment is provided for use in class. For a list of currently available classes scroll down. Contact us if you would like to start a class at your school.

Girl And Boy Scout Fencing Experiences

Front Range Fencing Club offers Special One Time Experience Fencing Sessions for Scouts. Are you part of a scout troop that would like to try fencing? Sign up today to learn more and take part in this unique sport.

Who knows? You may be a natural at it! Instruction will be given by enthusiastic coaches from Front Range Fencing Club. Scouts will be trained on fencing safety and fundamentals in a group lesson. Scouts will learn about the history and basic techniques of modern sword fighting (weapons have plastic blunted tips, nothing sharp) and then they will spar or as fencers say, bout against one another! All fencing gear equipment is provided. Remember fencing is a combat sport so dress appropriately. Students MUST wear gym shoes, t-shirt, and gym pants. Sorry no jeans, capris, khakis, slacks, leggings, skinny pants, shorts, sandals, boots.

Troops and Packs of 8 or more can be scheduled. Discount for 10 or more in the same session. Email for more information and to schedule your special time. Pre-registration required. $15 each includes use of all equipment. Separate girl scout activity patches may also be earned.

Tastings!
Fence With Friends, Business Outings, Corporate Events

Happiness is Learning to Fence With Friends, the Boss and Co-Workers!

Come spend an hour experiencing the basics of this fun and unique sport. Dress in a T-shirt, athletic pants, and athletic shoes, we provide all the other gear for your use. At the end of class, you will be able to challenge your friends to a fun fencing bout!

Take turns snapping future Facebook photos of each other. Fencing is great for endorphin spiking and calorie-torching!

After class head out to your favorite local spot to refresh and grab a nosh, not included.

Front Range Fencing Club is a great place to connect with friends! Bring your group of 5-12 friends for a spectacular experience you will talk about for a long time.

Pre-registration required. $25 each includes use of all equipment and a fencing certificate! With 8 or more participants there is a discounted price of $20 each.

To reserve your spot email us. frontrangefencingclub@comcast.net

Special Events At FRFC

Fencing Camps
Front Range Fencing Club offers camps in the summer for Recreational, Competitive and Y12 fencers. These are great intensive times to improve form, tactics and bouting experience.

Club Tournaments
Several times a year FRFC holds club tournaments for fencers with their own electrical scoring equipment (Recreational, Competitive and Adult Fencing). These events are a great way to break into competition. Just like in formal tournaments fencers must pre-register, show proof of membership (non-competitive is ok for club competitions), and equipment is inspected. Fencers are separated by age category and fence both pools and direct elimination. This is great for family members to bring a lawn chair and watch.

Parent Meetings
These are scheduled at the beginning of each season and adult fencers or parents should attend. Attendance is important as valuable information for the upcoming season will be discussed. Please plan to attend.

Armory Clinics
A couple of times per year we offer Armory Clinics for parents to learn upkeep and repair of fencing equipment. There is no charge to attend these clinics. Attendance at least one is highly recommended. Learn the basics of armoring with the FRFC armorer Denise Landwehr. Instruction will include identification of problems, body cord repair, tip repair and equipment maintenance.

Club Socials
Cookie exchanges, senior sendoffs and other occasions happen throughout the year. Sometimes they are at Chinook but every so often we have get togethers at coffee shops, or restaurants away from the club. These are for the entire family not just the fencer. We hope you will be able to attend and become a part of the large FRFC family.

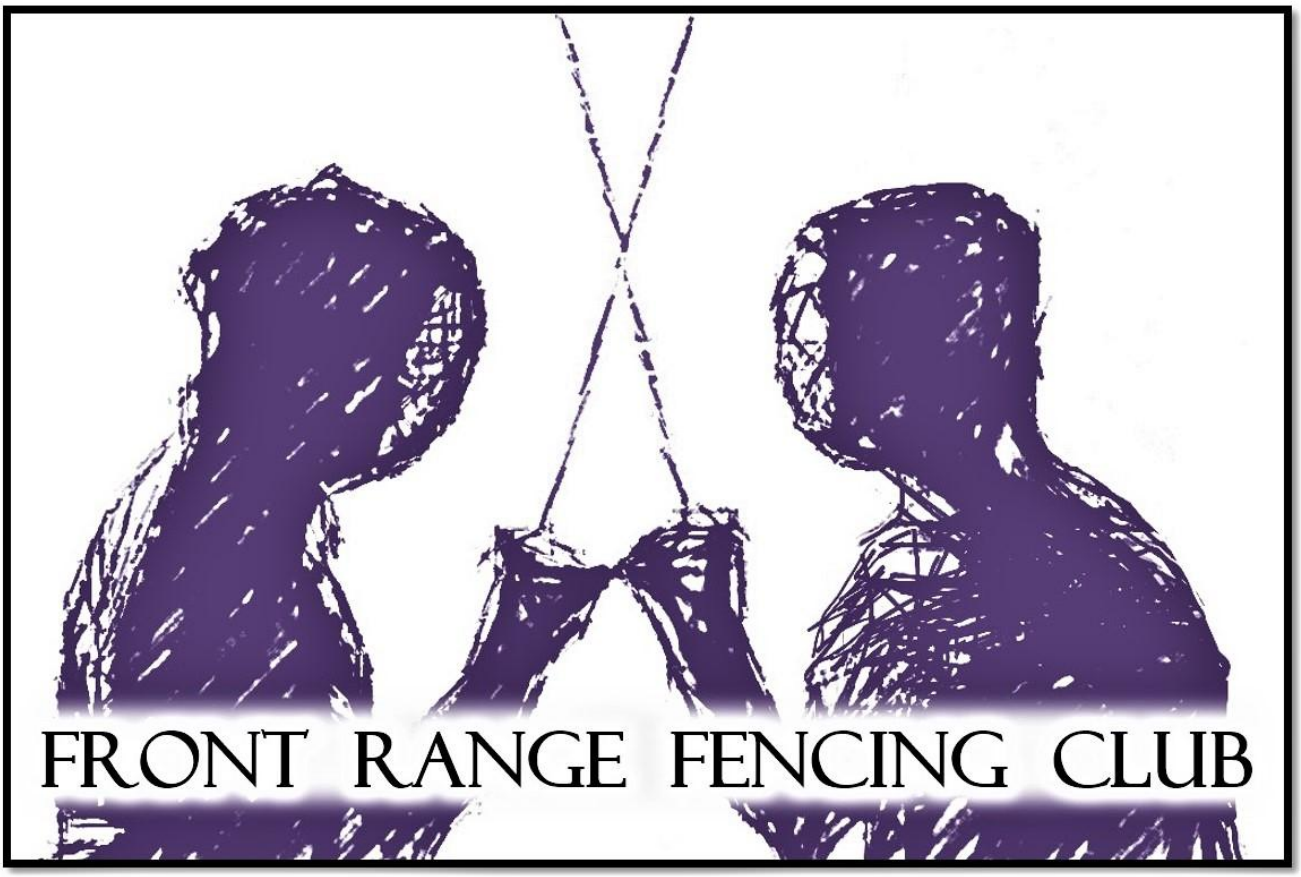
FUNdraisers
Sometimes we have fundraisers at local restaurants who donate a percentage of their gross proceeds from our group to the club's special fund for awards and prizes for fencers. These are generally for the whole family and we hope you will be able to attend.

Advanced Fencing Programs

Beyond Intermediate

Once you have made the decision to continue past intermediate or Basic 2 you are ready to join the fencing world. Front Range Fencing Club (FRFC) Recreational and Competitive Program meets at Chinook Trail Elementary school. Our fencers range in age from 6 and up, boys, girls, teens, and adults. There are some who compete locally and nationally and some who have just finished their last intermediate/basic class.

In our Recreational and Competitive practices there are some things we do in a large group and others where fencers are divided based on ability. Our practices are like class, but more time is spent on each aspect. Practice starts with warm up and stretch, then footwork. Fencers will continue perfecting the things they learned in class while adding new blade work skills, tactics, and progress towards competition if they desire. Our Recreational and Competitive Programs have specific practice times. At this point fencers will need to purchase their own electrical fencing gear and clothing. They will need a Mask, Jacket, Underarm Protector, Epee, Body Cord, Chest Protector and Glove. Optionally a fencing bag may also be ordered.



Recreational Program

Recreational Fencing

This one-hour program meets three days a week, Tuesday, Wednesday, and Thursday 5:00-6:00. Students will continue work on fencing skills. Recreational fencers will cycle through monthly sessions and may continue with this program until they are interested in joining the Competitive Program and demonstrate the confidence and skills needed. Practice fee varies based on the number of class days in a month. Fencers will need their own gear as they start to fence with electrical scoring equipment. The practice fee does not include use of equipment. Private lessons for any level fencer are available upon request. To register:

Competitive Program

Competitive Fencing

For fencers interested in more training and going to competitions there is a 2-hour program that meets, Tuesday, Wednesday, and Thursday, 6:00-8:00pm and allows fencers to attend an unlimited number of practices each month. Students are offered priority lesson availability. Private lessons for any level fencer are available upon request. At the competitive level fencers participate in group drills, footwork and bouting under the direction of our top coaches. The aim of the program is to produce top competitive fencers in their age group. The practice fee varies based on the number of class days in a month and does not include use of equipment. To register:

Membership

Membership Requirements

USA Fencing, our national governing body, oversees the membership process. A current USA Fencing membership is required for participation in fencing classes.

When you first signed up for a class, you were given a free 90 consecutive day Trial Membership. In order to continue you will need to go to the USA Fencing link below, create a profile, and purchase an Access Membership.

https://member.usafencing.org/signup

Important info you must include:

Your club is Front Range Fencing Club.

Your division is Colorado.

Equipment

Ordering Equipment And Parts

FRFC is a provider of equipment from The Fencing Post. Any item from The Fencing Post catalog may be ordered and invoiced. This includes small parts like springs and screws. FRFC keeps many items in stock. FRFC members pay the online discounted price in red plus 10% tax and ship. This is a discount for you plus we take care of any errors or returns. When ordering it usually takes about two weeks for equipment to arrive. During holidays and major competitions delivery may take longer.

The fencer will need their own equipment prior to joining the Recreational or Competitive Programs. They will need a Mask, Jacket, Underarm Protector (which is mandatory), Epee, Body Cord, and a full Chest Protector.

If you would like us to size and order your fencer's equipment, please just let us know. Our experience over time with many suppliers has led us to recommend *The Fencing Post*. Should you/your fencer need other equipment we can also provide that. One epee and one body cord are the minimum. We recommend two of each.

For competitions two working weapons and two working body cords for each bout is the minimum. Keep in mind, if something breaks without a back-up you will forfeit the bout and not be able to fence unless you do a repair or buy another. Armorers may or may not be available at tournaments.

Weapons may be purchased already assembled for you to use immediately. Parts for weapons are also available. We try to keep standard items in stock and order other items as needed. It is highly recommended that fencers have a minimum of two working epees and two working body cords. For competitive fencers 3-4 of each are recommended.

Blade size: Y10 and under must use size 2 or smaller, other fencers may use any size, most common is size 5. We recommend the Visconti grips. There are different size grips based on your child's hand size. Your coach can help you with this. Specify right or left-handed when ordering weapons or blades.

Care Of Your Equipment

Jackets, Knickers, Underarm Protectors and (certain) Gloves can and should be washed in a regular washing machine and then hung to dry. Using a dryer subjects the material to a lot of abuse, and in the case of cotton or canvas equipment, shrinkage. Hang dry is best. Wash gloves separately or with jeans. Jackets and gloves with holes are not safe and must be replaced. Gloves with worn out Velcro may have that portion replaced. Put your name on the inside collar of your jacket along with "FRFC". Also label the glove, plastron, knickers, and chest protector.

Do not use bleach on uniforms. We recommend OXY-CLEAN WHITE REVIVE. For odor, putting ¼ c. of Mr. Clean with Febreze in the wash works great. Be sure to put the garments through an extra rinse. No fabric softener. Be sure all zippers and Velcro are fastened. Do not wash gloves with any fencing clothing. Put it in with dark clothes like jeans.

Weapons

Moisture is the enemy of steel and electrical connections. Don't store your blades next to sweaty t-shirts or uniforms. The blades and body cords will rust and corrode, and your clothing will be stained. If you fence a lot, it's a good idea to rub your blades down with a fencing polishing stone to remove any burrs or "risers" that serve as an entry way for corrosion, as well as invisible splinters to catch your hands and fingers when you touch your blade. DO NOT sand on the side where the wire is unless you are rewiring the blade and have removed the wire. Weapons sometimes break and or stop working for a variety of reasons, and must be replaced, repaired, or rewired. Instructions on repair are in this handbook. Put your name on the inside of the metal guard along with "FRFC".

Body Cords

Body cord connections should be checked and tightened, if necessary, every month or so. Body cords will often develop breaks inside the insulation (where the break can't be seen) and stop functioning. The body cord then must be taken apart, cut back, and re-attached to the plug. Instructions on repair are in this handbook. Blades, likewise, stop working for a variety of reasons, and must be rewired. Make a tape flag on one end of your body cord and put your name and "FRFC" on it.

Masks

Masks that have removable bibs should have the bibs cleaned regularly. The entire mask bib can be washed frequently, and then air dried. A great deal of sweat and facial oil will accumulate on the mask, and failure to clean the mask regularly can result in the mask developing a bad smell, or even worse, causing skin irritation. The white exterior visible portion of the mask can really get dirty looking. The entire mask can be put for a short 5-minute soak in a tub or sink with Woolite and OXI-CLEAN WHITE REVIVE. Use a nail brush to scrub tough stains. Be sure to rinse it extremely well. Air dry in the sun. Put your name on the back flap of your mask along with "FRFC".

Bags

Don't forget to occasionally clean the inside of the fencing bag. This can be done with antibacterial hand wipes. Don't take the shortcut through the rocks as you enter the gym or other rough areas. These bags are not for off roading. Get a bag tag and put your name and "FRFC" on the bag. Two compartment bags are recommended since they will separate metal gear from moist clothing.

Cold Weather

If your gear is left in your car trunk or the back of a truck during cold weather, we recommend keeping a hand towel in your fencing bag to rub the blade with prior to use. Cold blades can easily break.

Sizing Chart

Note these sizes are for equipment from The Fencing Post. Not all suppliers use a similar chart.

Men's Jackets			**Men's Pants**		
Chest Size in inches	American Size	Uhlmann or Euro Size	Waist Size in inches	Linea Size	Uhlmann or Euro Size
34	36	46	28		44
36	38	48	30	S	46
38	40	50	32	M	48
40	42	52	34	L	50
42	44	54	36	XL	52
44	46	56	38	XXL	54
46	48	58	40	XXXL	56
Women's Jackets			**Women's Pants**		
Chest Size in inches	American Size	Uhlmann or Euro Size	Waist Size in inches	Linea Size	Uhlmann or Euro Size
32	32	36	28	S	38
34	34	38	30	M	40
36	36	40	32	L	42
38	38	42	34	XL	44
40	40	44	36	XXL	46
42	42	46			
44	44	48			
Children's Jackets			**Children's Pants**		
Chest Size in inches	Linea Size	Uhlmann or Euro Size	Waist Size in inches	Linea Size	Uhlmann or Euro Size
24	XS	152	24	XS	152
26	S	158	26	S	158
28	M	164	28	M	164
30	L	170	30	L	170
32	XL	44	32	XL	44

Allstar Tall sizes

Euro 46 = 94 Tall

Euro 48 = 98 Tall

Euro 50 = 102 Tall

Euro 52 = 106 Tall

Euro 54 = 108 Tall

Euro 56 = 112 Tall

Euro 58 = 116 Tall

Putting Your Name
And USA On Your Jacket

To have your name put on the back of your jacket contact Coach Kathryn. She will order a patch for you to have sewn on. The cost of the patch is $25. You may then sew it on your jacket.

In USA Fencing competitions, in all three weapons, each fencer's last name must be printed by hand or machine in capital letters between 8 and 15 cm high on either:

1) the back of the uniform or lamé between the shoulders; or

2) the front or side of the thigh of the "rear" leg.

3) A piece of fabric or lamé material that is firmly sewn to the uniform in such a way that it will not detach during fencing or catch the opponent's point.

a) Fabric attached to the uniform must be the same color as the part of the uniform to which it is attached.

b) Conductive materials must be attached in such a way as to not alter the conductivity of the metallic vest or jacket.

4) Names printed on tape are not acceptable.

5) Names on uniforms are required at the following types of tournaments:

a) National

- North American Cup (all types)

- Junior Olympics

- Division I National Championships

- Summer Nationals

- Wheelchair National Championships

6) Names on uniforms are not required at the following types of tournaments:

a) Nationally Sponsored Regional Tournaments

b) Sectional Championships

c) Division Qualifiers to National Tournaments

d) Any non-National tournament not listed under above types

e) Non-Qualifier Division Level Tournaments (all types)

f) Sectional Circuit Tournaments

g) Regional Circuit Tournaments

Shoe And Bag Repair

Woodmen Valley Shoe Repair
6934 N. Academy Blvd.
Colorado Springs
719-599-0031

Items To Repair Your Equipment

Tool Kit:

These items may be purchased at a hardware store.

Small tip screw screwdriver
Slotted (flathead) screwdriver
Allen wrench for pommel
Crescent wrench
Pliers

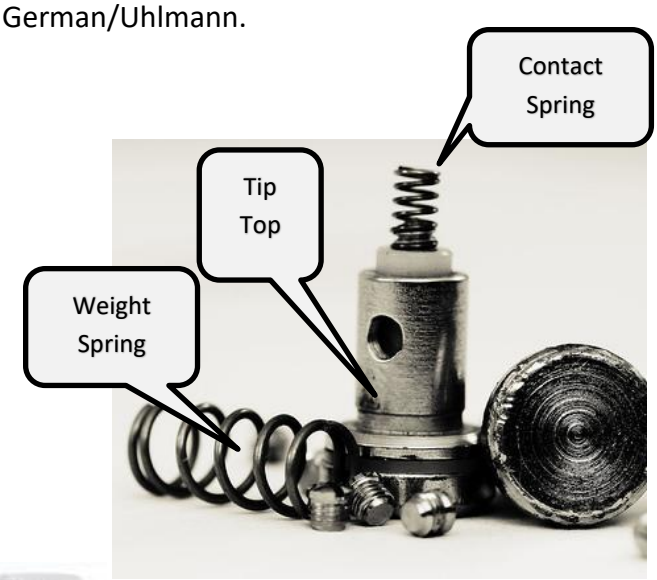
Spare Parts
It is a good idea to have these on hand. Be sure they are the correct parts for your equipment. These can be ordered through FRFC. Equipment and parts from different vendors are not always interchangeable. If you order through FRFC the parts are all German/Uhlmann.

Extra tip top

1 bag (10) weight springs

1 bag (10) contact springs

1 bag (10) extra screws



Test Box (price $18 - $49)

Test Weight
(approx. price $30)

Shims (approx. price $20)

It's Broken – Now What?

We highly recommend you attend one of our free Armory Clinics!
Full Armory Repairs Available – just ask Coach.
Here are some helpful videos:
Tip Cleaning - https://youtu.be/214iPTzR5vY?si=lzyCPkIDhF6mnaJa
Rewire an Epee - https://youtu.be/RsMth7PHbbk?si=pR-FPzSfdXSLxLRz
Assemble an Epee -https://youtu.be/5jSe2idVxsU?si=IABN_W-ZaObM0i1t
Body Cord Repair - https://youtu.be/_Ra52Uf_kqs?si=Nypyn5ZPE8zy4Ibc

Missing screws.
Very common in epee and an easy fix, just replace the screws before you fence again. Check these before your bout and tighten them periodically. Do not overtighten or misalign.

Does not function – NO light!
Possibilities

Broken wire in epee, body cord or reel
Blade wire broken at guard socket
Contact spring too short
Contact spring bent
Internal short in epee
Body cord wired incorrectly

Test the weapon lightly against a non-grounded surface like your shoe. If the light still doesn't go on it could be one of three things:
1 - a contact spring that is too short
2 - a broken wire in the epee
3 - a broken wire in the body cord.
Visually check the wires to see if there is an obvious break either at the socket or along the blade. If it's not the body cord and there is no obvious break in the wire, hook the weapon to a box or a multi-meter attached to the two wired sockets.

You can verify the wires are intact by removing the tip assembly and using a small flat screwdriver to touch both contacts while the weapon is hooked up to a box or a multi-meter. If the light goes on or resistance approaches 0 then the wires are fine.

Contact springs generally need to be replaced when they get too short. Pull the old one out and install a new one, threading it on the center post. Be careful you don't put it on too short, test and adjust by half turns until you get the right length that will score a touch and still pass shim.

The guard isn't grounded, gives a touch to the opponent - Check the socket and make sure that the plate under the C line is touching the arm of the socket. Tighten the two screws that hold your socket together, these will loosen over time.

"Why Does My Epee Keep Losing Screws?"

Reason #1 - Overtightening of Tip Screws

Overtime most epee screws will eventually work their way lose. The temptation is to retighten them extra tight, so they don't come lose again. While it may seem like a good idea, this unfortunately can strip the threads in the epee tip top, and it will no longer hold any screw. If the threads in the epee tip top are stripped, you will most likely notice that the screw continues to spin as you turn the screwdriver, never actually becoming tight. If this is the case and the threads in the tip top are indeed stripped and you will need to purchase a new tip top and replace the old one. Another even more frustrating result of overtightening a tip screw is that you may actually break off part of the head of the tip screw - leaving you with no slot for your screwdriver and no easy way to remove the tip screw. It is possible to eventually remove the tip screw - but it is going to be easy.

Reason #2 - Mismatched Parts

Another problem arises from using mismatched parts. All equipment we order has German parts unless you request otherwise. A screw from another manufacturer may seem to fit but be just ever too small so it won't stay in, or it could even be just a wee bit big, so it strips the holes in the tip top.

Reason #3 - Improper Alignment of Tip Screws in the Epee Tip Top

The third issue is when replacing tip screws if you don't get the screws aligned correctly, the threads in the epee tip top can be stripped. Granted, trying to put those little tip screws in is one of the more frustrating things in life but it must be done with care so that they are not at an angle. One way to help align the tip screw to the hole and threads in the tip top is to gently position the tip screw on top the hole in the tip top and then ever so gently, turn the tip screw about 1/2 a turn counter-clockwise, which will help 'seat' the screw properly on the threads - then you may tighten the tip screw by turning it clockwise. If the tip screw seems tight after only one turn, the tip screw is probably misaligned. When the tip screw is misaligned, it is not, in fact, properly tightened on the threads of the tip top and the tip screw will quickly become loose and fall out.

Recommendation:

Once a tip top will no longer hold a screw it is time to replace it. You DO NOT need to rewire the weapon to replace the tip top. You will simply need to get a new tip top, adjust the springs properly to pass weights and shims correctly put in the tip screws and you are good to go.

Again, DO NOT overtighten the epee tip screws!

Will not pass the weight test!

Possibilities

Weak pressure spring
Barrel dented or out of round

Will not pass the shim test!

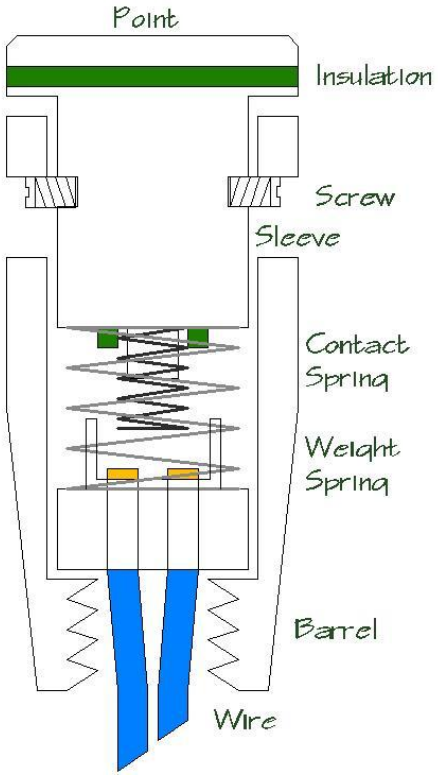
Possibilities

Contact Spring is too long

Phantom touches

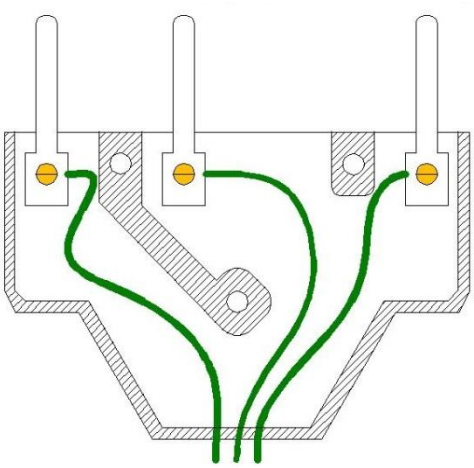
Possibilities

Intermittent internal short of the wires due to a loose barrel
Metallic flake inside the point
Loose wires in the guard socket



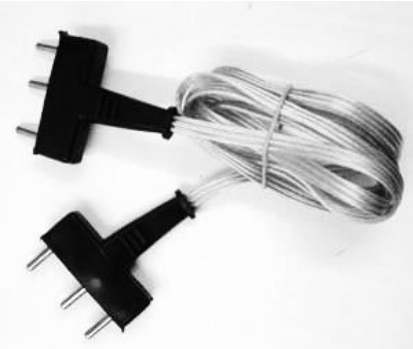
Checking Epee Body Cords

Inside a Body Cord - all 3 wires must be attached and each of the 3 wires must correspond to the same connections on the other end.



Plug one end of the body cord into the tester. No light should come on. If a light comes on, then there is a short circuit.

On the unplugged end of the body cord use a small screwdriver to create a short circuit between the “A” pin (the one closer to the center pin) and the “B” pin (the center pin). One LED should light. If two LEDs light, there is a short circuit. If no LED’s come on, then there is a broken wire. Now repeat the same procedure with the screwdriver using the “B” and “C” pins (the “C” pin is the one furthest from the center pin). The other LED should light.

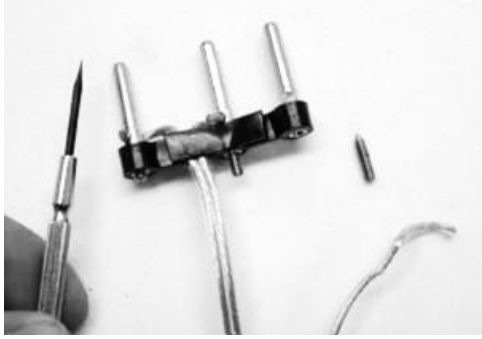


Before using a body cord to test a weapon, always check it first. Check each of the three conductors by sight to see if there are any obvious breaks in the wire. Looking at the cord one can often find breaks along the wires. If you can see a break in the wire, you can repair it as follows. PLEASE NOTE: If the wire break is in the middle of the body cord, then repair is not possible as the wire will be too short to run down the arm and out the back of the jacket.

Pull back or down the rubber insulating hoods on the body cord as shown on the picture. If you have a cover with screws, open it by removing the screws.

If you can see a break in the wire use the following procedure.

If you can, separate the three individual sections of wire past the break then you can simply loosen the screws and feed the wires through the hole in each of the pins until the break in the wire is on the other side and then cut off the excess after tightening the wire this would prevent any confusion on which wire connects to which pin.



If you are unable to separate the three individual wires past the break to feed them through the ins without removing the wires, you will need to loosen the screws, removes one wire at a time and separate it from the adjoining wire past the break. By removing one wire at a time, you will avoid any confusion as to which wire connects to which pin. Once you have the wires separated past the break, you can feed the wires through the pin, until the break is on the other side. Tighten the screws, which will pierce the plastic wire insulation to make contact directly with the copper wire. Then cut the excess wire off. Check your work to make sure the same wire connects to the corresponding pins on each end of the body cord. Right pin to right pin, middle pin to middle pin, and left pin to left pin.

Using a point screwdriver remove all the screws from the plastic plug, remove each wire in turn, and replace it with the new wire from below the break. The pointed screws will pierce the plastic wire insulation to make contact directly with the copper. Each wire should connect to the corresponding pin on the other side of the body cord: Right pin to right wire, middle to middle, and left to left.

What if there are no obvious break but still white lights come up?

If you've got a multimeter, that's preferable to an LED tester. What you want to do is test each line (A, B and C) of the cord. If the body cord is in spec, you ought to be seeing 1 ohm or less resistance in each line. If you see more than that, then something is going wrong. Now, scoring boxes need to see well over that 1-ohm limit before they start throwing white lights, so a wire can show a consistent 10-20 ohms or more and still work. Still, a high resistance like that does indicate an incipient problem (something you wouldn't notice if you just used a make/break LED tester).

Pull on and flex the wire coming out of the plugs while you have it connected to the meter to turn up any intermittent problems that might not show when the cord is at rest. It's also a good idea to test across the lines (A-B, B-C, C-A) for any shorts.

One common, but quick and simple, maintenance item is to keep the contact screws tight. The pressure of the wire insulation on the penetrating head of the screws can cause them to start to back out a bit. Additionally, you can get grit or corrosion between the screw and the wire which will interfere with conductivity. Pull down the rubber boot, back the screws off about a quarter turn, and then re-tighten them. This will help break-up any layer of corrosion and ensure a good contact between the screw and the wire.

NOTE: If the wire is badly corroded or broken near the center, you will need to purchase a new body cord. Be sure to keep the old parts for future repair use.

Checking Epee Function

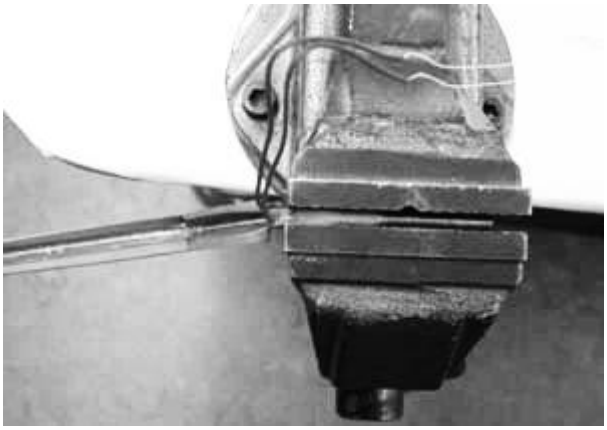
Once you determine that the epee body cord is free of short circuits you may then use it to check the functioning of epees.

Plug one end of the body cord into the tester and the other end into the epee. No LED lights should be on until the tip is depressed. If there is an LED light on without depressing the tip then there is a short circuit. If no LED lights are on depress the tip and only one LED light should come on. If two light up, then there is a short circuit.

Assembling An Epee

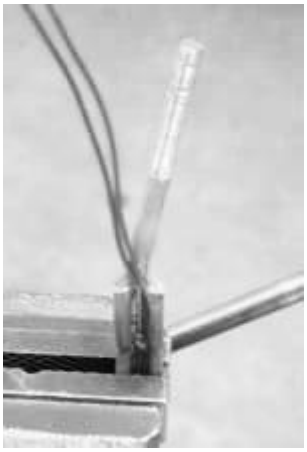
Items needed:

Wired epee blade
Epee guard
Epee inside-guard socket
Pad
Grip
Lock washer
Pommel Nut



A balance Also referred to as a cant) is put in a blade before assembly. A balance brings the tip of the blade more centrally towards the target when you are standing on guard. This is done by placing the tang of the blade in a vise and pulling gently on the forte of the blade (the thicker end of the blade just above the tang). A balance should be down and to the left or right (left for a right-handed fencer, right for a left-handed fencer). The balance shown here is a standard balance of about 7-9 degrees; a heavy balance is bent more, and a light balance is less.

After balancing the blade, lock the blade in a vise with the tang vertical. Slide on the guard making sure the blade wire runs inside the indent (as shown by the arrow). Be sure the guard is correctly positioned for you, i.e., right-handed, or left-handed.



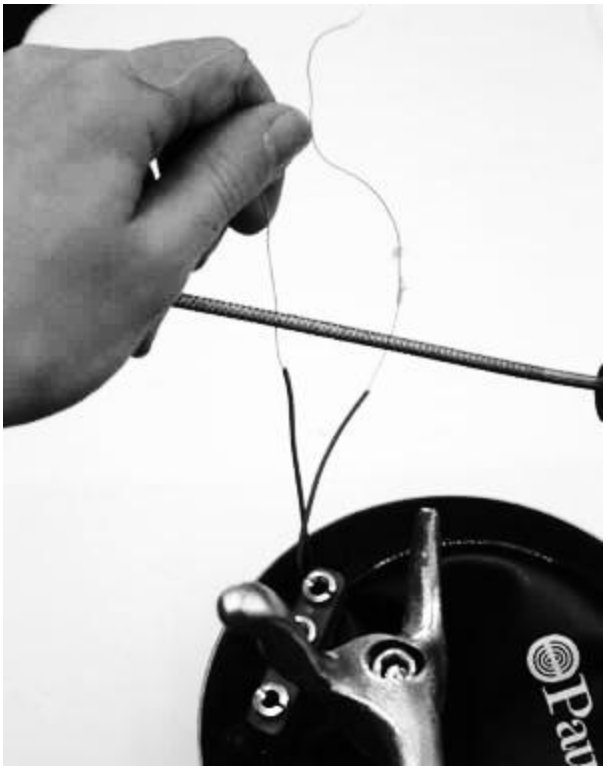
Slide on the inside-guard socket, making sure the red blade wires are inside the guard socket's hole (otherwise the wires would be trapped between the guard and the socket and severed). Then push the wires flat against the guard so they run directly away from the blade.

Slide on the pad with the red blade wires still running along the guard so they are between the inside guard socket and pad.

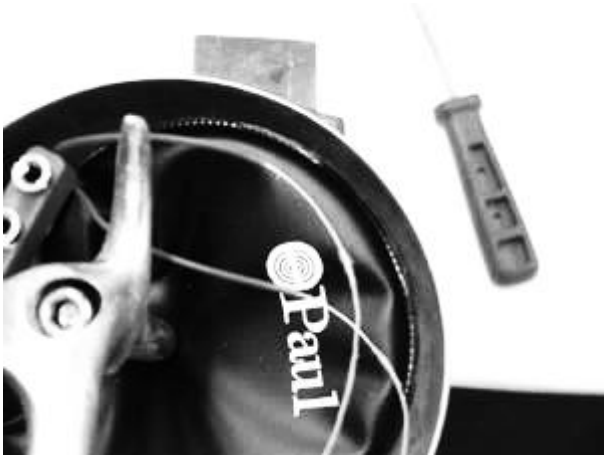
Install the handle.

IMPORTANT! The slot shown by the arrow is where the blade wires must go, otherwise the wire will be trapped and pinched between the guard and the aluminum handle and it will break.

After placing a lock washer and the nut on the tang, tighten it using an Allen key.



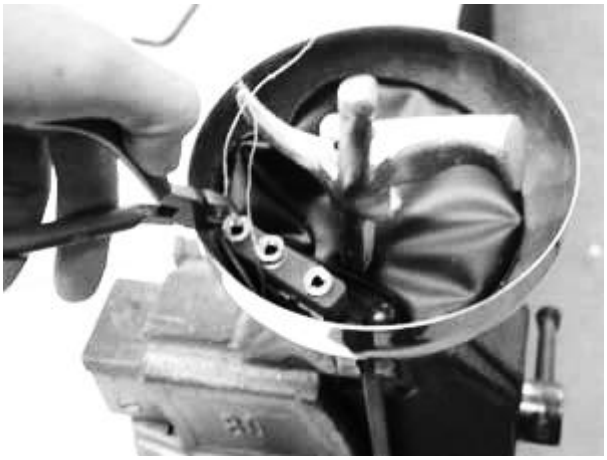
Using emery cloth (fine sandpaper), gently remove the wire insulation from the end of the wires, exposing the metal wires themselves.



Wrap each copper wire once around one of the two sockets closest to each other, between the washer and guard socket itself, with the insulating sleeve coming to the socket. Repeat with the other copper wire and the other of the close sockets. Tighten the sockets using a screwdriver.

To pass inspection, the point to attach the wires should be on the inside-guard socket between the guard itself and the quard socket. They should not be attached on the inside-guard socket near the fencer's hand.

Cut off the excess metal wire and tuck the insulated portion of the wires under the pad.



Push the pad back into place and check the tightness of all the nuts.

Point Adjustment And Cleaning

Most problems with epees can be fixed in the point.

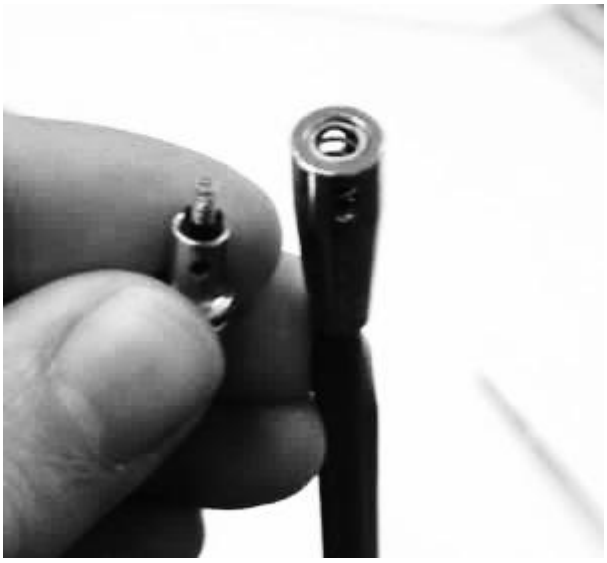
Plug the epee into your test box using the body cord. No light should show.
When the tip is depressed, the red light should light. In the illustration, the epee is locked in the vise and the tip depressed by my foot.

Place an epee test weight gently on the tip of the epee (so as not to depress the tip); the light should remain off. The tip must have more than a 750-gram weight resistance to be legal.

Next, place your finger gently on the test weight and increase the pressure applied. This should make the tester's red light turn on. Now remove your finger (and the additional pressure applied). The tip should be able to resist (or lift) the 750-gram weight and the light on the tester will turn off.

To test the travel of an epee, use the 0.50 mm feeler gauge (the thinner of the two gauges) "Travel" is how far the tip must move before a hit is registered. When the 0.50 mm front gauge is placed between the barrel and the tip and the tip depressed until there is no space between the tip gauge and barrel, no light should show on the tester.

If any of these tests do not work, follow these instructions:



Clamp the epee in the vise so the top stays still and, using a magnetized point screwdriver, remove the two small tip screws.

These are the parts found in an epee point.

The tip has a small contact spring attached to it. When this contact spring is too long, the epee will fail the 0.50 mm feeler gauge test.
If the large spring, which controls the pressure needed to score a hit, fails the 750-gram weight test and the tester light remains lighted, then this spring is too weak and should be replaced.

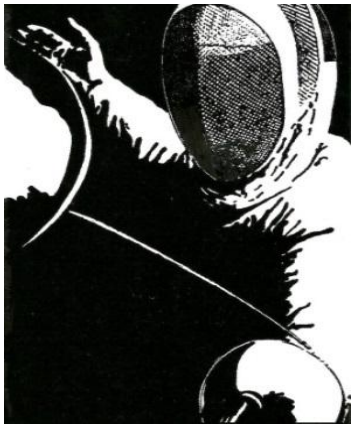
Front Range Fencing Club
Armory Services And Fees

Armory Fees do NOT include cost of parts needed for repairs.

Armory Fees + Cost of Parts (if purchased from FRFC) will be billed through FRFC.

If fencers provide their own parts for repairs, only Armory Fees will be billed.

Armory Services and Fees



Testing at practice – no charge

Screw Replacement - $6

Epee Tip Cleaning/Adjustment - $15

Disassembly - $6

Blade Cleaning - $12

Wire and Assemble - $25

Assemble pre-wired blade - $16

Rewire. Includes: disassembly, wire, reuse other parts - $30

Rewire new/cleaned blade. Includes: wire - $17

Blade tang cant adjustment - $12

Change Grip – $10

Body Cord Repair. Does not include parts - $13

Sewing/Mending Services (not including materials):

Replace Jacket Zipper - $20.00

Sew on a Club Patch or Flag Patch- $ 4.00

Sew on a Fabric Name Placard - $10.00

Quotes for other Uniform Mending Services Available Upon Request

Competition

Tournament Primer

Am I ready for a competition?

When is a fencer ready to compete? The answer varies from person to person. You should consult with the head coach before making any final decisions, but here are some guidelines. Some fencers can't wait to compete, and some find the idea of competing intimidating at first. When the conversation turns to when instead of if, it is important that the fencer start competing at a level that is appropriate.

We recommend that fencers watch a tournament before competing in one. This allows them to become familiar with the format and what will be expected of them. A perfect first tournament is one of FRFC's Club Competitions that are held a few times throughout the year. The next step is local tournaments (Denver and Colorado Springs). For fencers 14 and under, local youth tournaments have age divisions denoted by the oldest age allowed in the division, for example Y10 is 10 and under. An athlete's "fencing age" is their age as of January 1 of that season August 1 – July 31. More experienced fencers can fence in the Regional Youth Circuit (RYC) tournaments, followed by Super Youth Circuit Tournaments (SYC), the USA Fencing North American Cup (NAC) tournaments, and the USA Fencing Summer Nationals. To attend competitions outside of the club we highly recommend that the fencer has moved to the Club's y12 Competitive Program or Competitive Program of fencing.

Before a fencer can compete in any national tournament, he or she must have a USA Fencing Competitive Membership. You can go to your profile in on the USA Fencing website and upgrade at any time. You will be asked for proof of competitive membership when you arrive at each and every tournament. You may also need a proof of age for a child at a tournament, until you are able to have USA Fencing verify the age, so be sure and have a copy of a birth certificate when you go to tournaments.

Once a fencer has gone to a couple of tournaments, they may feel confident enough to compete in the next age category up. Many local clubs have "unrated" tournaments – these are typically tournaments for beginner fencers.

Local tournaments are great for new fencers for several reasons. Fencers face a lot of pressure on the strip, even at the beginning level. As a fencer begins to compete, they will learn a lot. Fencers will learn how to think on the strip and how to keep calm, how to win and how to lose. If you have the option of having one of your coaches, come and coach, your fencer will start to learn how to listen and think on the strip. Whether it be a tournament at the local level, or at a regional or national event if your coach attends, your coach will also learn a lot about the fencer, how he or she deals with pressure and what has been learned from the drills and lessons they have taken.

What events am I eligible for?

Youth fencers can fence in their age group and in one age group up. When they are 13 as of January 1 of the season year, you can fence in any event Y14 and up. We recommend fencing in your own age group and "fencing up" one age group for all fencers that have been competing for more than one year. If you are

interested in fencing up more than one age group, you should ask the head coach if you are ready. There is a significant jump in ability between age groups, especially at national tournaments. If a youth fencer has a national ranking in the older age group, then you are eligible to "fence up" to the next grouping. For example, if you are 10, but have national points in Y12, you can fence in Y14. In general, tournaments are divided into Youth events, Cadet, Junior, Senior, and Veteran. They may be gender specific or "mixed".

What equipment do I need?
Besides the equipment you already use in the Recreational or Competitive programs at FRFC you will need: fencing pants (knickers), long socks, a minimum of two working weapons and a minimum of two working body cords.

The armorers check the following items:

Fencing Masks - No cracks or rickety bits. No tears or holes. The elastic on the back must be in good condition. They will use an icepick looking device called a mask punch, to make sure the mesh is still strong enough.

Fencing Gloves - No rips, tears, or holes. The Velcro must be functional.

Body cords - The conductivity of the cord will be tested.

Remember that before the start of each bout the referee will check the epee shim and weight and that the epee tip has 2 screws. An epee must allow a 1.5mm shim to be inserted between the point and the barrel. Also, when a 0.5 mm shim is inserted and the tip is depressed, it should not register a touch. The epee tip must support a minimum weight of 775 grams without registering a touch.

How do I register and what is askFRED**?**
Complete information may be found in the membership section. AskFRED.net is a clearinghouse for local fencing tournaments. Many, *but not all*, tournaments are listed here. You can search for tournaments, pre-register, see who else is pre-registered, get the day schedule and find out hotel information at askFRED. For almost all events, pre-registration is required. For some tournaments pre-payment by a specified date is also required. Information and registration for Regional and National events are available at www.usfencing.org (check both schedule and documents links). AskFRED and USA fencing have separate profiles for each fencer and you will need to be sure those are set up correctly.

When should I arrive?
The event time listed for a tournament is the *CLOSE* of registration. You should arrive 45-60 min before the close of registration to get your equipment inspected and warm-up. Exception: FRFC club member only competitions report at report time noted. The official competition armorer will conduct a safety test on your mask, glove and check your body cords. Weapons will be checked with weight and shims at the start of each bout to make sure they are legal.

What happens at a tournament?
Assuming the tournament is running on schedule, your event should begin about 15 minutes after the close of registration time. Fencing competitions are usually run with one or two rounds of pool bouts followed by direct elimination (DE) rounds. Fencers are initially seeded based on their classification earned at previous tournaments. If a fencer does not have a classification, then they are considered "U" or unclassified. In as much as possible teammates are separated into separate pools. For pool rounds, fencers are divided into

pools (groups) of between six to eight fencers where they compete in a round-robin of 5-touch, 3-minute bouts. The results from the pool round rank the fencers for the elimination round. In the elimination round a fencer's initial seeding, classification and who are their teammates have no bearing on where they will be placed in the elimination bracket.

Before you fence each bout, your "referee" will check your weapon to make sure it is working properly. You must have at least two weapons available in case one of them fails. If one fails, you will get a yellow card for that bout. If none of your weapons pass the test, you will not be permitted to fence, and the victory will be given to your opponent.

Direct elimination bouts are for 15 touches, with one-minute breaks at three-minute intervals. The bouts end when one fencer scores 15 touches or when three, three-minute periods elapse. If the bout is tied at this point, one fencer is awarded priority (advantage) by a coin toss. The bout then continues until a touch is scored or one-minute elapses. If no touch is scored after a minute, the bout goes to the fencer with priority. Youth fencers Y12 and under fence best 2 out of 3, five touch bouts. The winner of each DE round bout advances to the next round and eventually the finals.

Which tournaments should you compete in?
It is best to consult your coach to help you decide on which events will help you meet your goals. FRFC sends a coach to several (but not all) local competitions each season. Coaching at other local or national competitions may be arranged.

At the competition:
EQUIPMENT INSPECTION: At check-in masks must undergo a punch test and will be stamped. This must be done at each competition. Body cords and gloves will also be inspected prior to the start. The weapons will be checked on strip with epee weights and shims. This among many other things will be demonstrated at an armory clinic for parents and older fencers. At the strip referees will check to see that all fencers are wearing a fabric underarm protector. They will check to see that all women are wearing a chest protector. Chest protectors and cups are not required for men.

TOURNAMENT: After check-in fencers need to do a thorough warm up. Fencers will be divided into pools that are either posted or announced. Report promptly to your assigned strip as per event instructions. Present yourself to the referee. The referee will announce the bout order. If you are "on-deck" you should start to do some movement to loosen up and a few lunges when the bout before you has reached 3 touches. Go to the side of the strip the referee tells you to with both weapons and an extra body cord. As you hook up and before reporting to the referee for the bout be sure to do a final check to make sure your weapon has both tip screws and touch the tip to your foot to be sure everything is working.

Generally, fencers are divided into small groups called pools. Pools may have 5 - 8 fencers. Pools are fenced round-robin, i.e., you will fence everyone in your pool. Bouts are for 5 touches. After all these bouts are finished you will be re-seeded into a direct elimination. Direct elimination is usually a single elimination of 15 touches. If you lose an elimination bout you are finished.

USA Fencing Rules
https://cdn2.sportngin.com/attachments/document/f840-2248253/2020-08_USA_Fencing_Rules.pdf#_ga=2.60417197.1683079005.1599260240-1854320085.1599260240

Front Range Fencer Etiquette

Make a gear checklist so you don't forget things. Fencers should pack their bag the day before or even earlier and if young, have a parent double check it. Be sure your fencing uniform is clean and that your gear is working and able to pass inspection in advance of the competition.

If it is an event with coaching support, report to the coach upon arrival at the venue.

Fencers check in, pay, and do weapons check themselves. Not the parent. A parent may accompany a fencer to do this if desired.

After pools or DE's are posted, fencers report to the coach which strip they will be fencing on.

Fencers: Have a plan before you hook up for each bout. Watch what that fencer did in the previous bouts. Be sure you check your scores and know your place in the pools as well as your indicators. Be sure to thank the ref and shake their hand at the end of each pool or DE. When a coach has been watching you - after the bout you come to the coach for feedback if you don't the coach will assume you do not want this feedback.

Report Pool and DE results to the coach.

When receiving an award, you should wear your club warmups, neatly zipped no matter the weather.

When you are finished it is recommended that you stay to watch the later bouts of your event since you will be fencing these people again. A lot of experience is to be gained from observation.

When you leave always thank the coach and shake their hand. Likewise thank your parent or family member for taking the time to bring you and supporting your fencing.

Never cheer against a teammate – parents and siblings are exceptions.

Always respect and appreciate your parents. Whatever they say take it. Say yes mam/sir or shake your head yes to acknowledge it – whether you use it or not. You are in their hearts and they only want what is best for you.

Don't tell a teammate anything that might upset them before a bout. Be positive. If you have fenced that person and did something that worked feel free to share it.

Each touch of each bout is something new and anything can always happen. Each touch counts so always fight till the end.

What Do All The Acronyms Mean?

Explanation of the new points and events structure for 2026

What is an RYC?
RYC = Regional Youth Circuit tournament. You cannot earn USFA national points at an RYC, however attendance does qualify you for Y10 and Y12 events at Summer Nationals and the North American Cup tournaments. You cannot earn a rating at an RYC unless the competition meets the criteria for a C1 tournament. (see USA Fencing classification chart).

What is an SYC?
SYC = Super Youth Circuit tournament. These are bigger national tournaments designed to provide national level competition to youth fencers. If you place in the top 40% of your event, you will earn national ranking points. Y14 events may also be big enough that you will have the opportunity to earn a rating if you finish in the top 8 or so. You can attend as many SYCs as you choose, but points from only one SYC will count in the national rankings. For Y10 and Y12, attendance at a SYC will qualify you for the NAC and for Nationals.

What is an RJCC?
The Regional Junior/Cadet Circuit (RJCC) is designed to promote and develop strong regional tournaments for Junior and Cadet aged fencers who seek competitive opportunities beyond the local and divisional level but below the NAC Junior/Cadet levels. Fencers only earn points at RJCCs within their home region (your Region is assigned based on Division affiliation). We are in Region 4. Only the best 2 results count towards the point total. These points may qualify Cadet and Junior fencers to the USA Fencing Junior Olympics and July Challenge.

What is a ROC?
ROC = Regional Open Circuit tournament. These events provide larger opens that are not as focused on elite fencers as Div. I tournaments at NACs are. These are generally very good competitions. They also constitute a qualifying path for Div. 1A at Summer Nationals.

What is a NAC?
NAC = North American Cup tournament. These are run by USA Fencing. All the best fencers in the country attend the NACs. You must attend an RYC or an SYC to qualify to fence in Y10 or Y12. There are no qualification requirements to fence in Y14 or the older age groups (Cadets and Juniors) at a NAC. You can earn national points. See the qualification charts for details.

Other National Tournaments
NACs are held all over the country, generally once a month, throughout the fencing season. They are typically divided by age group and classification. Other national events include:

Junior Olympics
This is the national championship for Cadet and Junior level fencers, and the technical end of the fencing year for these two age groups. Fencers need to qualify with points earned through NACs,

RJCCs, or in regional qualifying tournaments.

Summer Nationals and July Challenge

This is the largest national tournament of the year and features events in all weapons and all age groups. Different events require different qualification paths; some events don't require qualification.

International Tournaments

The international fencing organization FIE (Fédération Internationale d'Escrime) holds World Cups, Pan American Games, Grand Prix, and other International Fencing Federation Competitions.

For information on qualification paths see the FRFC Handbook section on Qualification Paths.

Entering Competitions and Using askFRED.net

Some Competition Signups are via your profile on USA fencing others use askFRED.

Setting Up A Profile On asfFRED.net

Signing up on askFRED.net will require a few extra steps the first time you do it. When you go to askFRED.net there will be a lot of events listed that you are not interested in. This is because askFRED is used by tournament organizers all over the country.

Go to https://askfred.net/

By the way, askFRED = FRED is not a person it is a Fencing Results and Entry Database. Almost all local competitions are entered on askFRED.net. If you have not set up a profile on askFRED before, you will need to do so before you can enter competitions. This is a different profile than the one for USA Fencing.

Create an askFRED profile.

If you have never registered as a user on askFRED before click on *Register*

> **You will need the following information:**
> Your USA Fencing Member Number
> Club: Front Range Fencing Club
> Division: COLORADO

Entering Competitions on askFRED.net

Once you have set up a profile on askFRED you will be able to enter competitions.
Login to askFRED and click Tournaments. There are several ways to pare down the number of tournaments listed. Choose the tournament you are interested in and click View Events. Click the event you want to participate in and click Pre-register.

You will need to know the following info:

> **Weapons: Epee - all FRFC members fence epee.**

Classification:

All fencers start as unclassified or U. If you have never fenced in a competition other than the club competition you are Unrated, U. Even if they have fenced in competitions outside the club competitions, they may be Unrated (U). If they have earned a new rating, their new rating is usually announced during the awards ceremony.

Gender:
Even though a fencer is a youth fencer they are still referred to as men and women. Mixed events are those where both men and women may enter.
Division = Colorado
Club = Front Range Fencing Club or FRFC

Entering Competitions On USAFencing.org

If you have any questions about National Tournaments, please contact USA fencing.

Click on the national events calendar https://www.usafencing.org/national-events-calendar
and select the appropriate tournament, click on Tournament Website for that event. Click Register, Login to your USA Fencing profile and continue.

If you have any dependent accounts, you may register multiple people under your account for the same tournament by switching between each member in the drop down and clicking the appropriate events.

Any event within the tournament you are eligible for will have a checkbox next to it. Click the checkbox to register for that event. Please note, for events the require qualification your current qualification status is displayed. If the event states "pending qualification," the national office is either awaiting event or points list calculation results, or you have not yet met the qualification threshold. Regional percentage-based qualifications are calculated after all regional events are completed in early May. Those with national points will be cleared by national office staff after registering. You will show as pending qualification until that time.

For events that require qualification, you may register for any event that displays "pending qualification." Once registered you will be placed in pending status until cleared by the national office. It is up to the registering member to meet the qualification criteria. Event refunds are only given to those fencers who do not meet the qualification criteria by the late entry deadline. You may review the status of anyone registered for the event by clicking the "Entrants" button next to each event.

For Paper Entry
USA Fencing understands that special cases do arise and therefore have entry forms available. **All paper entries will have a processing fee.** If you registered via fax, mail or email it will take 2-3 days to process the entry and for it to appear on the Confirmed Entrant List. For paper entries go to this link:
https://www.usafencing.org/paper-entry

Age Classification

Competitions may be divided by age into the following groups. Refer to the age chart for clarification.

Youth Categories:
Y10 = ages ten & under
Y12 = ages 12 & under
Y14 = ages 14 & under

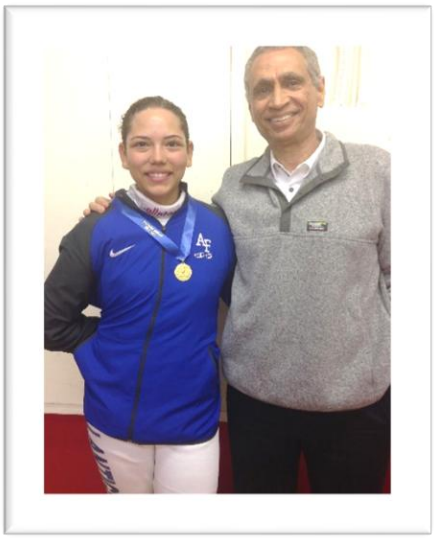
Cadet = ages under 17
U16 = under 16
U17 = under 17
U19 = under 19

Junior = ages under 20

Senior = age 20 and over

Veteran = a variety of age groups starting at 40 and going up

Fencers may fence in events where the age is older than them but not younger, i.e., a y12 fencer can fence in y14 or but not y10. Once a fencer has turned 13 on January 1st of the current competition season year, then they may fence in their youth categories as well as Cadet, Junior and Senior events.



How Do I Earn A Classification?

Ratings are designed to indicate a fencer's ability. Fencers are rated from U (unrated) to E (the lowest rating) to A (the highest rating). Ratings are used to seed the pools at tournaments. Whether or not you can earn a rating at a tournament depends on the number and quality of fencers. See the rating classification chart. Please Note: Cadet and Youth events do not use the E1 or D1 classifications. This means cadet and youth events are not rated (NR) until they achieve a C1 event level or higher.

USA Fencing CLASSIFICATION REFERENCE CHART

COMPETITION RATING	MINIMUM NBR COMPETITORS	RATED FENCERS REQUIRED	RATED FENCERS MUST FINISH	CLASSIFICATIONS AWARDED
GROUP E1	6	NONE	N/A	1 → E
GROUP D1 Changed per BOD 7/09	15	4 E's (or higher)	2 E's (or higher) in top 8	1 → D 2-4 → E
GROUP C1	15	2 C's & 2 D's & 2 E's (or higher)	2 C's & 2 D's (or higher) in top 8	1 → C 2-4 → D 5-8 → E
GROUP C2	25	4 D's & 4 E's (or higher)	4 D's (or higher) in top 8	1 → C 2-4 → D 5-8 → E
GROUP C3	64	24 D's & 12 E's (or higher)	4 D's in top 8 & 4 E's (or higher) in top 12	1-4 → C 5-8 → D 9-16 → E
GROUP B1	15	2 B's & 2 C's & 2 D's (or higher)	2 B's & 2 C's (or higher) in top 8	1 → B 2-4 → C 5-6 → D 7-8 → E
GROUP B2	25	2 B's & 2 C's & 2 D's (or higher)	2 B's & 2 C's (or higher) in top 8	1 → B 2-4 → C 5-8 → D 9-12→E
GROUP B3	64	24 C's & 12 D's (or higher)	4 C's in top 8 & 4 D's (or higher) in top 12	1-4 → B 5-8 → C 9-16 → D 17-32 → E
GROUP A1 Changed per BOD 7/07	15	2 A's & 2 B's & 2 C's (or higher)	2 A's & 2 B's (or higher) in top 8	1 → A 2 → B 3-4 → C 5-6 → D 7-8 → E
GROUP A2	25	2 A's & 2 B's & 2 C's (or higher)	2 A's & 2 B's (or higher) in top 8	1 → A 2-4 → B 5-8 → C 9-10 → D 11-12 →E
GROUP A3	64	24 B's & 12 C's (or higher)	4 B's in top 8 & 4 C's (or higher) in top 12	1-4 → A 5-8 → B 9-16 → C 17-24 → D 25-32 → E
GROUP A4	64	12 A's & 12 B's & 12 C's (or higher)	4 A's in top 8 & 4 B's (or higher) in top 12	1-8 → A 9-16 → B 17-24 → C 25-32 → D 33-48 → E

Division I NAC and National Championships are always Group A4 competitions.
Division I-A National Championships are always at least Group A3 competitions.
Division II NAC and National Championships are always at least Group B3 competitions.
Division III NAC and National Championships are always at least Group C3 competitions.
Changes in classifications are allowed at USFA sanctioned individual competitions that are restricted to Veterans and to Junior fencers.
Division, Section and Regional Youth and Cadet Competitions must meet or exceed criteria for C1 to award changes in classification. (BOD, July '02, July 03).
High School Recognized competitions are not required to meet the C1 tournament requirement to award classifications.
The USFA does permit classification changes at mixed competitions without regard to gender of fencers.

Local Tournament Schedule

For the most up to date local (non-regional or national) events information and to enter go to:
https://askfred.net/

For the most up to date local events that are also designated as regional or national events information and to enter go to:

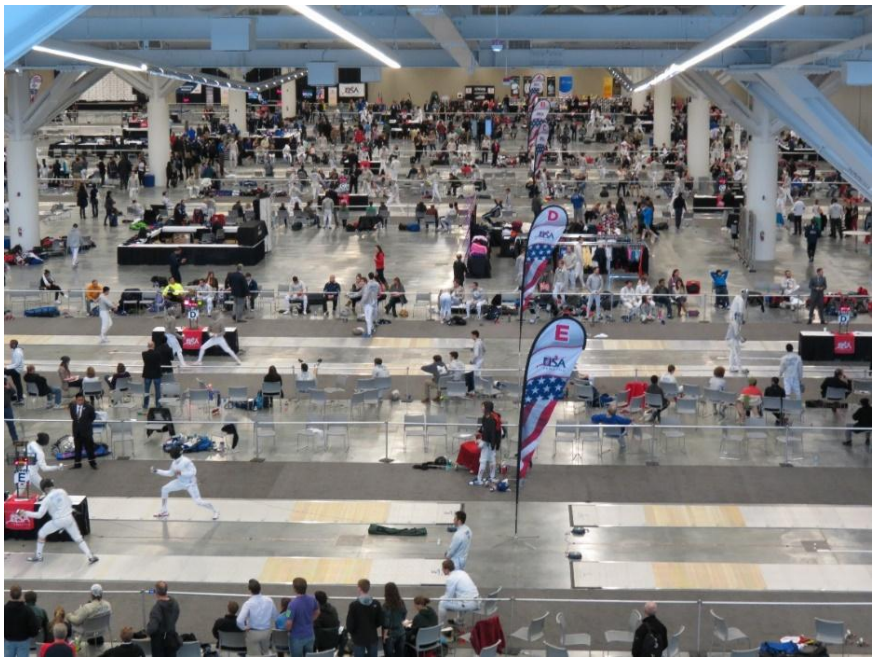
https://www.usafencing.org/regional-calendar

USA Fencing Tournament Schedule

USA FENCING EVENTS
https://www.usafencing.org/events-national

For Up to Date Information on qualifying via regional or national points consult the current USA Fencing Athlete Handbook

National Event Qualification Paths



Remember that entry for these events is on the USA Fencing website.
Entry deadlines apply.
Refer to: https://www.usafencing.org/national-events-calendar

What events am I eligible for?

https://www.usafencing.org/age-classification-eligibility

USA Fencing Regional Events

Colorado is in Region 4

USA FENCING REGIONAL EVENTS
https://member.usafencing.org/search/tournaments/regional

How Do Competitions Work?

How are competitions organized and run? Fencers are seeded into pools (smaller groups of fencers) by their classifications. Fencers earn classifications in competitions and could be rated an "A" (the highest) through "E." All fencers begin as "U" – unclassified (the lowest). Seeding is randomized within each classification then divided as equally as possible into pools. Each person fences all the others in that pool. Bout order is adjusted so that teammates fence first. In as much as possible all pools should have an equal number of teammates if more than one team member is present.

The score is kept on a "Pool" sheet (see below, a blank one is included below) and points awarded for each touch (the score). The bouts are 3 minutes long. By the end of the bout each fencer will have from 0-5 points.

Using three fencers for our example. Sue, Mary, and Doug are fencing a very small pool.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**			5/V					
Mary	**2**								
Doug	**3**	2							

Doug fences Sue first. Sue wins 5-2. Put a 5 and a V for victory on the 3rd number (Doug) on Sue's row. On Doug's row, put a 2 in the first column.

Now Mary will fence Sue. Time runs out and the score is Sue 3, Mary 4. Sue loses to Mary.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V					
Mary	**2**	4/V							
Doug	**3**	2							

Record the 4 for Mary and put a V beside it, because even though she did not reach 5 points, she still won the bout. This is very important because you may not remember it was a victory when adding the final results unless you indicate it this way.

Now the last bout is between Mary and Doug. Doug was able to squeak by in a 5-4 victory. Indicate that on the sheet, and while the fencers impatiently wait, figure the stats for the pool.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V					
Mary	**2**	4/V		4					
Doug	**3**	2	5/V						

First, count the number of victories across for each fencer. Figure a percentage by the number of bouts fenced into the number of wins. Sue fenced 2 bouts and won 1 – that is a 50% victory. The computer or the bout person will assign that percentage on their paperwork.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V	1				
Mary	**2**	4/V		4	1				
Doug	**3**	2	5/V		1				

Next, count the number of touches each fencer (row) scored. Add up each touch on the horizontal lines and record that in the TS (TOUCHES SCORED) box.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V	1	8			
Mary	**2**	4/V		4	1	8			
Doug	**3**	2	5/V		1	7			

Next, record the number of touches that the fencers received. Count each fencer's number down and record that in the TR (TOUCHES RECEIVED) box.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V	1	8	6		
Mary	**2**	4/V		4	1	8	8		
Doug	**3**	2	5/V		1	7	9		

Now subtract the TR from the TS and record the number in the IND (INDICATOR) box. This is the fencer's indicator which tells their S/R (touches scored/touches received) ratio. Sue scored 8 touches and only received 6, so she is positive 2. Mary had 8 each so her indicator is 0. Doug scored 7, but received 9 hits, so she is negative 2.

Name	**#**	**1**	**2**	**3**	**V**	**TS**	**TR**	**IND**	**Place**
Sue	**1**		3	5/V	1	8	6	+2	
Mary	**2**	4/V		4	1	8	8	0	
Doug	**3**	2	5/V		1	7	9	-2	

By the way, all fencers should know their indicator at any time during the pool. This can help them relax as it is not such an unknown.

Finally, assign place in the pool (this is NOT place in the event, only in this pool). Since all the fencers won a bout, the first method of % of victories can't be used. Move next to indicators. Sue has the highest indicator;

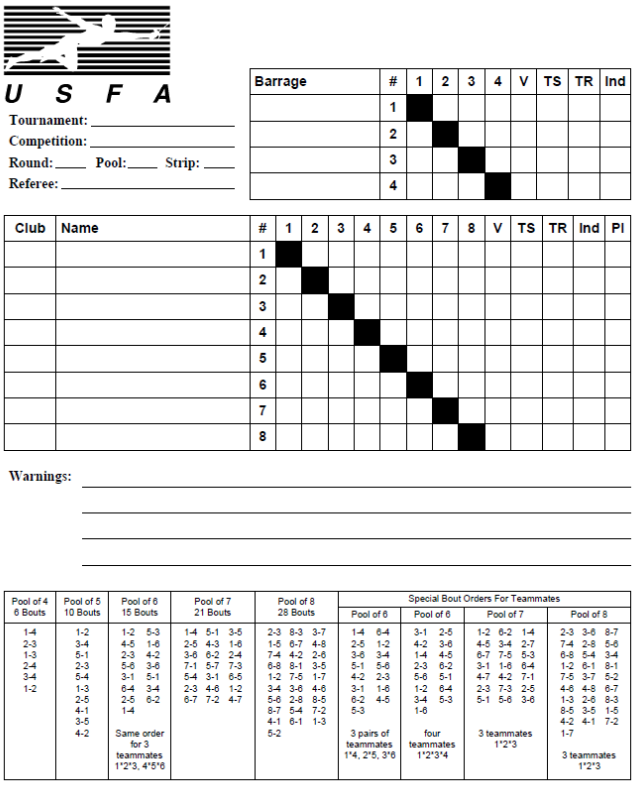
therefore, she will receive first place in the pool; Doug 2nd, and Mary last.
Fencers are to sign the score sheets after checking the math.

Name	#	1	2	3	V	TS	TR	IND	Place
Sue	**1**		3	5/V	1	8	6	+2	1
Mary	**2**	4/V		4	1	8	8	0	2
Doug	**3**	2	5/V		1	7	9	-2	3

Please remember by signing the score sheet the fencer is agreeing that all the information is correct. Once it is signed and turned into the bout committee there is no way to dispute scoring errors. It is a good idea for fencers to glance at the score sheet after each bout to make sure the score was recorded correctly.

After the results are tabulated from the pools, a new seeding will be posted that will express how the fencers are actually fencing today, as opposed to their classification status. This next phase is called direct elimination (DE) and if you lose, you are eliminated.

Look at the seeding for the DE phase, and see how many fencers there are. Tableaus (tables) are figured on multiples of 8 (i.e., 8, 16, 32, 64, 128, 256). If there are 9 people, you are working in a table of 16. If there are more than 16, the table is 32; more than 32 = 64; and if there are 118 fencers, you are working in a table of 128.



U S F A

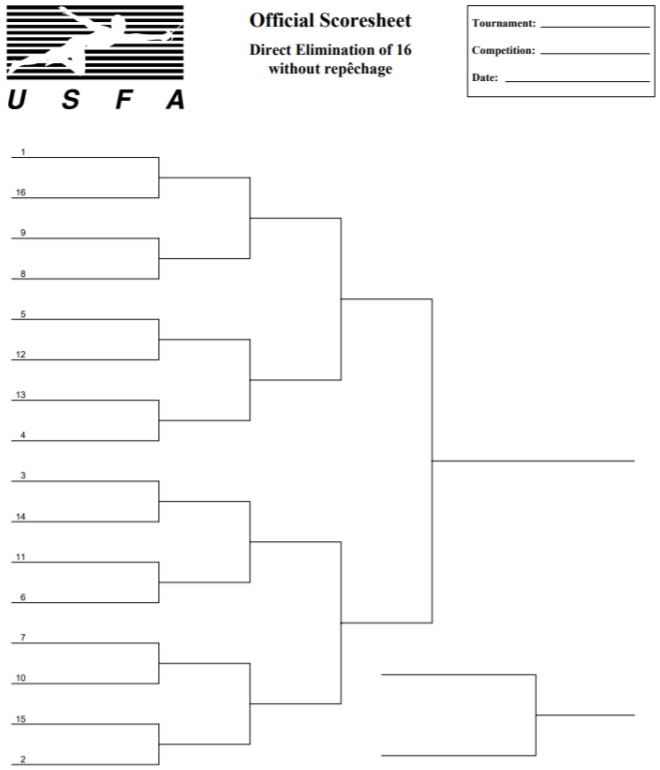
Tournament: _____
Competition: _____
Round: ____ Pool: ____ Strip: ____
Referee: _____

Barrage	#	1	2	3	4	V	TS	TR	Ind
	1								
	2								
	3								
	4								

Club	Name	#	1	2	3	4	5	6	7	8	V	TS	TR	Ind	Pl
		1													
		2													
		3													
		4													
		5													
		6													
		7													
		8													

Warnings: _____

Pool of 4 6 Bouts	Pool of 5 10 Bouts	Pool of 6 15 Bouts	Pool of 7 21 Bouts	Pool of 8 28 Bouts	Special Bout Orders For Teammates			
					Pool of 6	Pool of 6	Pool of 7	Pool of 8
1-4 2-3 1-3 2-4 3-4 1-2	1-2 3-4 5-1 2-3 5-4 1-3 2-5 4-1 3-5 4-2	1-2 5-3 4-5 1-6 2-3 4-2 5-6 3-6 3-1 5-1 6-4 3-4 2-5 6-2 1-4 Same order for 3 teammates 1*2*3, 4*5*6	1-4 5-1 3-5 2-5 4-3 1-6 3-6 6-2 2-4 7-1 5-7 7-3 5-4 3-1 6-5 2-3 4-6 1-2 6-7 7-2 4-7	2-3 8-3 3-7 1-5 6-7 4-8 7-4 4-2 2-6 6-8 8-1 3-5 1-2 7-5 1-7 3-4 3-6 4-6 5-6 2-8 8-5 8-7 5-4 7-2 4-1 6-1 1-3 5-2	1-4 6-4 2-5 1-2 3-6 3-4 5-1 5-6 4-2 2-3 3-1 1-6 6-2 4-5 5-3 3 pairs of teammates 1*4, 2*5, 3*6	3-1 2-5 4-2 3-6 1-4 4-5 2-3 6-2 5-6 5-1 1-2 6-4 3-4 5-3 1-6 four teammates 1*2*3*4	1-2 6-2 1-4 4-5 3-4 2-7 6-7 7-5 5-3 3-1 1-6 6-4 4-7 4-2 7-1 2-3 7-3 2-5 5-1 5-6 3-6 3 teammates 1*2*3	2-3 3-6 8-7 7-4 2-8 5-6 6-8 5-4 3-4 1-2 6-1 8-1 7-5 3-7 5-2 4-6 4-8 6-7 1-3 2-6 8-3 8-5 3-5 1-5 4-2 4-1 7-2 1-7 3 teammates 1*2*3



U S F A

Official Scoresheet

Direct Elimination of 16 without repêchage

Tournament: _____
Competition: _____
Date: _____

Referee Hand Signals For Epee

The referee directs the fencers by speaking and making gestures. These gestures can be seen by the fencers and spectators alike. They were developed in the television age, so they are intended to be clear when viewed from behind (the normal vantage point for televising or video recording a bout). Accordingly, all gestures are made to one side of the referee or the other (or on both sides at once).

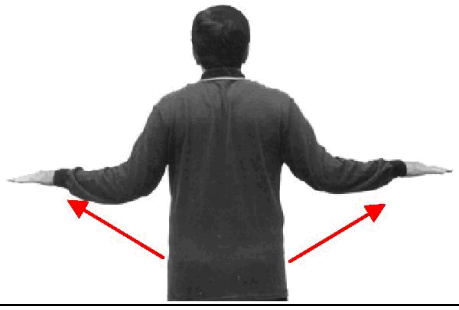
After ordering a halt, the referee "calls the action" that just occurred, identifying the fencing actions of the fencing phrase just before the halt and simultaneously making the corresponding gestures. In so doing, the referee will normally refrain from describing more than is necessary.

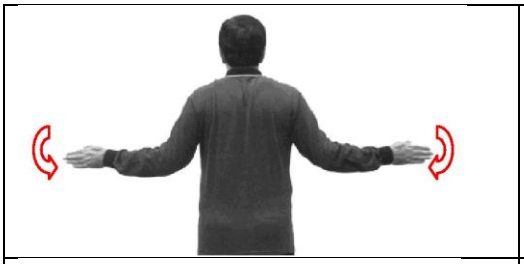
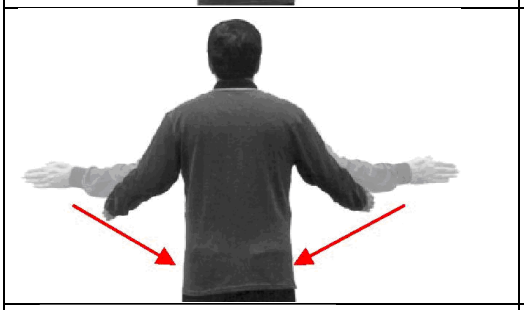
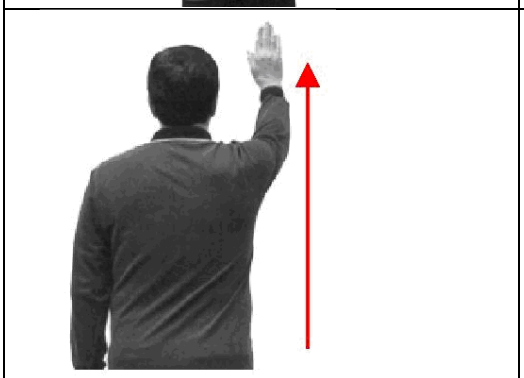
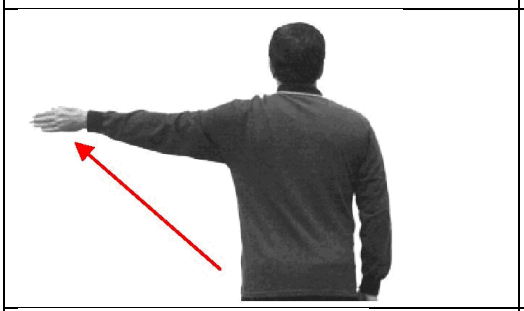
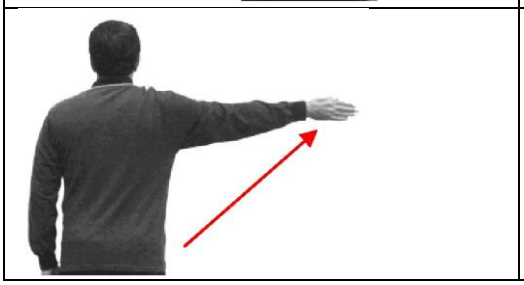
After the action is called, the fencers may ask the referee to re-state the analysis of the phrase. The referee has the option to explain the action more fully, to start at a different point in the action, or—as is most likely—to do no more than repeat the first analysis, with or without gestures.

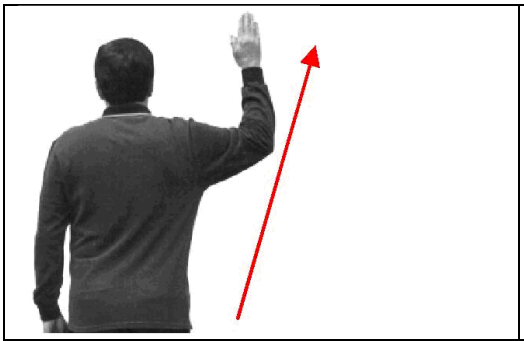
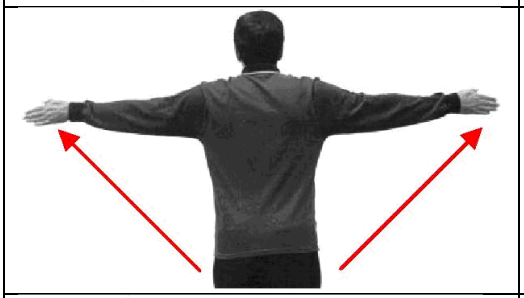
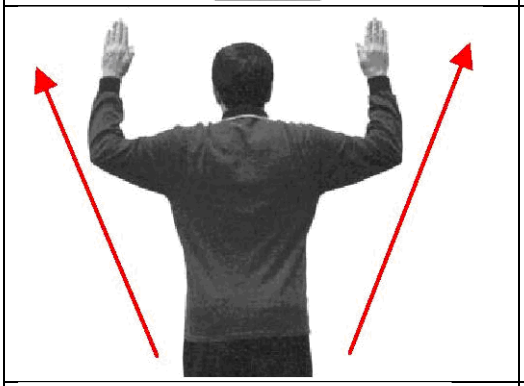
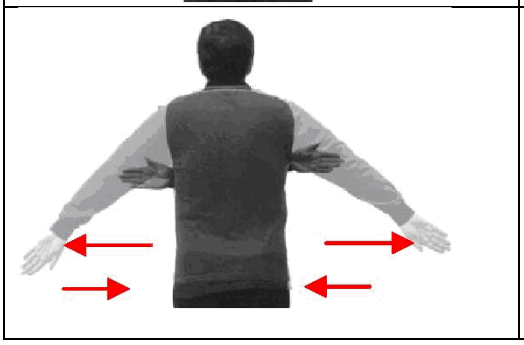
Figures in the examples that follow are taken from the FIE Technical Rules, Article t.42.4.1 All signals except for "Ready?" and "Fence!" begin from the neutral position: hands at the sides like this:

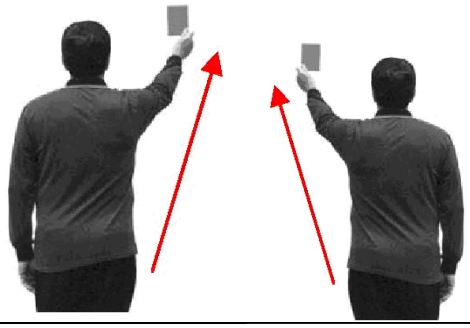
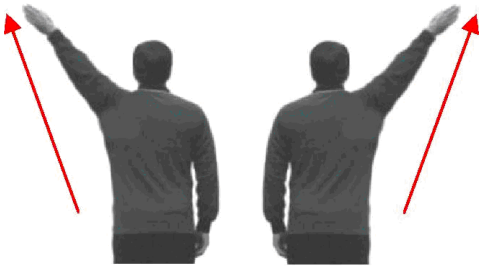
For each gesture, red arrows indicate the direction of movement. Where there are two arrows on the same side of the referee, the first movement is in the direction of the top arrow followed immediately by movement in the direction of the lower one. Each signal (not each movement) lasts from one to two seconds. The referee should make the signals one at a time, returning to the neutral position between signals most of the time.

Note particularly that in all weapons, the touch or hit is first indicated against the fencer who received it and then the point is announced for the fencer who delivered the touch. These are two separate gestures, performed on opposite sides of the body. They should not be performed simultaneously.

Gesture	Speech (US)	FIE	Comments
	On guard!	En garde!	

	Ready?	Prêt(es)?	The signal begins from the referee's position calling the fencers to come on guard.
	Fence!	Allez!	The signal begins from the referee's position when asking the fencers if they are ready.
	Halt!	Halte!	No gesture is required when the equipment has signaled a touch. When stopping the action because of an infraction, signal with the hand on the side of a fencer at fault. If both are at fault (or neither), either hand may be used.
	Touch!	Touché!	This gesture follows a touch against the fencer on the left.
	Touch!	Touché!	This gesture follows a touch against the fencer on the right.

	Point for right!	Point!	Score a point for the fencer on the right.
	Point for left!	Point!	Score a point for the fencer on the left.
	Double touch!	Touchés!	Épée only.
	Point for each fencer!	Points!	Épée only.
	No touch!	Rien!	Prepare to make this signal by crossing the arms as shown executed symmetrically and simultaneously on both the left and right side of the body.

	Yellow card! Red Card! Black Card!	Carton jaune! Carton rouge! Carton noir.	Warning (yellow) or one-point penalty (red) to the fencer on the right or left.
	The winner is [ ] over [ ] by a score of [ ] to [ ]!	Vainqueur! (nom) par (score)	Palm toward the victor, in this case, on the left or the right.

For a Penalty Chart pdf go to: https://cdn2.sportngin.com/attachments/document/8f0d-1570820/2020-08_USA_Fencing_Penalty_Chart.pdf#_ga=2.261742605.1683079005.1599260240-1854320085.1599260240

Offenses and penalties

t.170

This table is intended to be a convenient summary: it is not a substitute for the full texts of the articles concerned, which should be consulted in any case of doubt.

Offense	Article	Penalties		
Fencer or team member not present upon 1st and then 2nd call. If still not present at 3rd call Elimination from the competition.	t.119	1st call Yellow	2nd call Red	3rd call Elimination
Unwillingness to fight: the sanctions imposed are shown by specific P-cards which are not cumulative with any other sanction awarded.	t.124	1st time P-yellow	2nd and 3rd times P-red	From 4th time P-black
1st Group	**Article**	**1st**	**2nd**	**≥3rd**
Leaving the strip without permission	t.23.6	Yellow	Red	Red
Corps à corps to avoid a touch *	t.25.2			
Turning the back to the opponent *	t.27.2			
Covering/substitution of valid target *	t.29.2; t.30.1; t.79			
Touching/taking hold of electrical equipment*	t.29.3			
Crossing the side of the strip to avoid being touched*	t.35.3			
Delaying the bout	t.43.2			
Clothing/equipment not working or not conforming; absence of second regulation weapon or bodycord	t.71; t.72; t.73.1.a; t.117			
Placing the weapon on the strip to straighten it	t.76.2; t.90.2; t.96.5			
Bending/dragging weapon point on conductive strip (F,E)	t.76.2; t.90.2			
In sabre, touch scored with the guard *; any forward movement crossing the legs or feet *	t.96.3, t.101.5			
Refusal to obey the Referee	t.108; t.112			
Hair not conforming	t.115.2			
Jostling, disorderly fencing * ; taking off mask before the Referee calls "Halt"; undressing on the strip	t.116; t.121.2; t.125; t.126			
Abnormal fencing action * ; touches with brutality or made during or after a fall *	t.121.2			
Unjustified appeal, casting doubt on the decision of the Referee on a point of fact	t.172; t.173; t.174			
Entering the Strip Enclosure without the Referee's permission +	t.132.2			

*	Annulment of any touch scored by the fencer at fault
+	Special Yellow Card for the whole team and valid for the whole team match. If, during the same team match, a fencer commits an offence of the 1st group the Referee penalizes with a Red Card each time.

2nd Group	Article	1st	2nd	≥3rd
Using the non-weapon arm or hand *	t.29.1; t.30	Red	Red	Red
Interruption of bout for claimed injury/cramp not confirmed by doctor	t.45.3			
Absence of equipment control mark *	t.73.1.a			
Absence of name on back, absence of national colors where required	t.74			
Deliberate touch not on opponent*	t.55.2			
Dangerous, violent or vindictive action, blow with guard or pommel *	t.121.2; t.147; t.149.1			
3rd Group	**Article**	**1st**		**2nd**
Fencer disturbing order on the strip	t.108.2; t.109; t.110; t.137.2	Red[4]		Black[1]
Dishonest fencing *	t.121	Red		
Offense against publicity code	Publicity Code			
Any person not on strip disturbing order	t.109; t.110; t.111; t.132.2; t.133; t.137.3/4; t.168	Warning[4]		Black[3]
Warming up or training without wearing conforming fencing clothing and equipment	t.20.2	Warning		Black
Anti-sporting behavior	t.121.2			
4th Group	**Article**	**1st**		
Fencer equipped with electronic communication equipment permitting him to receive communications during the bout[1/2]	t.64.6; t.68; t.73.1.g	Black		
Falsified weapon inspection marks, intentional modification of equipment	t.73.1.c-e			
Manifest cheating with equipment[2]	t.73.1.f; m.5.5.d			
Refusal of a fencer to fence another competitor (individual or team) properly entered	t.113			
Offense against sportsmanship[1 or 2]	t.121.2; t.122; t.123; t.149.1			
Refusal of fencer to salute opponent, the referee and the audience at the beginning or at the end of the bout	t.122			
Profiting from collusion, favoring an opponent[1]	t.128; t.149.1			
Deliberate brutality[1]	t.149.1			
Doping[2]	o.107			

Yellow Card	Warning (valid for bout, whether one or several encounters). If a fencer commits an offense in the First Group after having been penalized with a Red Card, for whatever reason, he or she receives a further Red Card.		
Red Card	Penalty Touch		
Black Card	Exclusion from competition.		
P Cards	P-yellow (warning), P-red (penalty hit), P-black (possible loss of the bout or match). In both individual and team competitions, fencers and team who have lost the bout/match following the award of a P-black card will be ranked in the final results of the competition as having lost the bout/match. They receive the corresponding points.		
1)	Exclusion from competition	2)	Exclusion from tournament
3)	Expulsion from venue	4)	In serious cases, the referee may exclude/expel immediately

Fencing In College

How Can I Fence While In College?

If you are staying in Colorado Springs, you can just keep fencing at FRFC as you have been. However, just like FRFC there are many local private clubs that are unaffiliated with a college. If you are moving away to go to college check on the USA Fencing website to find a club near your school.

Often colleges have their own fencing club. These are usually officially recognized club activities with the school. Some of them may even compete with other college clubs as a part of the US Association of Collegiate Fencing Clubs. These clubs offer varying levels of university support. Sometimes they are self-coached. They offer the opportunity to enjoy fencing without the year-round commitment. To find one of these schools look for the United States Association of Collegiate Fencing Clubs: http://www.usacfc.org/

Many colleges have NCAA fencing teams. Be aware that there are three divisions within the NCAA. The main differences between the divisions are school size and availability of athletic scholarships. Division 1 schools are larger and offer scholarships. The NCAA schools compete together, in their "region". NCAA schools have dedicated training equipment for the school athletes, and trainers. If you are interested in one of these schools, you should start your search early. Go visit the school and fencing facilities. Meet the coach. You can call and email them anytime although NCAA rules prohibit them from initiating contact with you until July between your Junior and Senior year. Here is some helpful information.

Google NCAA Guide for College Bound Athletes (includes good page of definitions) for the most up to date information.

Do I need to have an A rating as a fencer?
This rating is referring to the letter A through E that is earned at USA Fencing competitions. While the major powerhouse schools will not have many or any spots for low rated or unrated walk-on fencers there are still some Division 3 schools that might be interested in you. Some colleges have huge teams of up to 70 fencers, but not all will travel and compete.

Is it too early to start my search?
During your sophomore year you should register with the NCAA and build your college resume. Have a conference with your FRFC coach to discuss your goals and to get possible school recommendations from them.

Once you are a junior you should have a list of potential schools picked out early in the year. You can possibly visit them while also attending fencing events in the area. Complete any athlete recruiting questionnaires for those schools you are interested in and have a prepared resume that includes fencing results. Email coaches directly as well and include your fencing resume. Per NCAA RULES, college coaches cannot reach out to you until July between your Junior and Senior year. Prior contact and college visits should be initiated by you and multiple emails may be necessary.

As a senior, continue to keep up your grades so you have a great academic transcript. Recruited athletes and athletes planning on walking on to teams will have different paths to the application process. Discuss this process with the college coach and/or college counselor.

Coaches can see me so why should I prepare a fencing resume?
Yes! You should include your test scores, fencing results and ratings. College coaches will ask for a summary of results. You can look yours up on the US Fencing website. Click the link,
https://member.usfencing.org/search/regionalPointsList
select your weapon, region, and type in your name. When a list of names comes up, click yours and it should download a summary.
Also include something about the coaches you've studied under. Ask your club coach for a reference (do this well in advance). Also include any special notes and/or fencing experiences.

Men's NCAA Fencing - All Divisions

Institution	Division
Boston College	I
Brown University	I
Cleveland State University	I
Columbia University-Barnard College	I
University of Detroit Mercy	I
Duke University	I
Harvard University	I
Lafayette College	I
New Jersey Institute of Technology	I
University of North Carolina, Chapel Hill	I
University of Notre Dame	I
The Ohio State University	I
University of Pennsylvania	I
Pennsylvania State University	I
Princeton University	I
Sacred Heart University	I
St. John's University (New York)	I

Stanford University	I
U.S. Air Force Academy	I
Yale University	I
University of California, San Diego	II
Wayne State University (Michigan)	II
Brandeis University	III
California Institute of Technology	III
Drew University	III
Haverford College	III
Hunter College	III
Johns Hopkins University	III
Lawrence University	III
Massachusetts Institute of Technology	III
New York University	III
Stevens Institute of Technology	III
Vassar College	III
Yeshiva University	III

Women's NCAA Fencing - All Divisions **Institution**	**Division**
Boston College	I
Brown University	I
Cleveland State University	I
Columbia University-Barnard College	I
Cornell University	I
University of Detroit Mercy	I
Duke University	I
Fairleigh Dickinson University, Metropolitan	I
Harvard University	I
New Jersey Institute of Technology	I
University of North Carolina, Chapel Hill	I
Northwestern University	I
University of Notre Dame	I
The Ohio State University	I

University of Pennsylvania	I
Pennsylvania State University	I
Princeton University	I
Sacred Heart University	I
St. John's University (New York)	I
Stanford University	I
Temple University	I
U.S. Air Force Academy	I
Yale University	I
University of California, San Diego	II
Queens College (New York)	II
Wayne State University (Michigan)	II
Brandeis University	III
California Institute of Technology	III
The City College of New York	III
Drew University	III
Haverford College	III
Hunter College	III
Johns Hopkins University	III
Lawrence University	III
Massachusetts Institute of Technology	III
New York University	III
Stevens Institute of Technology	III
Tufts University	III
Vassar College	III
Wellesley College	III
Yeshiva University	III

Commonly Used Fencing Links

Find us on the web at: https://www.frontrangefencingclub.com/

Follow us on Instagram: https://www.instagram.com/front_range_fencing_club/

We enjoy posting photos of our fencers. Be sure to share them with us: frontrangefencingclub@comcast.net

The Fencing Post Equipment Supply: http://stores.thefencingpost.com/

Ordering FRFC logo gear: https://www.mylocker.net/shops/front-range-fencing-club202111

Academy School District 20: http://www.asd20.org

USA Fencing: www.usafencing.org

To Email USA Fencing: *information@usfencing.org*

USA Fencing National Events Calendar: https://www.usafencing.org/events-national

USA Fencing Athlete Handbook https://www.usafencing.org/rules-compliance

askFRED: https://askfred.net/