

## HASTILUDE, TOURNAMENTS, AND HERALDRY AS KEY FACTORS FOR THE RISE AND SPREAD OF KNIGHTHOOD IN ENGLAND AND FRANCE DURING THE HIGH MIDDLE AGES

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**Abstract:** In this article, we try to draw a line of argument to explain the birth and development of several closely related phenomena such as tournaments, (with its important sports and social attributes), cavalry, and heraldry. Although the tournament and its variants had a marked character of military training, at the end of the period they became phenomena of social and political importance, although the competitive spirit was never lost. The growing formation of medieval noble retinues and the importance of cavalry led also to the proliferation of personal badges and emblems, which were finally ruled and organized by heraldic science. Both the blazons and individual knight disputes and / or between teams needed experienced judges and referees, so we will also mention the origin of the King of Arms and the heralds, figures in charge of such a task, and will try to illustrate the vision of the Church on such phenomena, as well as its reflection in the literary sources.

**Keywords:** cavalry; joust; tourney; heraldry; medieval; sports; King of Arms; heralds

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