

# **MODIFIED SPORT SAMBO RULES**

## **1)UNIFORM**

Participant's uniform shall be: Sambo jacket and shorts of red or blue color, and Sambo shoes, wrestling shoes or bare feet. Mouth guards, and protective groin cups are required. All participants must bring their own equipment

## **2)MATCH DURATION**

Each match will consist of a single six minute round. The clock will only stop for medical purposes or if the ref calls for the clock to be stopped.

## **3)LEGAL TECHNIQUES**

- Takedowns and throws:  
Evaluated technical actions as a result of which the defender loses his balance and falls down from standing to the ground on his back, shoulder, chest, stomach, side or buttocks.
- Submissions:  
Straight arm locks, elbow compressions and shoulder locks that do not bring the hand behind the back. Leg locks including Straight knee bars, ankle locks, calf compressions, and hip locks.  
\*If both fighters agree prior to the match, then chokes performed with the arms, legs or jacket are legal.

## **4)ILLEGAL TECHNIQUES**

- biting and scratching;
- direct pressure on the throat, nose or eyes;
- throwing an opponent against the natural bend of a joint or limb;
- any form of striking;

- throwing an opponent directly onto their head;
- heel hooks, toe holds and any other twisting leg lock;
- neck cranks or spine locks;

When the contestant makes an illegal action that didn't result in the injury of his opponent, he will receive a warning. If he makes a repeat foul, his opponent gets 2 points or the contestant is eliminated from the match and declared defeated depending on the severity of the illegal technique. In the case of the opponent cannot continue the bout by the doctor's decision as a result of an illegal action, the fighter at fault is declared defeated.

## **5)WAYS TO WIN**

- Full Victory by Throw: If a contestant throws his opponent with clean technique and amplitude directly on his back while he/she remaining standing.
- Full Victory by Submission: The opponent taps due to a painful hold, joint lock (or choke when permitted) or the ref believes the fighter is in danger of injury due to a joint lock.
- Technical Point Victory: With a 12 point differential or majority points at the end of match time.
- Judge's Decision: Under the absence of points or tie, the result of the match will be determined by the quality of technical points and aggression.

## **6)SCORING**

4 points are awarded:

- a) for the throw from Standing position with the attacker's falling down when his opponent falls on the back;
- b) for the throw from Standing position without the attacker's falling down when the opponent falls on his side;
- c) for 20 second hold-down. (a maximum of 4 points per match can be awarded in this fashion)

2 points are awarded:

- a) for the throw from Standing position with the attacker's falling down when the opponent falls on his side;

b) for the throw from Standing position without the attacker's falling down when his opponent falls on the chest, stomach, buttocks, waist or shoulder;

c) for the throw without falling down when the opponent, who was on his knees or hands before the throw, falls on the back;

d) for over 10 second hold-down; (a maximum of 4 points can be awarded in this fashion)

e) for the second warning declared to his opponent.

1 point is awarded:

a) for the throw with falling down from Standing position when the opponent falls on his chest, stomach, buttocks, waist or shoulder;

b) for the throw with falling down when the opponent, who was on his knees or hands before the throw, falls on his back;

c) for the throw without falling down when the opponent, who was on his knees or hands before the throw, falls on his side

## **7) RULES ON THE MAT**

The rules are violated in the following cases:

- fleeing the mat with no technical actions;
- stalling (passive wrestling or standing actions);
- crawling away from submissions or pins by fleeing the mat.

For violation of the rules the contestant is given a "Warning", for the repeated one he is announced the first "Caution" In case the contestant has already got one caution, for the repeated violation of the rules he is given the second "Caution". The contestant with two cautions is eliminated from the bout and declared defeated in case of any violation of the rules or an illegal action. If the contestant was given a caution and applied an illegal hold he is also declared defeated. When the contestant is penalized by a caution for violation of the rules, his opponent is given 1 point.

**Starts and End of the Bout** The 6 minute match starts at the timekeeper's sound signal and the referee's command "Fight!" The match is interrupted at the Referee's command "Stop!" The bout ends at the Timekeeper's sound signal and the Referee's command "Stop!"

**Fighters' Positions:**

"Standing" – the contestant touches the mat only with his feet (is standing).

"Ground" – the contestant touches (leans on) the mat surface with any part of the body except his feet.

The bout is in Standing position – both fighters are standing.

The bout is in Ground position – one or both fighters are on the ground.

Ground time:

On the Ground Position, should there be no action, up to 30 seconds, both competitors will be told to stop and start in the Standing position. Should there be active work for a submission, by either competitor, the match will continue until no action is determined by the Referee.

## **8)SKILL DIVISIONS**

Novice:

Under one year of training in combat arts.

Open:

More than one year of training in the combat arts.

## **8)WEIGHT CLASSES**

Men:

60kg (132lbs)

66kg (145.2lbs)

74kg (162.8lbs)

84kg (184.8lbs)

96kg (211.2lbs)

+96kg (+211.2lbs)

Women:

Open weight