

COMBAT SAMBO RULES

1)UNIFORM

Participant's uniform shall be: Sambo jacket and shorts of red or blue color, and Sambo shoes or bare feet (no wrestling shoes). Protective headgear (with open chin), open finger MMA training gloves (7oz), mouth guards, grappling shin guards, and groin guards 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

- **Strikes:**
Blows to the opponent, by the striking parts of the body (fist, edge of the palm, palm, knee, shin, foot). Strikes may land on the following zones: head (except its back), neck (except throat and back of neck), chest, stomach, sides of the body, and legs (except knees). Blows with the hands are allowed in all positions defined by the Rules. Knees are allowed to strike in Standing and ground position to the body and legs only. Kicking the opponent from standing when he is in the Ground position is only permitted to the legs (except knee area).
- **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:**
Chokes performed with the arms, legs or jacket. Straight arm locks, elbow compressions, and shoulder locks. Leg locks including Straight knee bars, ankle locks, toe-holds, calf compressions, and hip locks.

4)ILLEGAL TECHNIQUES

- biting and scratching and pulling hair;
- press and striking in the eyes;
- striking to the back of the head and neck;
- kick from standing the opponent's upper body who is in grounded position;
- grasp fingers, nose, and ears;
- striking with elbows;
- striking to the groin and coccyx;
- head butts;
- heel hooks and and twisting knee locks.
- striking to the spine;
- striking to the knee joints;
- twisting neck cranks;
- fish hooking of the mouth, nose, etc.;
- throwing an opponent against the natural bend of a joint or limb;
- knee strikes to the head (standing and grounded)
- throwing an opponent directly onto their head;

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 Knock Out: The fighter is unconscious or the fighter can not continue after a ten second count.
- Full Victory by Submission: The fighter taps due to a painful hold, joint lock or choke or the ref believes the fighter is in danger of injury due to a joint lock.
- TKO: The fighter can no continue the match due to injury according to the doctor's decision, the fighter no longer wants to continue the

match, the fighter's coach chooses to stop the match or the fighter is knocked down three times due to a strike.

- 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 stat 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 then one year of training in the combat arts.

8)WEIGHT CLASSES

68KG (150lbs)

74KG (165lbs)

82KG (180lbs)

90KG (198lbs)

90+KG (more then 198lbs)