



H2HFIGHT the **R1** version

RULES OF COMPETITIONS

The competitions in the R1 version are held according to the current rules of the Hand-to-hand fighting Sport International Federation (HSIF) with the following explanations and additions:

Each elimination fight is to be for 3 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round. Each title fight is to be for 5 rounds, each round no more than 3 minutes duration, with a rest period of 1 minute between each round. Ring size: 6X6 meters, safety zone: not less than 1 meter, extending from the floor to a minimum height of 1 meter.

1. The participant's outfit shall include: shorts, t-short and chest protect for women, fighting gloves, groin protector and gum shield. Allowed decorations on the shorts: only insignia approved by the HSIF.

2. The referee group consists of: Chief referee, referee in the ring, 3 side referees, 3 technical secretaries, time referee. The side referees sit at the tables around the mat.

3. Sportsmen's actions within the fight are judged by 3 side referees. Each side referee judges fighting independently, points for the actions are entered into the protocol by a technical secretary according to the Rules of the hand-to-hand fighting sport:

3.1. Two points are awarded for the following technical actions:

- a) A punch or/and kick series;
- b) A foot kick to the head;
- c) A knock-down after a punch/kick to the head/trunk/legs;
- d) A throw of an opponent on the trunk without the attacker's falling down.

3.2. One point is awarded for the following technical actions:

- a) A punch to the head/trunk;
- b) A foot kick to the trunk;
- c) A throw of the opponent on the trunk with the attacker's falling down;

3.3. "Active behavior" ("activity") is awarded for the following technical actions:

- a) Breaking the opponent's balance (a throw of the opponent while he/she additionally touches the mat by hand and/or knee).

3.4. Actions within a fight are judged banned as follows: life threatening/leading to trauma actions; fighting time delay as well as ethical norms violation.

3.5. A lying down position is judged when the fighter touches the mat by two hands or trunk besides feet.

4. Referee in the ring conducts the fight using terminology (“fight/stop”) and prescribed gestures to start/stop the fight, to show the timing of a painful or submission hold, or breaking the rules.

4.1. The referee in the ring using prescribed gestures gives signals to the fighters and other referees on transition of fighters from one type of attack to another within the fight, or stops the fight if necessary:

- a) Fighting in standing is judged “ineffective”, if within 10 seconds after the beginning of a hold no throwing follows.
- b) Fighting on the ground is judged “ineffective”, if within 10 seconds no hold follows to start a.
- c) In a lying position athletes can punch to the trunk/legs for 10 seconds.
- d) In a lying position athletes can make “painful hold” or “submission” for 20 seconds till the referee stop fighting.

5. The victory in the round is judged by each side referee independently according to the protocol recorded by the nearby technical secretary. The protocol is given to the Chief referee after each round to decide the winner by majority decision.

6. Points, cautions and warnings are pointed only to the current round and are not counted in the following rounds.

7. The victory is granted to the fighter, if:

- 1) he/she won more rounds;
- 2) his/her opponent gave up due to “painful hold” or “submission”;
- 3) he/she knocked out the opponent;
- 4) he/she knocked down the opponent for 3 times within the round;
- 5) the opponent was withdrew by the doctor and the fighter hadn’t broken the Rules.
- 6) the opponent was disqualified due to breaking the Rules;
- 7) the opponent (himself or via representative) refused to continue the fight.

8. Fighting time for each round is fixed separately. Chief referee approves the start/stop of the fight. Chief referee, if necessary, interrupts the time of the fight if a fighter needs medical help or has to change his outfit.