

Union of public associations  
**HAND-TO-HAND FIGHTING SPORT  
INTERNATIONAL FEDERATION**



**Rules for Competitions**

**HAND-TO-HAND FIGHTING SPORT**

2024 Moscow  
Russian Federation

The Rules below prescribe mandatory procedures to follow for referee and referee panels' work, as well as organization and running of international competitions in hand-to-hand fighting sport (original ethnic Russian name: Rukopashni Boi) as Instituted by the International Hand-to-Hand Sport Federation.

The Rules were endorsed by a resolution of the Conference of the International Hand-to-Hand Fighting Sport Federation of 24 October 2006 in Moscow.

The latest amendments to the Original Russian Version of the Rules contained herein were formally endorsed by the Resolution of the Conference of the Hand-to-Hand Fighting Sport Federation (HSIF) on 16th September 2011 in Philadelphia, USA and by the Resolution of the Conference of the Hand-to-Hand Fighting Sport Federation (HSIF) on 23d April 2017 in Moscow, Russia and by the Resolution of the Conference of the Hand-to-Hand Fighting Sport Federation (HSIF) on 14 November 2020 in Minsk, Belarus, by the Resolution of the Presidium of the Hand-to-Hand Fighting Sport Federation (HSIF) on 16th December 2022 in Moscow, Russia and by the Resolution of the Presidium of the Hand-to-Hand Fighting Sport Federation (HSIF) on 10th October 2024 in Bukhara, Uzbekistan

## **OUTLINE PROVISIONS**

Current rules are intended to serve as a mandatory guide when organizing and conducting official Hand-to-Hand Fighting competitions in the world. In addition to current Rules, Regulations of the competition can be developed. The Regulations will detail, explain, and complement the provisions of current Rules taking into account the specifics of the different categories of participants. The Regulations must not contradict current Rules and must be consistent with the HSIF Referees board.

### **Part I. COMPETITION FORMAT AND METHODS**

#### **Article 1. Format of competitions.**

Competitions may consist of two disciplines.

1. Self-defense;
2. Fight.

In the «Self-defense» discipline the fighters must present hand-to-hand fighting self-defense techniques against armed and unarmed opponent.

In the «Fight» discipline, during the bout the fighters shall use techniques described in the current rules.

Individual places taken by fighters in competitions of hand-to-hand fighting, are determined by the results of the battles. The procedure is determined by Regulation or Provision on Competition.

#### **Article 2. Competition systems, methods and formulas.**

1. The rotation of pairs and procedure for competition between contestants (teams) shall be determined through the system for holding competitions and a lot drawing.

2. The systems for holding competitions are discussed in the Appendix 1, Appendix 2 (must be specified in the Regulation on Competition).

3. Formulas for men's and women's fights:

- a) 5 minutes of pure time;
- b) 3 rounds of 2 minutes with a break of 1 minute between rounds.

4. Formulas for conducting fights for juniors (men and women):

- a) 4 minutes of pure time;
- b) 3 rounds of 2 minutes with a break of 1 minute between rounds.

5. Formulas for boys and girls fights:

- a) 3 minutes of pure time;
- b) 3 rounds of 1.5 minutes with a break of 1 minute between rounds.

6. A different Formula for holding preliminary and final matches is possible (stipulated by the Regulations).

## Part II. PARTICIPANTS

### Article 3. Age groups of participants.

1. The following age groups are admitted for competitions:
    - a) Cadets – young athletes (boys and girls of 12-13 years old);
    - b) Cadets –young athletes (boys and girls of 14-15 years old);
    - c) Cadets – young athletes (boys and girls of 16-17 years old);
    - d) Juniors – athletes (men and women of 18-21 years old);
    - e) Adults – men and women of 18 years and older.
- Age is established on the first day of the competition.

### Article 4. Weight categories.

1. Contestants according their age and gender shall be divided into the weight categories shown in Table 1.

**Table № 1**

Cadets (girls)			Junior 18-21 years, Adults (women)
12-13 years	14-15years	16-17 years	
37 kg	40 kg	44 kg	48 kg
40 kg	44 kg	48 kg	53 kg
44 kg	48 kg	53 kg	58 kg
48 kg	53 kg	58 kg	64 kg
53 kg	58 kg	64 kg	70 kg
53 up kg	58 up kg	64 up kg	70 up kg
Heavy Absolute (HA)			over 58 kg

Cadets (boys)			Junior 18-23 years, Adults (men)
12-13 years	14-15years	16-17 years	
35 kg	41 kg	48 kg	57 kg
38 kg	44 kg	52 kg	62 kg
41 kg	48 kg	57 kg	67 kg
44 kg	52 kg	62 kg	73 kg
48 kg	57 kg	67 kg	80 kg
52 kg	62 kg	73 kg	88 kg
57 kg	67 kg	80 kg	97 kg
62 kg	73 kg	80 up kg	97 up kg
67 kg	73 up kg		
67 up kg			
Light absolute (LA)			to 73 kg
Heavy Absolute (HA)			over 73 kg

2. The HA championship is held only for adult's category men (80, 88, 97, 97 up kg) and women (64, 70, 70 up kg). The LA championship is held only for adult's category men (57, 62, 67, 73 kg)

### **Article 5. Admission.**

1. The conditions for the admission of contestants, their sports affiliation, qualification, age as well as the list of documents to be submitted to the Registration Commission shall be stipulated in the Regulation on Competition.

2. Only the athletes, who have submitted the application (Appendix 3), present set of documents, passed weigh-in and medical checkup are allowed to participate.

3. In team competitions for adults (men, women) the athlete has the right to participate in the weight category established for him during the weigh-in or in the next – heavier weight category.

4. In competitions among boys and girls, the admission of athletes of the nearest younger age group to competitions in the older age group may be carried out with the permission of the HSIF, provided that the athlete reaches the age set by the older age group in the current year and has the qualifications specified in the Competition Regulations.

For admission, an additional individual certificate is required, signed by a doctor and a coach, confirming that these athletes can participate in these competitions according to their level of fitness and physical development.

5. Boys and girls are not allowed to participate in competitions among juniors and adults (men and women).

### **Article 6. Weigh-in, medical checkup and drawing of participants.**

1. Procedure and time schedule for weigh-in, medical checkup and drawing of participants of the Competition shall be specified in the Regulations of the Competition.

2. Weigh-in shall be conducted once on the first day of the competition or on the day before. Time allocated shall be one hour. The result is logged in Protocol (Appendix 4).

3. Weigh-in procedure for the category LA shall be done in the day running of fighting.

4. All referees who run the weigh-in procedure must be the same sex as athletes.

### **Article 7. Obligations and rights of participants.**

1. Participant shall be required to:

- a) strictly abide by the Rules, the Regulation and the Program of the Competition;
- b) comply with the referee orders;
- c) be considerate towards other participants, referees, assisting personnel, as well as the audience;
- d) exchange hand shake with opponent before and after the fight;
- e) obey with anti-doping rules approved by international anti-doping organizations.

2. Participant shall be entitled to:

- a) appeal to referees through the Representative of his/her Team Delegation;
- b) receive information on the progress of the Competition in a timely manner;

c) have medical assistance;  
 d) abandon the battle at any stage except when the referee counts a knockdown, a knockout.

3. It is forbidden to wear rings, bracelets, earrings, chains and other jewelry, and have long hair, long beard, or long moustache.

### **Article 8. Participant's outfit.**

1. Standard Participant's outfit shall include: hand-to-hand fighting suit green(khaki) or white color, fighting gloves, protective helmet shin guard pads for feet protection should be black color, lower groin guard shell (for male athletes or special protective arrangement for female athletes), mouth guard, for female athletes - chest protector. The belt should be red or black (rank) color and suit green (khaki), if a fighter is listed first in the pair. The belt should be blue or black (rank) and suit white color, if a fighter listed second in the pair.

2. Gloves weight:

a) for cadets (boys), juniors (men) and adults (men) in weight categories up to 52 kg - 8 ounces, from 57 to 73 kg - 10 ounces, over 73 kg - 12 ounces.

b) for cadets (girls), juniors (women) and adults (women) in weight categories up to 58 kg - 8 ounces, over 58 kg - 10 ounces.

3. The type of hand-to-hand fighting suit is presented in the Appendix 7.1.

4. The women wearing a hijab must show a suite design to mandate commission.

5. The samples of protective equipment are presented in the Appendix 7.2.

### **Article 9. Obligations and rights of Delegation representative and Cornerman**

1. Delegation Representative is in charge of the team and responsible for the behavior and discipline of the team members.

2. Delegation Representative shall:

a) be fully aware of all the Provisions of these Rules, as well as the Regulations of the Competition;

b) submit Application for Participation and other documents prescribed by the Regulation on Competition to the Admission Commission;

c) be present at joint meetings of the referee's board and Delegation Representatives;

d) inform the Delegation members of Referee Panel decisions;

e) ensure that the team members arrive at the competition on time and assign cornerman.

3. Delegation Representative shall be entitled to:

a) witness weigh-in and lot drawing procedures;

b) receive information on all aspects of the progress and results of the competition;

c) make remarks and participate in the discussion of questions during joint meetings of referees and representatives;

d) submit applications (disagreements) based on these Rules of Competition Article 35;

**4.** A Delegation Representative shall refrain from:

- a) interfering with the work of referees, medical unit and organizers of the Competition;
- b) act in the capacity of a referee of the Competition if he is registered as Delegation Representative;
- c) give instructions to Participants on the floor staying in close proximity to the competing athletes.

**5.** A Representative may be withdrawn from his/her position as Leader of the Delegation and removed from the competition for violating these Rules, non-performance his/her duties and unethical behavior.

**6.** In exceptional cases, for prohibited actions of a Representative, the team he represents may be removed from the competition by the decision of the Chief referee.

**7.** A Cornerman's duty:

- a) to be fully aware of all the Provisions of these Rules, as well as the Regulation of Competition;
- b) while performing his duty he should be worn an athletic uniform and footwear with a soft sole;
- c) during the fight he should be at the safety zone of the carpet from the side of his fighter;
- d) to have a towel and a box with a solution for a mouthguard;
- e) after stopping the fight, if necessary, at the referee's command, the Cornerman is required to put his fighter's equipment in order.

**8.** A Cornerman shall be entitled to:

- a) give an advice or encouraging remarks to the fighter during a match not interfering in the fight;
- b) give to the Chief referee the established sign to confirm his fighter losing the bout.
- c) submit applications (disagreements) based on the Rules Article 35;

**9.** In case if a Cornerman interfere with referee's work, a warning may be announced to the fighter.

**10.** A Cornerman may be taken off from the competition for violation the Rules, non-performance his/her duties and unethical behavior.

**11.** In exceptional cases, for prohibited actions of the Second, the athlete he represents may be removed from the competition by the decision of the Chief referee.

## **PART III. THE CONTENT AND THE TECHNIQUE OF HAND-TO-HAND FIGHTING**

### **Article 10. The technique.**

1. Opponents in a hand-to-hand fighting event are allowed to exchange controlled punches and kicks, throws, pain holds and strangulation moves while they are in certain positions.

### **Article 11. Stances/positions of fighters.**

1. Standing Stance – athlete is upright, with only soles of the feet touching the floor (standing on the floor).

2. Lying Down Stance – athlete touching the floor with any part of the body, but the soles of his/her feet.

3. Standing Stance Fight – (fighting with) both opponents fighting in upright position (standing on the floor).

4. Ground Fight – when at least one of the fighters in lying down position.

5. “Outside the fight area” position is registered:

a) in stand up position at least one of the opponents has stepped outside the mat perimeter Area (Article 20, Para 2);

b) in ground fight position one of the athlete fully gets outside the mat area;

c) both athletes have moved outside the mat, while one was using a hold down (Article 14), pain holds (Article 15) or strangle (Article 16).

6. Thrown to the mat by opponent, an athlete can end up in either of the following positions:

a) trunk of the body touching the floor – back, side, stomach;

b) on the buttocks;

c) kneeling position;

d) on hands.

### **Article 12. Punches.**

1. During the fight only controlled punches/kicks are allowed in any parts of the body except the prohibited (Article 17 Para 1).

2. Allowed technique is a punch using front area of gloves, lateral side from the little finger side and the back of the fist in the gloves, as well as the leg and shin kick delivered to an allowed target area by allowed method.

3. Only punches/kicks with full contact are evaluated.

4. Punch combo: two or more qualified punches thrown in a stretch of 1-2 seconds.

### **Article 13. Throwing moves.**

1. A throw is considered as a technical move by an athlete that results in the opponent losing balance and falling on the mat in one of the lying positions.

2. Standing throw (a throw without falling) – if the attacker remains in the standing position during the throw.

3. Sacrifice throw (a throw with a fall) - if the attacker moves to a lying position in the process of making the throw or is resting on a lying opponent.



4. Getting off balance - a throw from a standing stance without falling down causing the opponent to touch the floor with hand or knee (a third point in addition to feet).

#### **Article 14. Hold down.**

1. Hold down is a move to control opponent when opponent's back touching the mat for a period of time back to mat (angle between back and mat should be less than 90 degrees), the attacker pressing the opponent's body (or opponent's hands pressed against the opponent's body).

2. For a move to qualify as hold down, the attacked athlete should be on the back and part of his/her body on the mat.

3. Hold down is not registered, if:

- a) attacker's body is not pressed against the opponent's body;
- b) shoulder blades of the attacked are at more than 90 degrees angle to the floor;
- c) both fighters are completely outside the mat area;
- d) attacker transits into pain holds or strangle.

4. If a fight consists of several rounds, the hold down is not valid.

#### **Article 15. Pain holds.**

1. Pain submission move is a move to engage an arm or a foot of the opponent to cause pain by bending ("lever"), rotation in a joint ("knot"), pressing or stretching a tendon or a muscle to force the opponent into submission.

2. The submission signal while in pain hold is a loud voice or tapping twice by hand or leg on the Mat or opponent body.

3. Pain hold is allowed only in lying down position. The attacker may maintain a standing stance.

4. A pain hold must be stopped as soon as:

- a) both combatants are outside the mat area;
- b) fighter uses any of the submission signals (Article 15 Para 2);
- c) the time of pain hold has finished.

#### **Article 16. Strangulation submission moves (strangles).**

1. A strangle is a hold which allows a combatant to pressure the opponent's neck in the area of carotid arteries and throat: by jacket collar and forearm and shoulder or by jacket collar and a shin in various combinations as result the opponent surrenders or loses consciousness.

2. The signal of submission while in strangulation (effect submission move не надо) is being executed (is given не надо) by loud voice or tapping twice by hand or foot on the mat or attacker's body.

3. Strangle is allowed only in lying down position. The attacker may maintain a standing stance.

4. The strangulation move shall be stopped, as soon as:

- a) both combatants are outside the mat area;
- b) combatant shows the signal of submission (Article 16 Para 2);
- c) the time of pain hold has finished;

d) combatant loses conscious.

5. The combatant who loses consciousness should be removed from the competition.

### **Article 17. Forbidden (Banned) moves and techniques**

1. The following punches are forbidden:

- a) punches to the groin;
- b) punches to the head in a lying down stance;
- c) kicks in a lying down stance;
- d) punches targeting neck, back of the head, joints of hands and feet, spine areas;
- e) strikes by knee and elbow (except as provided in the Regulation on Competition);
- f) straight kicks to the head and legs;
- g) strikes by fingers, palm and head.

2. The following throws are forbidden:

- a) throw an opponent on his head;
- b) throw an opponent while falling on him with all (one's) the weight at once

3. The following pain holds are forbidden:

- a) from standing position (observing Article 15, Para 3,4, b, c);
- b) with a jerking motion;
- c) any holds on the spine;
- d) submission holds on the wrist;
- e) make the knee a "lever" by bending the leg against its natural bend;
- f) twisting foot by the heel and make "knots" on the leg.

4. the following strangles is forbidden:

- a) from standing position; (observing Article 16, Para 3,4);
- b) with a jerking motion;
- c) by fingers;
- d) by blocking opponent's mouth and nose;
- e) by leg crossing over the opponent's neck.

5. It is also forbidden any actions judged as interfering with active pursuit of the fight, dangerous for the health, violate ethics of the Sport and discipline.

## **PART IV. SCORE JUDGING FOR TECHNICAL ACTIONS**

### **Article 18. Evaluation of hand-to-hand fighting technique in the Self-defense discipline.**

1. In the «Self-defense» competitions fighters show standard self-defense technique (Appendix 8.1) against armed and unarmed opponent.

It is a combination of hand-to-hand fighting technique, with using of technique to disarm the opponent, defensive counter strike and escort position. Panel of referees, age and weight categories, scoring and running procedure of the «Self-defense» competitions are in the Article.32. Sample sets of self-defense discipline are in (Appendix 8.2).

### **Article 19. Evaluation of hand-to-hand fighting techniques in the Fight discipline.**

1. Opponents in hand-to-hand fighting are allowed to exchange controlled punches/kicks, throws, hold downs, pain holds and strangulation.

2. Fighters are awarded with points throughout the fight for all qualifying technical actions and combinations.

3. Only controlled actions started on the Mat are evaluated (strikes, throws, submission moves (pain moves and strangles)) depending on their effectiveness.

4. Fighting in standing position is will qualify as ineffective, if 10 seconds after the beginning of a sustained grab no throwing move follows.

If there is no real action, referee may stop fighting after 5 seconds.

5. Fighting from a lying down position is judged ineffective, if:

a) no hold followed to start a “pain move” or “strangle” within 10 seconds;  
 b) during 10 second count down the attacking fighter being in the standing up attacks the fighter punching, who is in lying down position, to the body and legs, while the second fighter doesn’t protect himself more than 5 second. In this case referee can stop the fight and give a warning for passive fight. (Art.20)

c) 20 seconds lapsed from the start of a pain move or strangle.

d) If there is no real action referee may stop fighting after 5 seconds.

6. Table 2 below lists points awarded for various technical actions and forbidden actions during a hand-to-hand fighting bout.

7. Points are awarded only for the throws from standing position.

8. A punch to body resulting in loss of balance and fall on the body or bumps is evaluated as a throw and a blow separately (besides knockout or knockdown).

9. Strikes targeting shoulder blades shall not count.

10. Total (clean) victory as technical action shall be awarded for:

a) a pain or strangle effect move causing the opponent to submit;  
 b) a knockout;  
 c) three knockdowns (for juniors two knockdowns), in the multi-round fights: three knockdowns during a round or four knockdowns during the fight;  
 d) if one of the athletes have at least 10 point advantage (except multi-round fights);  
 e) the opponent is withdrawn from the fight (competition).

**11.** Two points (Russian: “dva balla”) shall be awarded for:

- a) a combo hand punches and/or foot kicks;
- b) a foot kick to the head;
- c) a knockdown;
- d) a throw of an opponent to the land on the body without the attacker falling down;

e) A holding (pinning) the opponent for 20 seconds;

**12.** One point (“odin ball”) shall be awarded for:

- a) a hand punch to the body or head;
- b) a foot kick to the body;
- c) a throw with a fall in which the opponent fell on the body;
- d) a throw without a fall in which the opponent fell on his buttocks;
- e) a holding for 10-19 seconds;
- f) a warning issued to an opponent.

**13.** Active behavior (activity) shall be awarded for:

a) a throw with a fall in which the opponent fell on his buttocks (Art 11, Para 6 «b»);

b) unbalancing the opponent when the opponent touches on the carpet his hand or knee (on three point throw) Article 11, Para 6 «c,d»;

d) A holding for 1-9 seconds. Activity is awarded only once in a fight, any other attempt to hold less than 10 seconds is not evaluated.

**14.** Active behavior score awarded by decision of referees. In the event that, after half of the fight has elapsed and none of the opponents scored and both opponents only have warnings (i.e. the score of technical points and activity points is 0:0), the three referees determine the more active opponent in a fight in the first half of the bout.

Points scored by a fighter for warnings to his opponent shall not count as technical points.

In case of getting technical points by a fighter, the activity awarded by referee’s decision is annulled.

**15.** During the fight fighter can be awarded only once for the hold down 2 points (two points are awarded once or one point awarded twice – one each time). In the case of a fighter got a two points, the activity awarded for the holding is annulled and any other attempt to hold is not evaluated. Except multi-round fights (Article 14, Para 4).

**16.** During the competition Fighter is allowed to have no more then 4 knockdowns (for juniors - three times), the fight should be stopped immediately, and the fighter should be withdrawn from the competition.

**17.** Strikes in the clinch, to the legs and in "Lying down Stance" are not awarded by points but the knockdown and knockout are counted as a valid techniques obtained as a result of such attacks.

**Table 2.**

Technical actions and warnings	Score			
	Total victory	2 points	1 point	Activity
<b>I. Punches and Kicks</b>				
1. Knockout	*			
2. Three knockdowns	*			
3. Knockdown		*		
4. Foot kick to the head		*		
5. Combo hand punches and/or foot kicks		*		
6. Hand punch to the body or head			*	
7. Foot kick to the body			*	
<b>II. Throws</b>				
8. Throw of an opponent to land on the trunk of his body without the attacker falling down		*		
9. Throw with a fall in which the opponent fell on the trunk of his body			*	
10. Throw without a fall in which the opponent fell on his buttocks			*	
11. Throw with a fall in which the opponent fell on his buttocks				*
12. Unbalancing (the opponent touches the carpet his hand or knee (touches three points))				*
<b>III. Ground Fight (lying down)</b>				
13. Pain or strangle effect move causing the opponent to submit	*			
14. Hold-down		<b>20 sec.</b>	<b>10-19 sec.</b>	<b>1-9 sec.</b>
<b>IV. Warnings</b>				
15. A breach of the Rules occurred which justifies 3rd warning to the fighter	*			
16. A breach of the Rules occurred which justifies 2nd warning to the fighter		*		
17. Warning issued to an opponent.			*	
<b>V. Other actions</b>				
18. "More Active" award by referees in the middle of the fight, with no score achieved for technical actions				* *

## **Article 20. Warnings for the prohibited moves**

1. Warnings for the prohibited moves during the fight:

a) warnings for stepping outside the mat area and for other breaches of Rules are counted separately;

b) first use of a banned action during a fight (Article 17) is punished by a warning;

c) the second use of a banned action is punished by the 1<sup>st</sup> warning, opponent being awarded one 1 point or 2 points;

d) after 3rd warnings the fighter is disqualified and the opponent is awarded clean victory (except warnings for stepping outside the Carpet, Article 20, Para 2);

e) In the event that a gross violation of rules by a fighter occurred resulting in the fighter's withdrawal from the contest, the opponent is judged clean victory in that fight.

2. A fighter may be punished by one "warning" for stepping outside the mat by both feet. Every next stepping outside the mat is punished by the warning, opponent being awarded one 1 point, regardless of the number of exits from the mat.

3. In case of delay in reporting at the fight mat of over 30 seconds after a repeated call – a warning is used as punishment, over 1 minute – first warning, over 1 minute 30 seconds – second warning, over 2 minutes – nonappearance is registered for the fighter and the fighter is withdrawn from the competition.

In the case of stepping back from the advancing opponent for 30 seconds, the first warning is given to the retreating fighter for evasion of active fighting, if retreating continues for 1 minute – the first warning is given, 1 minute 30 seconds – second warning, 2 minutes – a defeat in the fight is registered.

4. Depending on the seriousness of the violation a fighter punishment can go straight into 2nd or 3rd warning, defeat in the fight (round) or withdrawal from the competition.

5. In the event that a fighter is using an eligible move and the opponent is breaking the rules, the fighter's actions are evaluated and his opponent will be punished depending on the degree of violation of the rules.

6. In the event that a fighter is using an eligible move causing the opponent to step outside the mat the stepping outside shall not be punished.

7. Judging actions leading to trauma during a fight.

It is at the discretion of the Doctor of Competitions to decide if a trauma has been inflicted, seriousness of the trauma and if the injured is able to continue the fight (competition). Responsibility for the injury (breach of Rules) is decided upon by the panel (committee) of three judges.

8. Withdrawal from the fight and disqualification for banned activity during the fight.

A fighter shall be withdrawn from the fight or removed from the competition (disqualification current competition), if:

a) a breach of the Rules occurred which justifies 3rd warning to the fighter;

b) inflicting injury by moves putting the opponent out of bout;

c) inflicting injury by moves putting the opponent out of competition;

d) gross violation of ethics;

e) refusal to participate in the awarding ceremony, except for pre-agreed cases.

Disqualification for the competition shall mean that a fighter is not awarded a place in the competition.

9. For gross misconduct of the Delegation Representative interfering with the work of the referees, medical unit and organizers of the Competition, the represented athlete may score a warning, including disqualification from the competition.

## **PART V. THE REFEREE COMMITTEE.**

### **Article 21. Composition.**

1. The Referee Committee consists of Main Referee (Chief Referee, Sports Commissioner of the competition, Deputy Chief Referee, Chief Secretary, Deputy Chief Secretary, Mat Chief), Referees (Side Referees, Technical Secretaries, Timekeeper Referees, Announcing Referees, Referee with participants, Operator Referees) and auxiliary personnel (competition superintendent, medical personnel, technical personnel).

2. Composition of the Referee Committee is suggested by the Hand-to-Hand Fighting Sport International Federation and approved by the hosting organization no later than 20 days prior to the beginning of the Competition.

3. Calculation of referee requirement based on size of competition is shown in Appendix 9.

4. A referee should have with him a referee outfit, a whistle, medical gloves, a referee ID and Rules of Competitions.

The Referee Outfit consists of dark color trousers, blue T-shirt, a red(green) and a blue(white) sleeve cover a width of 15 cm and soft sports shoes (wrestling shoes). A logo of the HSIF (association) should be located on the left side of the chest, the word "Referee" should be written across the back.

5. Auxiliary personnel: participant attending referee, referees info-screen operators, technical secretaries, medical personnel and competition superintendent should be provide by territorial organization of hand-to-hand fighting, conducting the competition.

### **Article 22. Chief referee, deputy chief referee.**

1. Chief Referee supervises the competition and is responsible for running the Competition in compliance with these Rules and Regulation on Competition.

2. Deputy Chief Referee is appointed by the Chief Referee from among the Mat Chiefs and reports to the Chief Referee.

3. The Chief Referee shall be required to:

- a) check the premises, equipment, inventory and all necessary documentation;
- b) run lot drawing for Participants;
- c) appoint the referee teams and distribute referees to every fight site;
- d) approve the competition schedule;

e) hold a meeting of the Referee Panel together with the Delegation Representative;

f) provide a final assessment of the work by each member of the Referee Panel;

g) submit a report to the organization hosting the competition in a timely manner.

4. The Chief Referee shall be entitled to:

- a) interrupt or stop the competition, if unfavorable circumstances should occur preventing their adequate running;
- b) amend the program and the schedule of the competition;
- c) withdraw referees who showed gross errors of judgment;
- d) withdraw a participant from the competition in accordance with Article 20 of current Rules;
- e) make a remark, a warning, suspend representatives of teams who have committed unethical behavior, with further deterioration of behavior, in the flesh until the team is withdrawn from the competition (all personal and team results are canceled);
- f) delay announcement of score for a technical action or fight result, if he disagrees with the decision of the judges.

5. Chief Referee's orders are binding for fighters, referees, representatives and members of Delegations.

6. Chief Referee shall not have the right to change Rules of Competitions.

### **Article 23. Chief Secretary, deputy chief secretary.**

1. Chief Secretary manages the work of the Secretariat charged with the task of preparation and issuing of all the documentation for the Competition. On the Chief Secretary's instructions or during his absence Deputy Chief Secretary performs the Chief Secretary's duties.

2. Duties of the Chief Secretary are:

- a) to act as member of the Admission Commission;
- b) to attend lot drawing sessions;
- c) to prepare the competition schedule and determine the procedure for athletes to fight in round-robin tournament;
- d) to provide information approved by the Chief Referee to delegation representatives, announcer referees and the Media;
- e) to maintain competition reports;
- f) to document final results of the Competition.

### **Article 24. Mat Chief.**

1. During the fight Mat Chief is positioned at the referee table at the Carpet.

2. The duties of the Mat Chief are:

- a) to rate fighters' actions/situations using prescribed gestures and terminology, announce final verdict taking into consideration the majority vote of the referee threesome;
- b) controls the work of referee support staff, display of data on the scoreboard and in the protocol of the fight;
- c) with significant difference of referees' opinion Mat Chief stops the fight and makes the final decision after discussion of controversial moments with the referees;
- d) To call out fighters to the floor and present them;
- e) If necessary, to call a doctor calls to the Carpet side;
- f) Monitor the work of the referee assisting personnel, correctness of data entered into the fight progress protocol and on the information screen.



### **Article 25. Referee on the Mat.**

1. Referee on the mat follows and manages the fight from the mat using a whistle and prescribed gestures. Referee on the mat shall manage the fight and ensure that the fight takes place in strict compliance with the Rules.

2. The duties of the Referee on the mat are:

- a) To monitor fighters' movements/activities following them around the mat, respond in a timely manner to signals from the Side Referee and the Mat Chief;
- b) To whistle-start the fight, whistle-resume the fight after a stop;
- c) To give independent assessment of the situation, moves and activities of the fighters;
- d) To participate in presenting the opponents and calling out the result of the fight.
- e) stops the score of the fight resulted in knockout with loss of consciousness and calls a doctor to the mat.

### **Article 26. Side referee.**

1. During the fight Side Referee is standing or sitting on a chair near the border of the carpet security zone and follows the activities of the fighters.

2. The duties of the Side Referee are:

- a) To rate moves and activities of fighters using prescribed gestures, terminology or voice;
- b) To participate in determining a more active party in a fight at mid time;
- c) To take part in analysis of a disputed situation with decisive vote;
- d) May gesture to attract attention of the Mat Chief and point to fight episodes where he had a better angle to view than for the Referee on the mat.

### **Article 27. The Sports Commissioner of the competition, Appeal committee.**

1. Sports Commissioner is appointed by the International Fighting Federation, should be a highly qualified referee and event organizer with years of experience.

2. Sports commissioner is required to:

- a) control the way the entire tournament is going. Any recommendation and warnings should be addressed only to the Chief referee;
- b) be involved in all disputes together with chief referee and team representative;
- c) be present at all fights which require his attention;
- d) present in 10 days period the general information (report) about quality control of the tournament. The report must include all the details (amount of teams, evaluation of referees work, etc.) of the competition.

3. Sport commissioner has the right:

- a) in case of revealed facts of gross violations on the part of the referee team, require the chief referee to remove these referees from referring.
- b) participate in the analysis of any disputable situations, with the right to additional discussion and final decision, has a decisive vote, but when making a decision, he must take into account the opinions of the referees.
- c) in cases where a team representative (captain) or an athlete has committed rudeness, entered into arguments with the judges and showed obvious disrespect to the

medical staff, demand from the chief judge, issue a warning, and in case of a repeat, suspend the violators from performing their duties. All violations are shown in the Commissioner's report.

4. Appeal committee organized by the Chief referee. The appeal commission should consist of 3 highly qualified referees (the Appeal referee, the Deputy chief referee, the competition commissioner), be located separately from the referees' tables and be provided with a video replay system.

a) Using the video recording system the appeal committee is in charge of all questionable calls of the fight.

b) The decision of the appeal committee is final for all the participants.

c) Chief referee and Sport Commissioner overlook the appeal committee.

## Article 28. Technical Secretary, Operator Referee, Announcing Referee

1. The Technical Secretary records the progress of the fight seated at the Referee Table, next to the Mat Chief or with Side Referee (during the multi-round fights). The Secretary enters points awarded to fighters for technical actions, warnings and reprimands as they are announced by the Mat Chief or Side Referee in the progress of the fight. Those entries are made into the Protocol of the Fight (Appendix 6).

2. Scores for movements, reprimands and warnings, as they are issued to fighters, are entered in the protocol by codes as follows:

<b>V</b>	– total (clean) victory;	– <b>V</b>
<b>KO</b>	– knockout to the head;	– <b>Нк</b>
<b>KO-b</b>	– knockout to the body;	– <b>Нк-Т</b>
<b>PH</b>	– painful hold;	– <b>БП</b>
<b>SH</b>	– strangle;	– <b>Уд</b>
<b>CA</b>	– clear advantage (10 points advantage);	– <b>ЯП</b>
<b>TKO</b>	– technical knockout;	– <b>ТНк</b>
<b>KD</b>	– knockdown;	– <b>Нкд</b>
<b>ITC</b>	– impossibility to continue the fight;	– <b>НПБ</b>
<b>RTC</b>	– refusal to continue the fight;	– <b>ОПБ</b>
<b>2</b>	– two points;	– <b>2</b>
<b>1</b>	– one point;	– <b>1</b>
<b>A</b>	– activity for technical move;	– <b>A</b>
<b>(A) (1) (2)</b>	– score for the holding A, 1, 2, in the circle;	– <b>same</b>
<b>Ar</b>	– activity by referee decision;	<b>Ар</b>
<b>RSO</b>	– reprimand for stepping outside the mat;	<b>Зв</b>
<b>SO</b>	– warning for stepping outside the mat;	<b>В</b>
<b>Rr</b>	– reprimand for other breaches of Rules;	<b>Зп</b>
<b>W1</b>	– 1 <sup>st</sup> warning - for other breaches of Rules;	<b>П1</b>
<b>W2</b>	– 2 <sup>nd</sup> warning for other breaches of the Rules;	<b>П2</b>
<b>W3</b>	– 3 <sup>rd</sup> warning for other breaches of the Rules;	<b>П3</b>
<b>DSQ</b>	– withdrawal from the fight for other breaches of Rules	<b>ПС</b>

The first score for technical action is prefixed by + sign.

Clean victory is entered by “V” sign in the winner line with explanation if it was “SH (Уд)” or “PH (БП)”, “KO (Нк)”, “TKO (ТНк)”, etc. in the loser line. A knocked out fighter is highlighted in red.

Scores for the holding down is penned by a circle.

After a more active party in a middle of the fight is determined, an entry “Ar (Ap)” is made in the Protocol.

3. In the event of no show for the fight, an entry “WO (H/Я) (no show) is made next to the athlete’s name or “WO-d (CH.BP.)” (withdrawn by the doctor) and the opponent is awarded victory.

4. If the fight was terminated before time, the net time lapsed is recorded in the fight protocol.

5. At the end of the fight (round) technical secretary enters total scores for each fighter accrued during the fight, the length of the fight and, if necessary, the summary of activities, upon which he hands the protocol over to the Mat Chief to announce final verdict. Secretary enters results of the fight in the Protocol. The name of the winner is penned by a circle, name of the defeated party crossed out.

6. Other entries in the Protocol are not allowed.

7. The Operator referee shall sit at the Mat Chief’s table and display the following information about the fight on the electronic scoreboard.

Resetting the scoreboard is done on instructions from the Mat Chief.

8. The Announcing Referee is responsible for organizing radio information for participants, representatives and audience. The Referee’s duty is to have good knowledge of Rules and Regulations on Competition, sport achievements of teams and participants, contingent of honorary guests, etc.

## **Article 29. Referee with participants.**

1. The Referee with the Participants organizes transition of participants to places for Competition and for prize awarding, lines up the athletes for Parades, gives timely warnings of the order of their appearance on the Floor, checks names of participants in the Protocol and compliance of their outfits with the requirements of these Rules (Article 8), notifies Chief Secretary of non-attendance, refusals and withdrawals of participants from the Competition.

## **Article 30. Competition doctor**

1. The Competition Doctor’s duties are:

- a) to check if applications for participation in the Competition submitted by the Participants contain necessary medical clearances including doctor's stamp;
- b) to attend weighing sessions, conduct medical examination of participants;
- c) to monitor sanitation and hygiene situation at the Competition venue;
- d) to monitor health of the athletes during Competition;
- e) to render medical aid to athletes at the Carpet, make conclusions as to the ability of an athlete to continue the fight;

- f) to make final decisions as to the ability of an athlete to continue the competition on medical matters;
- g) to supervise the works of medical teams at fight sites.

**Article 31. Competition superintendent.**

1. The Competition Superintendent is responsible for timely preparation and arrangement of competition locations, security, accommodation and services for Participants and the audience, suitability for use of special equipment and tools, maintaining order during the Competition, as well as providing necessary support under instructions from the Chief Referee.

2. The Competition Superintendent shall manage the work of technical staff and supervisor-managers.

## PART VI. JUDGING RULES

### Article 32. Judging the self-defense discipline, sections: «Self-defense»; «Self-defense 1+1».

1. Judging the self-defense discipline is carried out in an open way using spreadsheets or electronic scoreboard.

2. The officiating of the self-defense part shall be conducted by the Mat Chief, Referees on the mat, four Side Referees, Technical Secretaries and Referee with participants. The Side Referees are located on the side corners of the carpet, the Referee on the mat – in the middle of the mat, the Mat Chief and Technical Secretary – at the referee table.

The Mat Chief and Side Referees rate actions by fighter during the hand-to-hand fighting technique demonstration, the Referee on the mat and Technical Secretary - provide technical support of the competition. The assessments of fighters are recorded into the Protocol (Appendix 5.1 and 5.2).

3. Participant's outfit includes: hand-to-hand fighting suit green and white color, shin guard pads for feet protection, groin guard shell (for male athletes or special protective arrangement for female athletes), gum-cap, for female athletes - chest protector. The assistant of fighter should have a red belt if the fighter is first or blue, if the fighter is second in the match. The fighter has the same color belt or his own black belt. It is possible to have pictures on the suit are approved by HSIF and organizer.

4. Age groups and weight categories.

**Table 3**

Cadets (girls)			Junior 18-21 and adults (women)
12-13 years	14-15years	16-17 years	
35 kg	40 kg	45 kg	50 kg
40 kg	45 kg	50 kg	60 kg
45 kg	50 kg	55 kg	70 kg
50 kg	55 kg	60 kg	80 kg
55 kg	60 kg	65 kg	70 up kg
55 up kg	60 up kg	65 up kg	
Absolute			no weight

Cadets (boys)			Junior 18-21 and adults (men)
12-13 years	14-15years	16-17 years	
35 kg	45 kg	50 kg	70 kg
40 kg	50 kg	55 kg	75 kg
45 kg	55 kg	60 kg	80 kg

50 kg	60 kg	65 kg	85 kg
55 kg	65 kg	70 kg	90 kg
60 kg	70 kg	75 kg	95 kg
65 kg	75 kg	80 kg	100 kg
65 up kg	75 up kg	80 up kg	105 kg
-	-		110 kg
-	-		110 up kg
Absolute (HA)			no weight

### 5. Procedure of the refereeing

- a) 5 referees are participating in scoring: head referee and 4 side referees
- b) Head referee calls fighters to the mat (the fighter and his assistant with the red belt takes place at the mat border to the right of the referee, the fighter and assistant with the blue belt – at the mat border to the left of the referee) and announce them.
- c) Referee being on the mat invites the fighters to the center of the mat. Decides by draw who is doing the technique first and the number of tickets (Appendix 8.2.), controls the match, using referee whistle and gestures. He gestures for violations of the rules and blows whistle to the referees for scoring.
- d) Fighters exchange the demonstration of the self-defense technique against identical attacks (Appendix 8.1.). During the self-defense technique fighters are allowed to use any punches, throws, chokes, arm locks. All techniques should be in control. All life and health threatening moves are prohibited.
- e) During each bout fighters show self-defense technique against 5 attacks. (Examples of the tickets in Appendix 8.2.). The athletes demonstrate technique with their assistants. The fighter, who was determined by lot as the first, starts the demonstration of the technique from 1, 3, 5 attacks. The fighter, who was determined by lot as the second, starts the demonstration of the technique from 2 to 4 attacks.
- f) After execution of each technique side referees pick the best fighter from two athletes using Criteria for the effectiveness of the defense action (Appendix 8.3). The Technical secretary puts the points into the Protocol (Appendix 5.1). The operator duplicates the points on the scoreboard, summarizing points.
- g) If the points are equal, fighters have to show opposite side technique. If the points are equal again, fighters have to show opposite side technique for the third time. But in this case referees have to choose the strongest fighter.
- h) In case of having equal points after 5 defenses, the fighters have to repeat the first self-defense technique again.
- i) The referees use special hand gestures:
  - «1 point» - raised hand up;
  - «equal opportunities» - joined both hands fists;
  - «self-defence is ineffective» - crossed hands;
  - «warning» - raised straight hand at an angel of 90, directed towards the breaker.

j) At the «warning» in the protocol is «W1,2,3», and when calculating the final score one point is deducted for each warning.

«Warning» to an athlete is announced for the following violations:

- a) slowness and passivity;
- b) an assistant attacks slowly (unreal attack);
- c) an assistant punching and kicking on distance, imitating an attack, without actually threatening to the opponent (unreal attack);
- d) an assistant imitates any grabs (unreal attack);

At the end of demonstration head referee announces the final score and declare the winner.

6. In the part of "Self-Defense 1+1" the technique is being demonstrated by both fighters. Each technique is done by one fighter and then another. The referee award points to each fighter. The combined score of the first and second fighter is visible at the score board.

The Technical secretary put the points into the Protocol (Appendix 5.2).

At the end of demonstration head referee announce the final score and declare the pair of winners.

7. Depends of the score the fighters getting the qualification points.

- 1) Total Victory –score difference is more than 11points (“Self-defense 1+1” -21 points), winner gets 5 qualification points.
- 2) Victory by points- winner gets 4 qualification points, loser 1 point.
- 3) Minimum Victory (difference of one point) the winner gets 3 qualification points the loser 2 points.

### **Article 33. Judging in the «Fight» discipline**

1. The duration of the fight is determined by the formula of the competition and approved by the Regulations.

A different Formula for holding preliminary and final matches is possible (stipulated by the Regulations).

The formula of fights for men and women:

- a) 5 minutes of pure time;
- b) 3 rounds of 2 minutes with a break of 1 minute between rounds;

The formula for holding fights for juniors and juniors:

- a) 4 minutes of pure time;
- b) 3 rounds of 2 minutes with a break of 1 minute between rounds;

The formula for boys and girls duels:

- a) 3 minutes of pure time;
- b) 3 rounds of 1.5 minutes with a break of 1 minute between rounds.

Net clean time is a summary time between the Referee’s whistles to start (resume) and stop (interrupt) the fight.

2. Maximum number of fights cannot be more than 5 in one day and 8 for a one competition for adults and juniors (man and woman).

For cadets (boys and girls) - not more than 4 bouts in a day and 6 for a one competition.

**3.** The break between fights must be at least 10 minutes. And at least 15 minutes between semi-finals and finals fights. The break between rounds must be 1 minute.

**4.** The officiating of the fight shall be conducted by the referee committee is comprised of: Mat Chief, Referees on the Floor, Side Referees, Timekeeper Referees, Technical Secretaries, Operator Referees and Referee with participants.

**5.** Opponents' actions are rated for score by a team of three referees: Mat Chief, Referee on the Floor and Side Referee. During the battle consisting of several rounds – by a team of three Side Referees.

**6.** Medical team composition at the fight site: one doctor, one paramedic.

**7.** Before the bout the Mat Chief presents the Referee on the Floor and Side Referee, then calls the participants of the fight to the floor and presents them to the audience. Following presentation Referee invites opponents to shake hands before the fight.

Referee with participants is located in the control zone. The rest of the Referee Team takes seats according to the Appendix 10.1 and 10.2.

**8.** The fight begins after the Referee's whistle. The Timekeeper Referee switches on the main stop watch and doubles up the Referee's whistle signaling its start by a gong strike. In multi-round duels, the bout time goes on without pauses, with the exception of para 10.11 of Article 33.

**9.** Rating opponents' actions during the fight.

All actions of opponents in a fight are evaluated in the period from the start (resume) and interrupt (stop) whistles by the Referee. Exception is the end of the fight – the fight end signal is the sound of the gong. During the multi-rounds battle the fight shall start and end upon a sound signal of gong.

The Mat Chief, Referee on the Floor and Side Referee rate actions by opponents during the fight, each independently of others, and announce their opinions by prescribed gestures.

The Mat Chief announce the final score (decision) taking into consideration the view prevailing in the Referee Team.

**10.** For elimination of disorder in equipment the fighter has a limit of 2 minutes (in total) during the fight. Each case of exceeding the time limit shall be regarded as a violation of the rules, defined in Article 20. The time of the match is stopped.

**11.** Should a fighter require medical assistance, the Referee on the Floor can stop the fight and call a doctor to the floor. During the medical assistance, the Referee is standing next to the doctor. In the event that the aid exceeds 2 minutes, the fight shall be stopped (for reasons of inability to continue).

The doctor may demand that the fight is interrupted or stopped “due to inability of an athlete to continue” and immediately proceed to render assistance.

**12.** Awarding “Activity” score by referee decision – Ap. (Article 19, Para 13).

The Mat Chief stops the fight and offers the referee team (three) to vote the more active party of the 1<sup>st</sup> half of the fight or the 1<sup>st</sup> round . Signaled by the Mat Chief, each of the three referees shows “activity” gesture using the hand with color of the sleeve matching the opponent who is being evaluated as more active. That decision of the referee team shall not be reconsidered and no appeals are accepted by Chief Referee from Representatives on that matter.



**13.** Should judgments be drastically different among the referees, to avoid error in deciding the outcome of the fight, it is the Mat Chief's duty to stop the fight and work out the final verdict after additional analysis of a disputable situation among the referee threesome.

**14.** Interrupting the fight.

The Referee on the Floor determines the moment the fight should be stopped independently, taking into account all circumstances of the fight's environment, aiming at minimizing effect of interruption on the attacking party.

Exceptions are:

- a) when a fight is judged ineffective (Article 19, Para 4,5);
- b) on demand of the Mat Chief;
- c) When there is a need to announce a punishing measure to the defending party, who violated rules while fighting in horizontal position on the floor (Article 33, Para 19d).

**15.** In the event that the injured fighter after medical assistance is unable to resume the fight or the doctor of the competition decides that medical assistance may only be provided out of the mat, the fight shall be stopped and the opponent shall be awarded a clean victory.

Should the opponent of the injured athlete be judged guilty of that injury, he/she shall be removed from the fight (or competition) and the clean victory be awarded to the injured athlete.

**16.** Knockdown, knockout.

a) If following an allowed technical actions, the fighter is in a semi-conscious state and cannot continue the Bout and if it continues there is a threat to his health and life, the Referee on the floor should stop the fight immediately (only for the young athletes (boys and girls). Based on the decision of the Three Referees the fighter is eliminated from the competition (for reasons of inability to continue) and the opponent shall score clean victory, according Article 34 Para 1d). The decision on need of medical assistance and the recovery period is made by the doctor of competition.

In Junior and Adults Competitions a fighter will be considered to be knocked down.

b) In the case of a Knockdown, the Referee on the floor must immediately starts to count from one (1) to ten (10) with intervals of a second between the numbers, and will indicate each second with the hand so that the fighter who has been knocked down may be aware of the count. If the participant fell, the countdown is carried out squatting. If a fighter is knocked down, the fighter's opponent must at once go to the far corner. If the opponent does not respect this, the Referee must suspend the count until the opponent complies with the command.

c) When a fighter is knocked down as the result of a blow, the bout must not continue until the Referee has reached a mandatory count of eight (8), even if the fighter is ready to continue before then.

d) After the Referee has said "ten" and "out" the bout ends and must be decided as a victory of a knockout.

e) In the case the fighter is not able immediately to come back after the knockdown before the expiration of 10 seconds, such fighter will be deemed to have lost the Bout.

f) If the fighter is knocked out, only the doctor and Referee on the floor can stay on the mat until the doctor needs additional help.

g) The admission of the knocked-out fighter to participate in the next competitions is performed after passing of the recovery period and special medical examination, including ultrasound examination of abdominal cavity organs and a brain computed tomography. The results of examination and admission to the competition must be reported in the fighter's sport passport.

If a fighter was knocked out to the head, he is forbidden to participate at the event at least 3 months.

#### **17. Hold-down.**

As soon as one of the athletes is pinned, the Referee on the floor must make the "hold-down" gesture and the Mat Chief loudly announce: "Counting hold-down time!" After 10 seconds, the Mat Chief shall announce: "Ten seconds counted!" and after 20 seconds - "Hold-down counted!"

If the person being hold-down is in a position described in Article 14 Para 3, the Mat Chief must announce: "Hold-down not counted!"

If the attacker switches to a painful hold (strangle) during pinning, the Referee on the floor shall make the appropriate gesture and the Mat Chief shall announce: "Hold-down not counted!"

In multi-round matches hold-down is not counted.

#### **18. Submission move (painful hold, strangle).**

As soon as an opponent started to execute a submission move (pain or strangle), the Referee on the Floor should call out: "Counting for pain (strangle) move!" accompanying that statement by an appropriate gesture and the Mat Chief must announce: "Counting painful hold (strangle) time!"

Time allocated for the submission move from the announcement is 20 seconds. If the attacker fails to complete a submission move in the allocated time, the Mat Chief should announce: "Submission move not counted", signaled by the Timekeeper Referee and the Referee on the Floor should immediately stop the fight. The fight is then renewed in the center of the Floor with opponents in starting stances.

If the attacker stops to complete a submission move (painful hold, strangle) in the allocated time and switches to a hold-down from this moment begins the countdown of the holding according to Para 17.

If during holding a submission move or painful hold, defending fighter goes beyond the mat with the attacker, in this case defender fighter is punished for prohibited technical act.

#### **19. Punishment for breaking the Rules.**

In deciding on the punishment for breaking the Rules:

a) The Referee on the Floor may issue a reprimand to the offending fighter without conferring with other members of the Referee Team;

b) Warnings, as well as defeats, are decided by majority vote of the Referee Team;

c) For disqualification decision the verdict is presented to the Chief Referee of the Competition for approval;

d) In calling out reprimands or warnings the Referee interrupts the fight, calls fighters to the center of the Floor, using prescribed gestures points to the direction of the offender (with color of the sleeve of the hand used matching belt color of the offender) and, using the other hand and prescribed gestures, shows the scores awarded to the other side, upon which the fight is then resumed in the center of the Floor at the whistle signal from the Referee on the Floor;

e) Should there be a situation where a defending opponent in horizontal, lying on the floor fighting position allows a banned move, the Referee on the Floor, without stopping the fight, tells the fighter to stop executing the banned move and announces a reprimand or another warning to that fighter. Should the fighter disobey, the procedure is then repeated. Should there be grounds for issuing the third warning to the fighter, the Referee on the Floor stops the fight by a whistle signal and, by decision of the Referee Team, withdraws the fighter from the fight;

f) Violations of the Rules, except the stepping outside the Mat, are punishable even after the whistle to stop or interrupt the fight.

#### **20. Ending of the fight.**

The Timekeeper Referee signals the end of the fight by a strike of the Gong when the time of the fight is up as shown on the main stop watch. The signal is duplicated by a whistle and a prescribed gesture of the Referee on the Floor. The Fighters and the Referee on the Floor, as well as the Side Referee, then take their initial positions on the Floor.

The Mat Chief determines from the fight protocol the outcome of the fight calls the opponents out to the center of the Floor and announces the results of the fight. In multi-rounds battle the result is announcing after the last round. The Referee on the Floor at this point raises the hand of the winner, and then opponents shake hands and leave the Floor.

#### **21. A clear victory and an early end of the bout.**

In the case one of the fighter wins as a clean victory (Article 19, Para 9), the Referee on the Floor stops the fight by the whistle. The Declaration of the result of the bout is similar as in Para 20.

### **Article 34. Fight result**

#### **1. Clean victory is awarded when:**

- a) actions of the fighter are estimated according to Article 19, Para 9);
- b) the opponent can't continue the fight (removed by the doctor) and the other fighter did not violate any rules;
- c) the opponent has been disqualified from the bout or competition for breaking the Rules or being technically unprepared;
- d) the opponent by himself or via his representative refused to continue the fight – “refusal to continue the fight”.

**2. Victory by points is awarded when the difference between points scored during the fight between fighters from 1 to 10.**

**3. Victory by marginal superiority is awarded when the score of points is a draw, but one of the fighters:**

- a) Has registered more “activities” (as technical actions, should not be mixed with “activity referee decision”);
  - b) Was the first to execute an eligible technical action in a situation of a draw of the number of “activities”
  - c) Was recognized by referees as more active in the first half of the fight.
4. When both fighters are withdrawn from the fight or competition for gross or multiple violations of the Rules (Article 20), defeat to both is judged.
5. When both fighters are removed from the fight or competition due to injury, with neither judged guilty of breaking the Rules, the result of the fight is determined based on the score achieved at that time in the fight.
6. Unfulfilled bout. In case of withdrawal of the fighter from the competition by the doctor directly before the bout or for being late to the fight more than 2 minutes (non-attendance), the victory is awarded to his opponent.
7. In accordance with the result of the bout, the fighters are awarded by the following classification points:
- a) Clean victory – winner 5, loser – 0;
  - b) Victory by points - winner 4, loser – 1;
  - c) Victory by marginal superiority - winner 3, loser – 2.

### **Article 35. Protest by the Delegation Representative and the Cornerman:**

1. A written application/appeal of the Delegation Representative may be tabled in connection with gross violation of the Rules or otherwise unusual situation.
2. Procedure of protest by the Delegation Representative:
- a) An appeal in connection with the outcome of a fight shall be submitted by Delegation Representative to Chief Referee no later than 10 minutes after the fight has ended. The text should include grounds for appeal with mandatory reference to the Para of the Rules which was allegedly violated.
  - b) An application about an unusual situation should be submitted immediately upon its development;
3. Consideration of the Delegation Representative’s protest:
- a) Appeals are considered by the Chief Referee involving Sports Commissioner of the competition, referees and other persons who is involved in the incident covered by the Application;
  - b) Decisions relating to applications connected with the result of a fight must be worked out on the day of submission of the Application,
4. Chief Referee makes the final decision, puts it in writing and notifies parties involved.
5. Corner man has the right to appeal the judge call during the fight.
6. Procedure of appeal by the Cornerman:
- a) Cornerman has to show the appropriate “Challenge” sign (Appendix 7.3);
  - b) Referee stops the fight and approaches the corner man for the explanation of the interruption.
7. Consideration of the Corner man’s protest:
- a) protest will be evaluated immediately by the Mat Chief, Chief Referee, Sports Commissioner with the help of video recording;

- b) if video recording is not available the decision will be made by the same people and all referees at the mat;
- c) after the decision is announced the necessary adjustment is made in the protocol;
- d) if the Cornerman is right than the adjustment is made and the fight continues;
- e) if the corner man was wrong, he loses his privilege to protest anymore during this fight.

## **Part VII. EQUIPPING COMPETITION VENUE**

### **Article 36. The venue**

1. The site for Competition (Appendix 10.1) is an area with rectangular shape of the size no less than 12x12 m, and is stacked from tatami mats. According to the HSIF decision the site for competition can be on the podium with a height of 1 meter above the floor level in the competition hall.

The space within the danger zone perimeter is called the Mat. The size of the Mat is 8x8 m.

The area beyond the Danger Zone is called Security Zone. Security Zone covered by tatami shall be no less than 2 meters in width and when using the podium – at least 3 meters.

If two or more sites for competitions are located next to each other, the total Security Zone between them shall be no less than 4 m in width.

All participants, the Referee Panel and auxiliary personnel should be located according Appendix 10.1.

2. Tatami is a floor covering assembled of mats, each piece 2x1 or 1x1 meter in size, made of 4 cm thick polymer material.

### **Article 37. Requirements for competition venues**

1. The sport hall must have a natural lighting factor of at least 1:5 and artificial lighting factor of at least 200 lux. The mat must be illuminated from above by fixtures that reflect or scatter light from the suppressor grid.

2. During the competition, the room temperature must range from +15 to +25 °C.

Ventilation must ensure air circulation three times per hour.

3. Ambient temperature during the competitions in the open air should be kept from + 15 C to +25C. The site for Competition should be protected from direct sunlight.

4. Audience seats should be no further than 4 m from the Carpet edge.

### **Article 38. Sound signal (gong), scales, stop watches**

1. Sound Signal (Gong) can be of any type, as long as it is loud enough with a pleasant tone.

2. Scales for participants should be in good order and accurately calibrated. The weight on them should be measured in kilograms and grams, recorded with an accuracy of 50 grams.

3. Stop watches should be able to stop/resume time count without automatic resetting through the fight. The time of the match is measured in minutes and seconds with an error of no more than 0.5 seconds.

**Article 39. Info panel (scoreboard)**

1. For informing the audience and participants on the progress of the fight an information panel is set up in a most convenient location for the work of the Referee Committee and the audience to see. Information displayed includes scores awarded to combatants during the fight, their names and weight, submission move time, bout time and technical time.

2. Information Stand is also set up for notices to Participants and Delegation Representatives on the Program, the time table and the progress of the Competition, protocols, and list of participants and other.

## Appendix 1

**PROTOCOL**  
**Of Competition Progress in Hand-to-hand fighting**

---

« \_\_\_\_ » \_\_\_\_\_ 20\_\_\_\_ City \_\_\_\_\_

Weight \_\_\_\_\_

	Surname, Name	Team (country)	1	2	3	4	Points	Place
1								
2								
3								
4								

Chief Referee \_\_\_\_\_

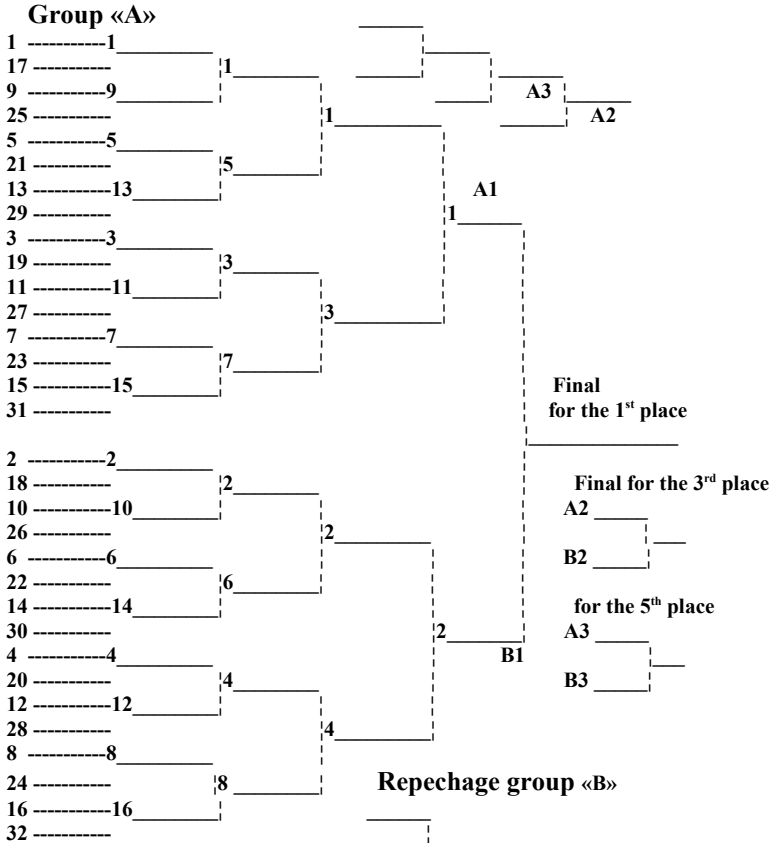
Chief Secretary \_\_\_\_\_

**PROTOCOL**  
**of Competition Progress in Hand-to-hand fighting**

---

« \_\_\_\_ » \_\_\_\_\_ 20 г.      City \_\_\_\_\_  
Weight \_\_\_\_\_

**Repechage group «A»**



Chief Referee \_\_\_\_\_ Chief Secretary \_\_\_\_\_



**Appendix 3****APPLICATION**

From organization: \_\_\_\_\_ for participation in competitions  
in hand-to-hand fighting \_\_\_\_\_

\_\_\_\_\_ from " \_\_ " \_\_\_\_\_ 20 \_\_ to " \_\_ " \_\_\_\_\_ 20 \_\_  
in the city \_\_\_\_\_

№	Full Name	DOB	Weight class	Name of coach	Best result in a year	Medical clearance
1						
2						

Total amount of athletes passed for participation in Competition

\_\_\_\_\_

Head of  
Organization \_\_\_\_\_  
Coach \_\_\_\_\_  
Representative \_\_\_\_\_  
Seal

\_\_\_\_\_ Seal of Medical Body

**Appendix 3.2****PRELIMINARY APPLICATION**

from the \_\_\_\_\_ National team for participation  
in Hand-To-Hand Fighting \_\_\_\_\_  
date \_\_\_\_\_

**ATHLETES:**

№	SURNAME, Name	Date of birth	Gender	Weight category	Best result	Personal coach
<b>M E N and W O M E N</b>						
2						
<b>JUNIOR 18-21</b>						
3						

<b>BOYS and GIRLS 16-17</b>						
<b>BOYS and GIRLS 14-15</b>						

**Other team members:**

<b>№</b>	<b>Surname, Name</b>	<b>Date of birth</b>	
<b>REPRESENTATIVE</b>			
1			
<b>REFEREE</b>			
<b>COACH</b>			

**PROTOCOL**  
**Of weighing and lot drawing for competition in hand-to-hand fighting**

" \_\_\_ " \_\_\_\_\_ 20\_\_\_\_ City \_\_\_\_\_

Weight \_\_\_\_\_ Kg

Item No.	Lot No.	Part. No.	Name	Team	Sport qualification	DOB	Weight of participant	Notes
1								
2								

Chief Referee \_\_\_\_\_

Chief Secretary \_\_\_\_\_ Doctor \_\_\_\_\_

Referees: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**PROTOCOL**  
**Of the competition in the discipline «Self-defense»**

" \_ " \_\_\_\_\_ 20\_\_

City \_\_\_\_\_

Age category \_\_\_\_\_

Weight category \_\_\_\_\_ kg

Mat \_\_\_\_\_ Round \_\_\_\_\_

№	belt	Name	Team	Score for each move						Score	Result	Referees
				1 act	2 act	3 act	4 act	5 act	Extra act			
1	Red											Mat Chief Side ref Side ref Side ref Side ref
2	Blue											Mat Chief Side ref Side ref Side ref Side ref

Chief Referee \_\_\_\_\_

Chief Secretary \_\_\_\_\_

Mat Chief \_\_\_\_\_

Technical secretary \_\_\_\_\_

**PROTOCOL**  
**Of the competition in the discipline «Self-defense 1+1»**

" \_ " \_\_\_\_\_ 20\_\_

City \_\_\_\_\_

Age category \_\_\_\_\_

Weight category \_\_\_\_\_ kg

Mat \_\_\_\_\_ Round \_\_\_\_\_

№	belt	Name	Team	Score for each move						Score	Result	Referees
				1 act	2 act	3 act	4 act	5 act	Extra act			
1	1 Red											Mat Chief Side ref Side ref
	2 Red											Side ref Side ref
2	1 Blue											Mat Chief Side ref Side ref
	2 Blue											Side ref Side ref

Chief Referee \_\_\_\_\_

Chief Secretary \_\_\_\_\_

Mat Chief \_\_\_\_\_

Technical secretary \_\_\_\_\_

**PROTOCOL**  
**Of fights in hand-to-hand fighting**

---

" \_\_\_ " \_\_\_\_\_ 20\_\_\_ City \_\_\_\_\_

Mat \_\_\_\_\_ Round \_\_\_\_\_ Weight \_\_\_\_\_

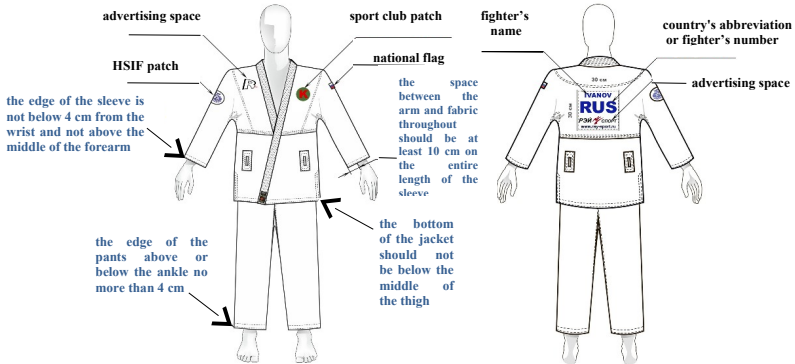
item No.	Belt	Full Name	Team	Scores by minute					Total Points	Fight Result	Time	Referees
				1	2	3	4	5				
1	Red											Chief
	blue											Floor Side
2	Red											Chief
	blue											Floor Side
...												

Chief Referee \_\_\_\_\_ Chief Secretary \_\_\_\_\_

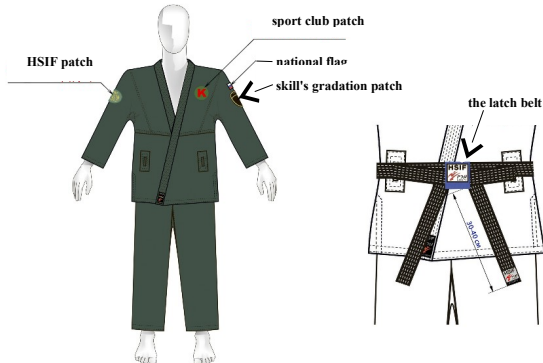
Mat Chief \_\_\_\_\_ Technical Secretary \_\_\_\_\_

## HSIF suit requirements

## Hand-to-hand fighting suit K9X



## Hand-to-hand fighting suit K9XM



**Appendix 7.2**

The athlete's equipment includes the following mandatory elements:

1. Black helmet



2. Black hand-to-hand fighting gloves. On the outer surface of the gloves should be clearly visible indication of an ounce of gloves.



3. Black color shin guard pads for feet protection.





#### 4. Single-chip mouth guard



#### 5. Lower body groin protection for male and female.



#### 6. Chest protector (female).



**«Challenge» for the protest by the Cornerman of the athlete  
during the fight.**



**Weapons for the Self-Defense.**

**Adults, Juniors (male and female 18-23 years), cadets  
boys/girls 16-17 years**

		
<p><b>Still knife 25 sm</b></p>	<p><b>Plastic gun or metal model</b></p>	<p><b>Wood stick 65 sm</b></p>

**cadets boys/girls 12-15 years**

		
<p><b>Rubber knife</b></p>	<p><b>Rubber gun</b></p>	<p><b>Soft stick 65 sm</b></p>

## Appendix 8.1

Attack	Various ways of Self-defence
<b>Punches</b>	<ol style="list-style-type: none"> <li>1. Straight punch to the head.</li> <li>2. Straight punch to the chest.</li> <li>3. Punch from above.</li> <li>4. Hook punch to the head.</li> <li>5. Backhand punch to the head.</li> <li>6. Uppercut to the ribs.</li> </ol>
<b>Kicks</b>	<ol style="list-style-type: none"> <li>7. Kick to the body from below.</li> <li>8. Front kick to the body.</li> <li>9. Roundhouse kick to the head.</li> <li>10. Roundhouse kick to the body.</li> <li>11. Side kick to the body.</li> </ol>
<b>Various Grabs (Hands, Body, Clothing)</b>	<ol style="list-style-type: none"> <li>12. Same side wrist grab.</li> <li>13. Two hands wrist grab.</li> <li>14. Single-handed chest grab</li> <li>15. Double-handed chest grab</li> <li>16. Diagonal single-handed shoulder grab from behind</li> <li>17. Grabbing the throat by fingers from the front.</li> <li>18. Torso grab under the arms (arms free) from the front.</li> <li>19. Torso grab under the arms (arms free) from behind</li> <li>20. Torso grab over the arms (arms pinned) from the front.</li> <li>21. Torso grab over the arms (arms pinned) from behind.</li> <li>22. Neck grab by shoulder and upper arm from behind.</li> <li>23. Front leg grab</li> </ol>
<b>Knife attack</b>	<ol style="list-style-type: none"> <li>24. Straight knife attack to the chest.</li> <li>25. Knife attack from above.</li> <li>26. Knife attack from the side.</li> <li>27. Knife attack from below.</li> <li>28. Backhand knife attack to the body.</li> <li>29. Same side knife attack pressed the carotid artery.</li> </ol>
<b>Gun attack</b>	<ol style="list-style-type: none"> <li>30. Attack by gun pressed against the chest.</li> <li>31. Attack by gun to the head on the front side.</li> <li>32. Attack by gun pressed against the back.</li> <li>33. Attack by gun pressed against the back of the head.</li> <li>34. Taking out a gun from inner jacket pocket.</li> <li>35. Taking out a gun from trousers pocket.</li> </ol>
<b>Stick attack</b>	<ol style="list-style-type: none"> <li>36. Stick attack to the head from above.</li> <li>37. Stick attack to the head from the side.</li> <li>38. Straight stick attack to the chest.</li> <li>39. Stick attack to the head backhand.</li> </ol>

**SELF-DEFENSE TICKETS****Set 1**

1. Straight punch to the head.
2. Roundhouse kick to the body.
3. Knife attack from below.
4. Attack by gun pressed against the back.
5. Single-handed chest grab.

**Set 2**

1. Torso grab over the arms (arms pinned) from the front..
2. Attack by gun pressed against the chest.
3. Knife attack from above.
4. Front kick to the body.
5. Hook punch to the head.

**Set 3**

1. Same side knife attack pressed the carotid artery.
2. Stick attack to the head from the side.
3. Attack by gun pressed against the back of the head.
4. Roundhouse kick to the body.
5. Same side wrist grab.

**Set 4**

1. Attack by gun to the head on the front side.
2. Torso grab over the arms (arms pinned) from the front.
3. Uppercut to the ribs.
4. Front kick to the body.
5. Backhand knife attack to the body.

**Set 5**

1. Diagonal single-handed shoulder grab from behind.
2. Straight knife attack to the chest.
3. Roundhouse kick to the body.
4. Stick attack to the head from above.
5. Attack by gun pressed against the back of the head.

**Set 6**

1. Side kick to the body.
2. Punch from above.
3. Double-handed chest grab.
4. Straight knife attack to the chest.
5. Attack by gun pressed against the back

**Set 7**

1. Stick attack to the head from above.
2. Knife attack from below.
3. Front kick to the body.
4. Torso grab under the arms (arms free) from the front.
5. Taking out a gun from inner jacket pocket.

**Set 8**

1. Single-handed chest grab.
2. Straight stick attack to the chest.
3. Uppercut to the ribs.
4. Attack by gun to the head on the front side.
5. Knife attack from the side.

**Set 9**

1. Straight knife attack to the chest.
2. Stick attack to the head from the side.
3. Double-handed chest grab.
4. Kick to the body from below.
5. Taking out a gun from trousers pocket.

**Set 10**

1. Taking out a gun from inner jacket pocket.
2. Stick attack to the head backhand.
3. Knife attack from above.
4. Torso grab under the arms (arms free) from behind.
5. Straight punch to the chest.

**Set 11**

1. Roundhouse kick to the body.
2. Two hands wrist grab.
3. Straight stick attack to the chest.
4. Attack by gun to the head on the front side.
5. Knife attack from above.

**Set 12**

1. Same side knife attack pressed the carotid artery.
2. Hook punch to the head.
3. Neck grab by shoulder and upper arm from behind.
4. Stick attack to the head from above.
5. Attack by gun pressed against the chest.

**Set 13**

1. Two hands wrist grab.
2. Side kick to the body.
3. Backhand knife attack to the body.
4. Taking out a gun from inner jacket pocket.
5. Stick attack to the head from the side.

**Set 14**

1. Straight stick attack to the chest.
2. Grabbing the throat by fingers from the front.
3. Front kick to the body.
4. Attack by gun pressed against the back of the head.
5. Knife attack from the side.

**Set 15**

1. Roundhouse kick to the head.
2. Straight punch to the chest.
3. Front leg grab.
4. Stick attack to the head from above.
5. Taking out a gun from trousers pocket.

The tickets can be changed according to the tasks in “Self-defense” discipline. The tickets must be presented to the participants beforehand (an hour before the competition starts).

## Appendix 8.3

<b>Criteria for the effectiveness of the defense action:</b>	
<b>Assessment</b>	<b>Errors</b>
<b>Self-defense ineffective («0» point)</b>	0.a – knife or stick attack touched the athlete’s body
	0.b – gun barrel cross the line of the body
	0.c – the opponent is not disarmed
	0.d – not to match the attack’s task
<b>Gross error (2 points are deducted)</b>	2.a – defending fighter is stayed Lying Down Stance after the defense action
	2.b - at the end of the action weapon is on the floor
	2.c - fighter getting a punch to the head
	2.d - wrong grab of the knife
	2.e - excessive use of self-defense
<b>Medium error (1 point is deducted)</b>	1.a - action is not continues
	1.b - fighter is not controlling the opponent
	1.c - assistant attacking slow
	1.d - fighter receives a punch to the body
	1.e - in case of the necessity fighter is not using distractive moves
	1.f - the action is out of balance
<b>Minimum error (0,5 points are deducted)</b>	0.5.a - not using voice command during control
	0.5.b - insignificant violations in accuracy of technical actions performing
	0.5.c – reality violation of defense counter-attack actions
	0.5.d – performing of the action with insignificant loss of balance, leaning on opponent’s body or touching mat



Referees and support personnel to service competition in  
hand-to-hand fighting discipline «Fight» (for one hall)

Position	No. Of Referees		
	For one site (mat)	For two sites (mats)	For three sites (mats)
Referees:			
Chief Referee	1	1	1
Chief Secretary	1	1	1
Sports Commissioner of the competition	1	1	1
Appeals Referee	1	1	1
Deputy Chief Referee	1	1	1
Deputy Chief Secretary	1	1	1
Mat Chief	2	4	6
Technical Secretary	2	3	4
Referee on the floor	2	5	7
Side Referee	2	5	7
Referee with Participants	1	1	1
Operator Referee	1	2	3
Total:	16	26	34
Support personnel:			
Doctor	1	2	3
Paramedic (nurse)	1	2	3
Superintendent	1	1	1
Total:	3	5	7

For competition lasting longer than 2 hours each mat (fight site) should have one additional referee on the floor and two more side referees.

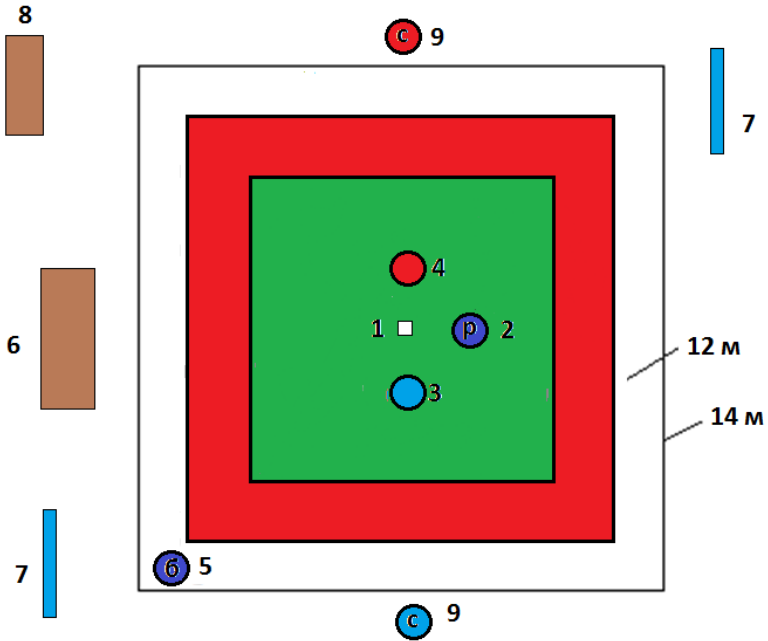
**Appendix 9**

Referees and support personnel to service competition in hand-to-hand fighting discipline «Self-Defense» (for one hall)

Position	No. Of Referees		
	For one site (mat)	For two sites (mats)	For three sites (mats)
Referees:			
Chief Referee	1	1	1
Chief Secretary	1	1	1
Sports Commissioner of the competition	1	1	1
Appeals Referee	1	1	1
Deputy Chief Referee	1	1	1
Deputy Chief Secretary	1	1	1
Mat Chief	2	4	6
Technical Secretary	2	3	4
Referee on the floor	2	4	6
Side Referee	5	10	16
Referee with Participants	1	1	1
Operator Referee	1	2	3
<b>Total:</b>	<b>19</b>	<b>30</b>	<b>42</b>
Support personnel:			
Doctor	1	2	3
Paramedic (nurse)	1	2	3
Superintendent	1	1	1
<b>Total:</b>	<b>3</b>	<b>5</b>	<b>7</b>

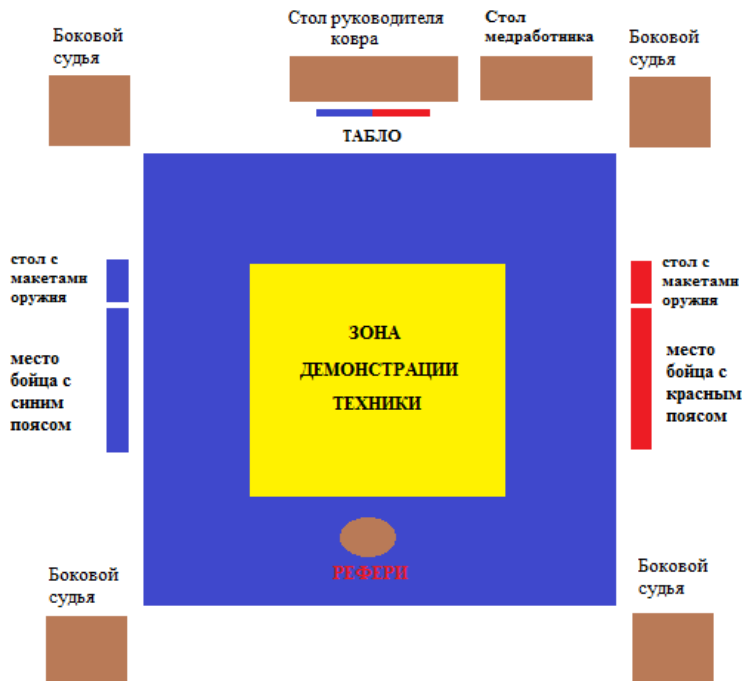
For competition lasting longer than 2 hours each mat (fight site) should have one additional referee on the floor and two more side referees.

HAND-TO-HAND FIGHTING COMPETITION  
FLOOR PLAN








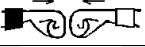









- 1 – Mat center
- 2 – Referee on the floor
- 3 – Blue belt opponent
- 4 – Red belt opponent
- 5 – Side referee
- 6 – Referee table
- 7 – Scoreboard
- 8 – Medics table
- 9 – Cornerman (seconds) place

**СХЕМА**  
площадки для проведения соревнований  
по разделу "САМООБОРОНА"


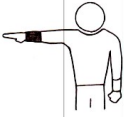

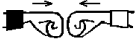

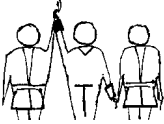


**TERMS AND GESTURES**  
**of the referees in the discipline "Fight"**

№	Evaluation of technical actions (term)	Gestures of the referees	Description of the gesture
1	Total (clean) victory		Raise the outstretched hand up, holding the open palm forward
2	Two points		Raise your arm bent at the elbow, showing your thumb and forefinger
3	One point		Raise your arm bent at the elbow, showing one thumb
4	Active behavior (activity)		Raise your arm bent at the elbow, clenching your fist and holding it palm forward
5	"Remark" "Warning" (violation of the rules)		Raise a straight arm to the side at an angle of 90 in the direction of the offender
6	"Remark" "Warning" (going beyond the carpet)		Raise a straight arm to the side at an angle of 45 in the direction of the offender
7	"Forbidden moves and techniques"		Raising your arms to chest level, grab the wrist of the other with the brush of one hand, simulating a violation
8	"Equal opportunities"		Raise your arms to chest level and bring your fists towards each other
9	"Don't count the moves or techniques"		With your arms crossed at waist level, spread out to the sides downwards, palms down

10	"Below the belt"		Lower the hand with the palm down horizontally to the level below the waist
11	"Notice the time"		One hand is horizontally palm down at the level of the face, the other is vertically placed from below edge forward
12	"I consider it painful" (strangulation or pain submission moves)		Extend your arm forward at shoulder level, clenching your fist and holding it palm down
13	"I'm counting the hold down "		Extend your arm forward at shoulder level with the open palm facing down
14	"Refusal to continue the fight"		Bend your arms at the elbows and cross your arms in front of your chest
15	"Announcement of the winner"		Taking the fighters by the wrists, at the announcement of the head of the carpet, raise the winner's hand up

**TERMS AND GESTURES**  
**of the referees in the discipline "Self-Defense"**

№	Evaluation of technical actions (term)	Gestures of the referees	Description of the gesture
1	"One point"		Raise the outstretched hand up, holding the open palm forward
2	"Remark" (violation of the rules)		Raise a straight arm to the side at an angle of 90 in the direction of the offender
2	"Warning" (violation of the rules)		Raise a straight arm to the side at an angle of 90 in the direction of the offender  Raise your arm bent at the elbow, showing your thumb and forefinger
3	"Equal opportunities"		Raise your arms to chest level and bring your fists towards each other
4	"Self-defense is not effective"		Bend your arms at the elbows and cross your arms in front of your chest
5	"Announcement of the winner"		Taking the fighters by the wrists, at the announcement of the head of the carpet, raise the winner's hand up

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