

**Hand-to-Hand Fighting Sport  
International Federation.**



**Rules for Competitions**

**HAND-TO-HAND FIGHTING SPORT**

**2018, 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.**

Current rules are intended to serve as a mandatory guide when organising and conducting official Hand-to-Hand Fighting competitions in the world. In addition to current Rules can be developed Regulations of the competition, detailing, explaining, complementing the provisions of current Rules and taking into account the specifics of the different categories of participants. The Regulations may not be inconsistent with current Rules and consistent with the HSIF Referees board.

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

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

Competitions shall be divided into the following formats: individual, individual-team and team and may consist of two parts.

In the first part the fighters must present hand-to-hand fighting self-defense techniques against armed and unarmed opponent and carry out the standard of the admission to the second part. The standard is determined by Regulation on Competition.

In the second part the fighters spend a bout using 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 conducted between them in the second part.

It is possible to conduct the first part (self-defense techniques) with the definition of the individual places. The procedure is determined by Regulation on Competition.

### **Article 2. COMPETITION SYSTEMS AND METHODS OF THE SECOND ROUND**

The rotation of pairs and procedure for competition between contestants (teams) shall be determined through the system for holding competitions and a lot drawing. The systems for holding competitions are discussed in the Appendix 1, Appendix 2.

## **Part II. PARTICIPANTS**

### **Article 3. Age groups of participants**

1. The following age groups are admitted for competitions:

- a) Young athletes – boys and girls of 12-13 years old;
- b) Young athletes – boys and girls of 14-15 years old;
- c) Young athletes – boys and girls of 16-17 years old;

- d) Junior athletes – men and women of 18-21 years old;  
 e) Adults – men and women of 18 years and older.

Age is established on the day of the competition.

**2.** The duration of fights shall be set at:

- For adults and juniors (men and women) – 5 minutes of pure time;
- For young athletes (boys and girls) – 3 minutes of pure time.

Bout duration for adults (men and women) may conduct on the formula: 3 rounds of 3 minutes or 5 rounds of 3 minutes with a break between rounds 1 minute (must be specified in the Regulation on Competition).

Age of Participants shall be verified at check-in for the Competition by the Admission Commission.

#### **Article 4. Weight categories**

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

**Table 1**

young athletes (girls) 12-13 years	young athletes (girls) 14-15 years	young athletes (girls) 16-17 years	junior athletes 18-21 and adults (women)
28 kg	33 kg	39 kg	45 kg
30 kg	36 kg	42 kg	50 kg
33 kg	39 kg	46 kg	55 kg
36 kg	42 kg	50 kg	60 kg
39 kg	46 kg	55 kg	65 kg
42 kg	50 kg	60 kg	70 kg
46 kg	55 kg	65 kg	75 kg
50 kg	60 kg	70 kg	75 up kg
55 kg	65 kg	70 up kg	
60 kg	65 up kg		
60 up kg			
Open (absolute)			up 60 kg

young athletes (boys) 12-13 years	young athletes (boys) 14-15 years	young athletes (boys) 16-17 years	junior athletes 18-21 and adults (men)
30 kg	36 kg	42 kg	55 kg
33 kg	39 kg	46 kg	60 kg
36 kg	42 kg	50 kg	65 kg
39 kg	46 kg	55 kg	70 kg
42 kg	50 kg	60 kg	75 kg
46 kg	55 kg	65 kg	80 kg
50 kg	60 kg	70 kg	85 kg
55 kg	65 kg	75 kg	90 kg
60 kg	70 kg	80 kg	90 up kg
65 kg	75 kg	80 up kg	
70 kg	75 up kg		
70 up kg			
Open (absolute)			up 75 kg

The absolute championship is held only for adults category (men, women) declared in the last four weight categories.

### **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 weighing and medical checks 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 following – heavier.

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

1. Procedure and time schedule for weigh-in, medical control and drawing of participants of the Competition shall be specified in the Regulation on 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 on Protocol (Appendix 4).

## **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 referee orders;
- c) Be considerate towards other participants, referees, assisting personnel, as well as the audience;
- d) Greet and part with opponents with an amicable hand shake;
- 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 knockout.

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

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

1. Standard Participant's outfit shall include: hand-to-hand fighting suit, fighting gloves, protective helmet arrangement, shank guard pads for feet protection, lower body guard shell (for male athletes or special protective arrangement for female athletes), gum-cap, for female athletes -chest protector. The helmet, belt, gloves should be red, if a fighter is listed first in the pair or blue, if listed second in the pair. Feet protections should be white colour.

2. Gloves weight:

- a) for young athletes (boys), juniors (men) and adults (men) in weight categories up to 50 kg - 8 ounces, from 55 to 75 kg - 10 ounces, over 75 kg - 12 ounces.

b) for young athletes (girls), juniors (women) and adults (women) in weight categories up to 60 kg - 8 ounces, over 60 kg - 10 ounces.

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

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

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

1. Delegation Representative leads 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 Regulation on 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 referees 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;

e) Submit to the Mat Chief established gesture of recognition of his fighter loser.

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. A **Cornerman** during the fight should be at the safety zone of the carpet from the side of his fighter. Cornerman should have a towel and a box with a solution for the gam-cap. After stopping the fight, if necessary, at the referee's

command, the Cornerman is required to bring the equipment of his fighter in order.

7. It is forbidden for a Cornerman to go on the carpet and give advice or encouraging remarks to the fighter during a match. For a cornerman violation of the rules of conduct, a warning may be announced to the fighter.

8. A Cornerman has the right to apply to the Mat Chief established gesture of recognition of his fighter loser.

9. A Cornerman must wear a sportswear and footwear with a soft sole (wrestling shoes).

### **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 blows, throws, pain holds and strangulation moves while they are in certain positions.

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

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 in upright position (standing on the floor).

4. Ground Fight – fighting 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 had stepped outside the Carpet perimeter (Article 36, Para 1);

b) In Ground Fight position one of the Athlete fully gets outside the Carpet area;

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

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

a) On the Back;

b) On the Side;

c) Body touching the floor;

d) Kneeling position;

e) 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 a gloved, lateral side from the little finger side and the back of the fist in the gloves, as well as the foot and shank 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 regarded 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. UPSETTING BALANCE MOVE - 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 - a move to control opponent in opponent's back touching the floor position for a period of time (back to floor angle 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 Carpet.
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 Carpet;
  - d) Attacker transits into pain holds or strangle.
4. If a fight lasts several rounds, the hold down is not applied.

### **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 signal of submission while pain effect submission move is being executed is given by loud voice or tapping twice by hand or foot on the Carpet or attacker’s body.

3. Attacker is allowed to start executing a pain hold only when the opponent is 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 Carpet;
- b) Combatant attacked with a pain hold involving his/her hand/arm manages to adopt a standing position and separate the attacker’s body (shoulders) from the Carpet;
- c) Combatant attacked by a pain hold involving his/her foot assumes a stable standing position.

### **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 shank in various combinations as result the opponent surrenders or loses consciousness.

2. The signal of submission while strangulation effect submission move is being executed is given by loud voice or tapping twice by hand or foot on the Carpet or attacker’s body.

3. Attacker is allowed to start executing a strangle only when the opponent is in lying down position. The attacker may maintain a standing stance.

4. The strangulation move shall be stopped, if the defending opponent managed to get up to a stable position or if both athletes find themselves outside the Carpet.

### **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 weight.

**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 hands;

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 techniques in the first part (round)**

**1.** In the first part the fighters must present standard self-defense techniques (Appendix 8) against armed and unarmed opponent.

The first part is a combination of hand-to-hand fighting techniques, with the addition of techniques to disarm the opponent, **defensive counter strike** and escort position. Assessing of difficulty is determined by the Regulation on Competition (self-defense part).

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## **Article 19. Evaluation of hand-to-hand fighting techniques in the second part (round)**

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

2. Scoring is awarded to opponents throughout the fight for all qualifying technical actions and combinations thereof.

3. Eligible are only controlled actions started on the Carpet. They are rated based on effectiveness (strikes, throws, submission moves: pain moves and strangles).

4. Fighting from the main stance is judged ineffective, if 5 seconds after the beginning of a sustained grab no throwing move follows.

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

a) No hold followed to start a “pain move” or “strangle” within 5 seconds (in multi-round battles within 10 seconds);

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

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

7. Only throws, whereby a combatant had been in standing position prior to driving the move qualify as scorers.

8. Strikes targeting shoulder blades shall not count.

9. 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) A three knockdowns (technical knockout);

d) Should one of the athletes have at least 10 point advantage (except multi-round fights);

e) In the event the opponent withdraws from the fight (competition).

10. 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 land on the back or side without the attacker falling down;

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

f) A second warning issued to an opponent.

11. 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 his back or side;

d) A throw without a fall in which the opponent fell on his chest (on the trunk of his body);

e) A holding for 10-19 seconds;

f) A warning issued to an opponent.

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

- a) Unbalancing the opponent (the opponent touches three points);
- b) A throw with a fall in which the opponent fell on his chest (on the trunk of his body);
- c) 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.

**13.** 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 combatant for warnings to his opponent shall not count as technical points.

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

**14.** During the fight for the holding down can score no more than 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).

**15.** For the boys and girls competitions low kicks technique or punches in “Lying down Stance” can be determinate by Regulation on Competition.

**16.** Strikes in the clinch, to the legs and in "Lying down Stance" shall not count but evaluated the knockdown and knockout 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 back or side without the attacker falling down		*		
9. Throw with a fall in which the opponent fell on his back or side			*	
10. Throw without a fall in which the opponent fell on the trunk of his body			*	
11. Throw with a fall in which the opponent fell on the trunk of his body				*
12. Unbalancing (the opponent 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. Third warning issued to an opponent	*			
16. Second warning issued to an opponent		*		
17. First 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. Judging fighting moves and activities as banned**

**1.** Moves and other activities during a fight are judged banned as follows:

a) Warnings for stepping outside the Carpet 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 reprimand;

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

d) The third use of a banned action is punished by the 2<sup>nd</sup> warning, opponent being awarded two points;

e) Should further breaches of Rules occur qualifying for another warning to a combatant, the combatant is judged defeated, the opponent is awarded clean victory (except warnings for stepping outside the Carpet, Article 20, Para 2);

f) 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 “reprimand” for stepping outside the Carpet by both feet. Each further stepping outside the Carpet is punished by the warning, opponent being awarded one 1 point, regardless of the number of exits abroad the Carpet.

3. In cases of delay in reporting at the fight floor of over 30 seconds after a repeated call – a reprimand 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 reprimand 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 warning, defeat in the fight (round) or withdrawal from the competition.

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.

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

6. 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 of three judges.

7. 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 3d 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.

## **Part V. THE REFEREE PANEL**

### **Article 21. Composition**

1. The Referee Group consists of Main Referee Panel (Chief Referee, 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 Panel 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 and a blue sleeve cover a width of 15 cm and soft sports shoes (wrestling shoes).

A logo of the Hand-to-Hand Fighting Sport International Federation (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) Issue a reprimand, warning, de-bar the representative of a Delegation, who has shown rudeness of behavior;

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) To call out fighters to the floor and present them;

c) If necessary, to call a doctor calls to the floor side;

d) 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 floor**

1. Referee on the Floor follows and manages the fight from the floor using a whistle and prescribed gestures. Referee on the Floor 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 Floor are:

- a) To monitor fighters' movements/activities following them around the Carpet, 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.

### **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 Flank 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 Floor.

### **Article 27. Timekeeper referee**

1. Timekeeper Referee is located at the Mat Chief's table equipped with a gong, main and auxiliary stop-watches.

2. The duties of the Timekeeper Referee are to record, using the main and auxiliary stop-watches:

- a) Delay of a fighter's appearance on the Carpet and the total time an athlete spends with the doctor;
- b) The actual time of the fight (round);
- c) Time allocated to exercise submission moves (hold down, pain hold and strangle);
- d) Rest time for athletes between fights and rounds.

3. Resetting the stop watches is done on instructions from the Mat Chief.

4. If the scoreboard allows simultaneous to record the time of the bout, hold down time, pain hold (strangle) techniques and technical time, the duties of the Timekeeper Referee may perform by the Operator Referee.

### 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>Ap</b>
<b>Rso</b>	– reprimand for stepping outside the Carpet;	<b>Зв</b>
<b>SO</b>	– warning for stepping outside the Carpet;	<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>W1</b>	– 2 <sup>nd</sup> warning for other breaches of the Rules;	<b>П2</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.

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.бp.)**” (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 it 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 part (1<sup>st</sup> part)**

1. Judging the self-defense part (1<sup>st</sup> part) 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 Floor, two or four Side Referees, Technical Secretaries and Referee with participants. The Side Referees are located on the right or left hand side corner of the carpet, the Referee on the Floor – in the middle of the carpet, 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 Floor and Technical Secretary - provide technical support of the competition. The assessments of fighters are recorded into the Protocol (Appendix 5).

3. To pass the first part of competition the fighter must score at least 90 points out of a 150 possible, unless otherwise specified in the Regulation.

### **Article 33. Judging the fight (2<sup>nd</sup> part)**

1. The duration of fights shall be set at for adults and juniors (men and women) – 5 minutes of pure time. Bout duration for adults (men and women) may conduct on the formula: 3 rounds of 3 minutes or 5 rounds of 3 minutes with a break between rounds 1 minute (must be specified in the Regulation on Competition).

The duration of fights for young athletes (boys and girls) – 3 minutes of pure time.

Net (Pure) 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 a day and 8 for a one competition for adults and juniors (men and women). During the battle consisting of several rounds - not more than 1 day.

For young athletes (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 panel as 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.

### **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 chime 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. During the multi-rounds battle Referee on the Floor runs the fight, but does not declare the assessment, with the exception of violations of the rules. In that case the Side Referees rate actions by opponents during the fight, each independently of others and the Technical Secretary recorded in the Protocol.

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.

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. 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 carpet, the fight shall be stopped and the opponent shall score 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 start 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 carpet 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 centre of the Floor with opponents in starting stances.

If the attacker stop 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.

### **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 centre 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 centre 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 Carpet, 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 fighter not violated the 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. In multi-round matches – by more won rounds.

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.

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## **Article 35. Appeals**

1. A written application/appeal may be tabled in connection with gross violation of the Rules or otherwise unusual situation.

**2. Procedure:**

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;

b) An application about an unusual situation shall be submitted immediately upon its development;

c) The text should include grounds for appeal with mandatory reference to the Para of the Rules which was allegedly violated.

**3. Consideration of Appeals:**

a) Appeals are considered by the Chief Referee involving referees and other persons who feature 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, before the start of fights of the next series;

c) It is possible to watch video of the situation stated in a appeal by referees together with representatives of both fighters, but without the right of their participation in protest discussion.

A video is accepted for consideration, if it's clearly shows the actions of all athletes and all referees participating in the bout.

4. Chief Referee makes the final decision, puts it in writing and notifies parties involved.

## **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 Carpet. The size of the Carpet is 8x8 m and for multi-round battles – 6x6 m (Appendix 10.2).

The area beyond the Danger Zone is called Security Zone. Security Zone covered by tatami shall be no less than 2 m in width and for multi-round battles – no less than 3 m.

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 and Appendix 10.2.

2. Tatami is a floor covering assembled of mats, each piece 2x1 m 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 Panel 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**

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

Weight \_\_\_\_\_

№	Surname, Name	Team (country)	1	2	3	4	Points	Place
1								
2								
3								
4								

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

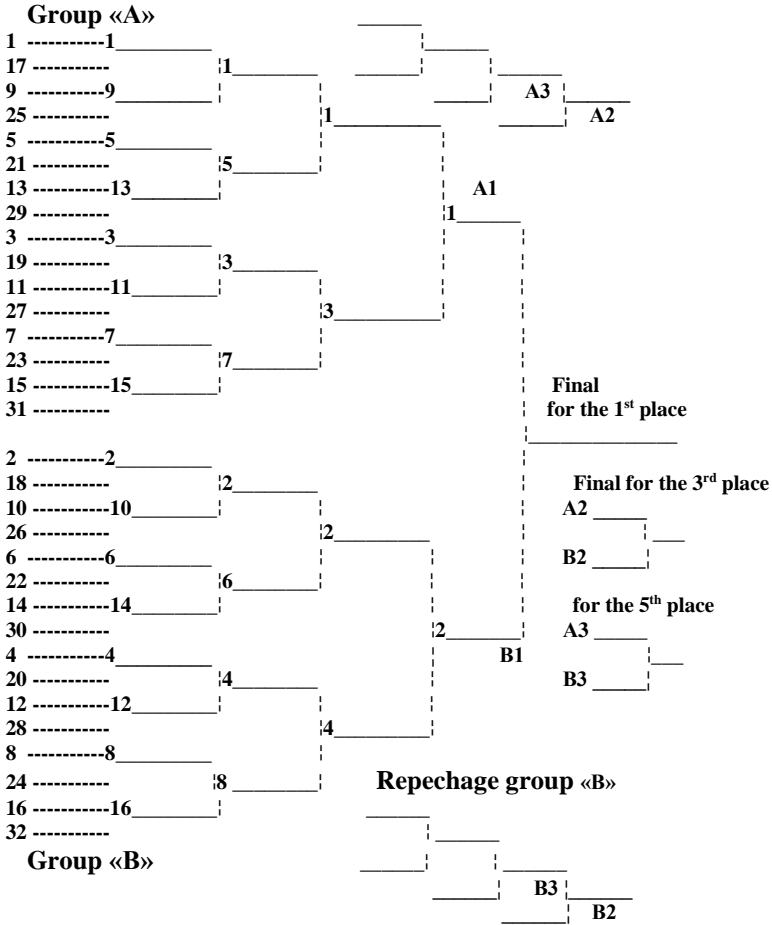
Chief Secretary \_\_\_\_\_

Appendix 2

# 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 \_\_\_\_\_

No	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 4**

**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 \_\_\_\_\_



**Appendix 5**

**PROTOCOL  
Of self-defense competition**

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

Weight \_\_\_\_\_

№	Name	Team	Score for each move					Score	Place
			1	2	3	S1	...		
1							...		
2							...		
3							...		

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

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

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

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

**Appendix 6**

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

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" \_\_\_ " \_\_\_\_\_ 200\_\_

City \_\_\_\_\_

Carpet \_\_\_\_\_

Round \_\_\_\_\_

Weight \_\_\_\_\_

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

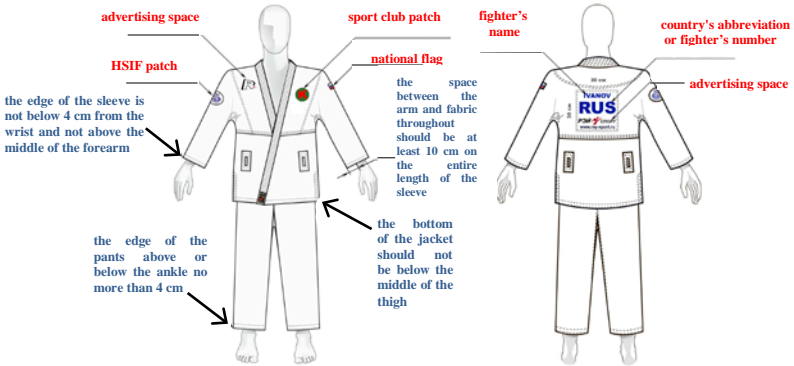
Chief Referee \_\_\_\_\_ Chief Secretary \_\_\_\_\_

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

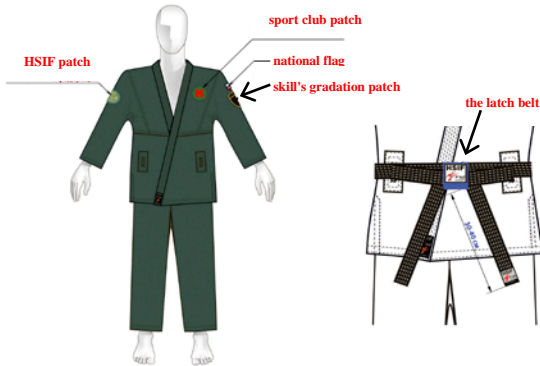
Appendix 7.1

### 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. Red or blue helmet



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

3. White colour shank guard pads for feet protection.



4. Single-chip mouth guard



5. Lower body guard protection for male and female.



6. Chest protector (female).



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**Appendix 8**

**SELF-DEFENSE TICKETS**

The ticketing participants do not read, with the exception of the underlined words. Upon release from the grip and the threat of a gun, the assistant conducts offensive actions on command "Threat" or "Menace from the rear."

**Ticket № 1**

1. Defensive technique against stick threat (laterally).
2. Defensive technique against punch from above.
3. Breaking holds – front shirt grab.
4. Defensive technique against knife poking threat.
5. Disarm technique against gun threat from the back.

**Ticket № 2**

1. Defensive technique against stick threat from above.
2. Defensive technique against knife threat from below.
3. Defensive technique against knee strike from below.
4. Breaking holds – front Bear Hugs (without hands).
5. Disarm technique while opponent trying to get a weapon out of the jacket's inner pocket.

**Ticket № 3**

1. Breaking holds – Bear Hugs from behind (with hands).
2. Defensive technique against poking stick threat.
3. Defensive technique against straight-on punch.
4. Disarm technique against front gun threat.
5. Defensive technique against knife threat (laterally).

**Ticket № 4**

1. Defensive technique against poking knife threat.
2. Defensive technique against stick threat (laterally).
3. Breaking holds – front Bear Hugs (with hands).
4. Defensive technique against kick from below.
5. Disarm technique while opponent trying to get a weapon out of his pants pocket.

**Ticket № 5**

1. Disarm technique while opponent trying to get a weapon out of the jacket's inner pocket.
2. Defensive technique against stick threat (backhand).
3. Defensive technique against knife threat from above.
4. Breaking holds - Bear Hug from behind (without hands).
5. Defensive technique against straight-on punch.

**Ticket № 6**

1. Defensive technique against kick laterally.
2. Breaking holds – double front wrist grab.
3. Defensive technique against poking stick threat.
4. Disarm technique against front gun threat.
5. Defensive technique against knife threat from above.

**Ticket № 7**

1. Defensive technique against knife threat from below.
2. Defensive technique against punch laterally.
3. Breaking holds - Head Lock (from the back).
4. Defensive technique against stick threat from above.
5. Disarm technique against front gun threat.

**Ticket № 8**

1. Breaking holds - front wrist (sleeve) grab.
2. Defensive technique against direct-side kick.
3. Defensive technique against knife threat (backhand).
4. Disarm technique while opponent trying to get a weapon out of the jacket's inner pocket.
5. Defensive technique against stick threat (laterally).

**Ticket № 9**

1. Defensive technique against poking stick threat.
2. Breaking holds - Front Strangle Hold (by fingers).
3. Defensive technique against straight-on kick.
4. Disarm technique against front gun threat.
5. Defensive technique against knife threat (laterally).

**Ticket № 10**

1. Defensive technique against poking knife threat.
2. Defensive technique against punch laterally.
3. Defensive technique against stick threat from above.
4. Breaking holds – front leg grip.
5. Disarm technique while opponent trying to get a weapon out of his pants pocket.

**Appendix 9****REFEREEs AND SUPPORT PERSONNEL TO SERVICE COMPETITION  
IN HAND-TO-HAND FIRGHTING (for one hall)**

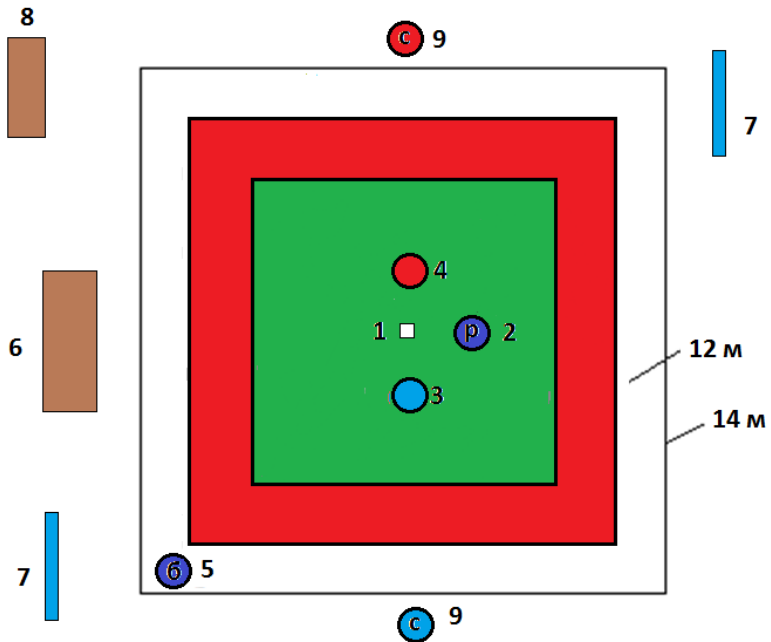
Position	No. Of Referees		
	For one site (carpet)	For two sites (carpets)	For three sites (carpets)
<b>Referees:</b>			
Chief Referee	1	1	1
Chief Secretary	1	1	1
Deputy Chief Referee	2	3	4
Deputy Chief Secretary	1	2	3
Mat Chief	2	3	5
Technical Secretary	2	3	5
Referee on the floor	2	4	6
Side Referee	3	6	9
Timekeeper Referee	1	2	3
Referee with Participants	1	2	3
Operator Referee	1	2	3
Announcing Referee	1	1	1
<b>Support personnel:</b>			
Doctor	1	2	3
Paramedic (nurse)	1	2	3
Superintendent	1	1	1
<b>Total:</b>	21	33	51

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



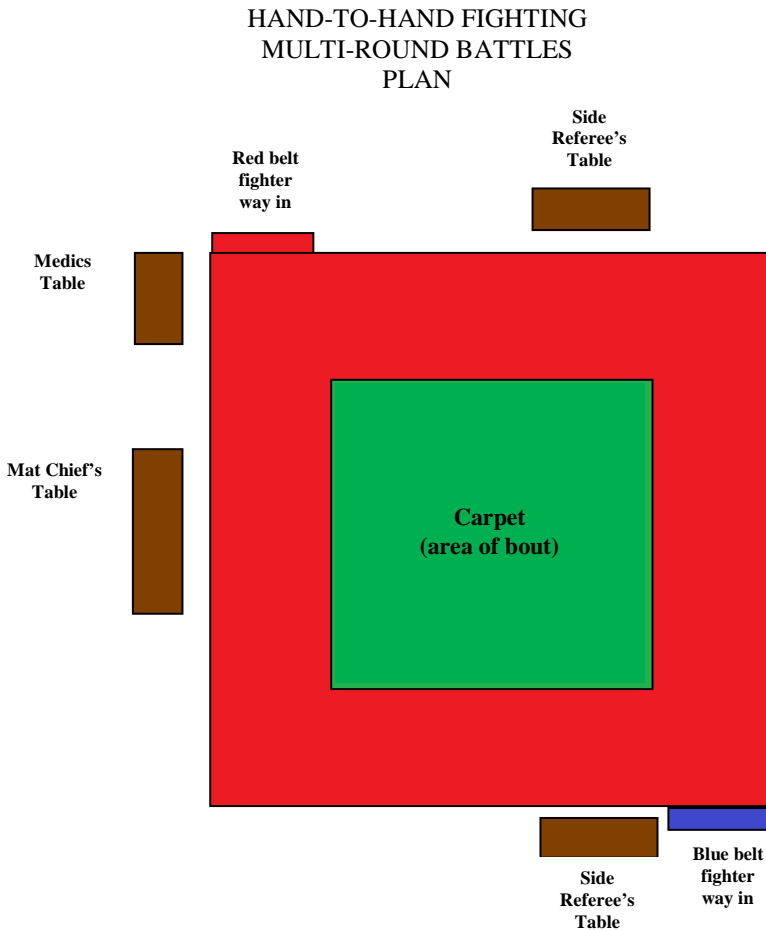
Appendix 10.1

HAND-TO-HAND FIGHTING COMPETITION  
FLOOR PLAN



- 1 – Carpet 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

Appendix 10.2



The Mat is located on the podium with a height of 1 meter above the floor level in the competition hall. The Referees and Medical Team are placed on the chairs at the tables on the floor, respectively 1 meter below the level of the Site. The size of the Site for Competition is not less than 12x12 meters. The size of the Carpet is 6x6 meters.

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