



# Sambo



**Introduction Sport and Combat Sambo**



*Inleiding Sport en Combat Sambo*

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# Content

1. Introduction 5
2. Contestant uniforms 10
3. Referee uniforms 14
4. Bout mat & 'Off-Mat' position 15
5. Referee gestures – Basics 17
6. Referee gestures – Points 24
7. Awarding points 27 / evaluation 33
8. Warning gestures 37
9. Violations of the rules 39
10. Scoreboards 45
11. Further information 49



# Note:



This presentation highlights the **most important basics of Sport & Combat Sambo** and is not intended to be all-encompassing.

For details in regulation, rules and specifications you can visit **sambo.sport**.



In deze presentatie worden de **belangrijkste basisbeginselen van Sport & Combat Sambo** belicht en is niet bedoeld om allesomvattend te zijn.

Voor details in regelgeving, regels en specificaties kun je **sambo.sport** bezoeken.

# Note:



This presentation is made for the majority in English and Dutch. Table of content, section headings and tables are only in English. By figures, **English** is bold while *Dutch* is Italic. In case of ambiguity or discrepancy, English is leading. Some topics are only available in English, this is indicated in the top left corner.

Rules that only apply for **Combat Sambo** are yellow **hatched** or **outlined**.



Deze presentatie is grotendeels gemaakt in het Engels en Nederlands. Inhoudsopgave, onderwerptitels en tabellen zijn alleen in het Engels. Bij afbeeldingen is **Engels** vetgedrukt en *Nederlands* cursief. In geval van onduidelijkheid of verschil is Engels leidend. Een aantal onderwerpen zijn alleen in het Engels beschikbaar, dit staat aangegeven in de linker bovenhoek.

Regels die alleen gelden voor **Combat Sambo** zijn geel **gearceerd** of **omlijnd**.

# 1. Introduction (1) Disciplines



Sport Sambo



Combat Sambo



Beach Sambo  
(for example only)

# 1. Introduction (2) Age groups



Only for Sport & Combat Sambo  
*Alleen voor Sport & Combat Sambo*

| Group                 | Men and Women                                     |
|-----------------------|---------------------------------------------------|
| cadets                | 14-16 years                                       |
| youth                 | 16-18 years                                       |
| juniors               | 18-20 years                                       |
| adults under 24 years | 18-23 years                                       |
| adults                | 18 years and older                                |
| masters               | 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, over 65 |

# 1. Introduction (3) Weight categories



Only for sport and combat disciplines

*Alleen voor sport en combat disciplines*

| Group                   | Weight categories |    |    |    |    |    |     |
|-------------------------|-------------------|----|----|----|----|----|-----|
| Men (Juniors, Adults)   | 58                | 64 | 71 | 79 | 88 | 98 | +98 |
| Women (Juniors, Adults) | 50                | 54 | 59 | 65 | 72 | 80 | +80 |

# 1. Introduction (4) Bout durations

## SPORT:

- 14-18 yrs (youth and cadets, boys and girls) – 4 minutes;
- $\geq 18$  yrs (adults and juniors, men and women) – 5 minutes
- $\geq 35$  yrs (masters, men and women) – 4 minutes,
- $\geq 65$  yrs (masters, men and women) – 3 minutes
- Repechage (*herkansing*) bouts shall be 3 minutes

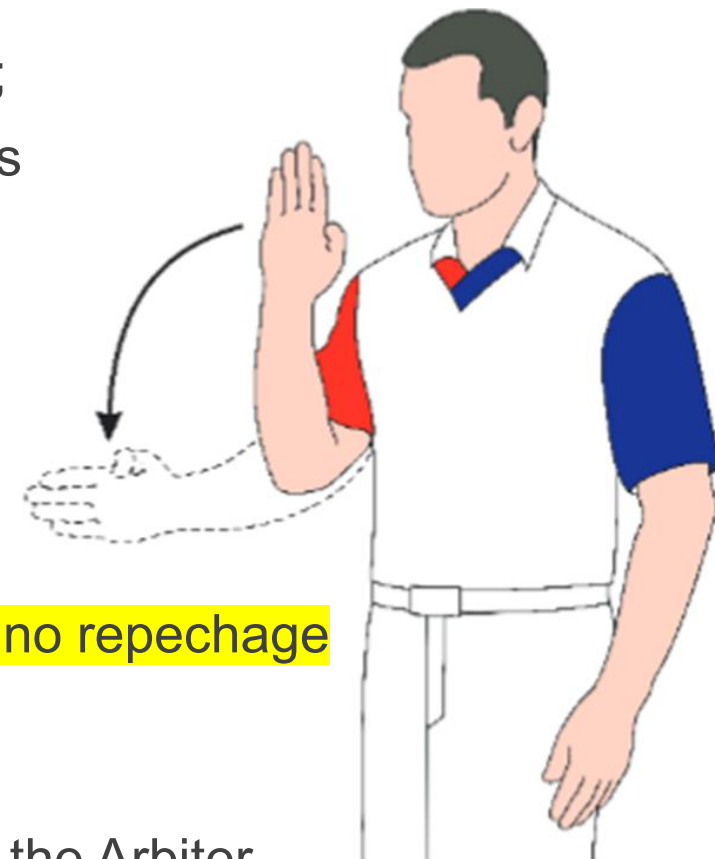
## COMBAT:

$\geq 18$  yrs (adults and juniors, men and women) – 5 minutes, no repechage

## General remarks:

Time of a bout start being counted upon the first whistle by the Arbiter.

Time of breaks shall not be included in the net (actual) time of the bout.



# 1. Introduction (5) COMBAT

In **Combat Sambo** the following techniques are allowed:

- a) **Punching** with hands is **allowed with** any part of the **fist** (except for the palm or its base), with the **elbow, or forearm**, when **aiming at the front and side parts** of the opponent's head and torso, or at their arms and legs.
- b) **Kicks** are allowed with any part of the foot (instep, edge, heel), shin and knee, **when aiming at the front and side** of the opponent's head and torso, arms and legs.
- c) **Blows with one's head** are applied with the head's front, side, or back provided that the fighting athletes wear their helmets.

**The prohibited striking techniques are:**

- a) Strike with an open glove or the base of the palm;
- b) Elbow and head strike **to the head** in the ground position for men (in the ground and standing position for women).
- c) Hits with fingers



## 2. Contestant uniforms (1) General



For all discipline a **red** and **blue** uniform is required.

All contestants are required to wear the **red uniform** during the award ceremony.



Sport Sambo



Combat Sambo



Beach Sambo  
(for example only)



*Voor alle disciplines is een **rood** en **blauw** uniform vereist.*

*Alle deelnemers dienen tijdens de prijsuitreiking een **rood uniform** te dragen.*

## 2. Contestant uniforms (2) Females



Female contestants wear:

- only full white shirt under the jacket;
- their long hair in a tight braid or “tail” of no longer than 20 cm in length.



*Vrouwelijke deelnemers dragen:*

- *een volledig wit shirt onder de jas;*
- *hun lange haar in een strakke vlecht of “staart” van niet langer dan 20 cm.*

## 2. Contestant uniforms (3) Bandages



In order to prevent injuries, it is allowed to use fully closed bandages matching the color of the uniform.



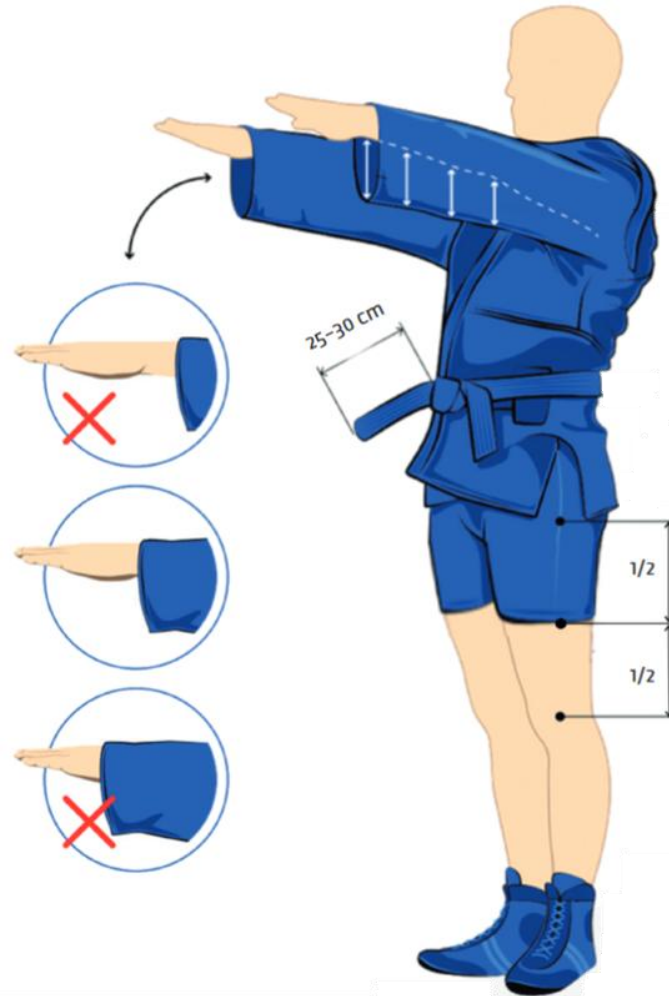
Om verwondingen te voorkomen, is het toegestaan om volledig gesloten verbanden te gebruiken die passen bij de kleur van het uniform.

## 2. Contestant uniforms (4) Sleeve/Belt



Sleeve of jacket: must reach the wrist. Width of sleeve must provide at least 10 cm clearance between the hand and fabric along its entire length.

Belt: jacket edge should be lower from the belt line by 25-30 cm. Length of the ends of the tied belt should not exceed the length of the jacket edge.



Mouw van jasje: moet tot aan de pols reiken. Breedte van mouw moet over de gehele lengte minimaal 10 cm ruimte laten tussen de hand en de stof.

Band: rand van jasje moet 25-30 cm lager zijn dan de bandlijn. Lengte van de uiteinden van de vastgebonden band mag lengte van de rand van het jasje niet overschrijden.

### 3. Referee uniforms



**National Sambo Federation**  
*Nationale Sambo Federatie*



**Continental Sambo Federation**  
*Continentale Sambo Federatie0*



**International Sambo Federation**  
*Internationale Sambo Federatie0*



With the **red** and **blue** colored jacket sleeves the referees make gestures with the colored sleeve that apply for the contestants with the same uniform color.



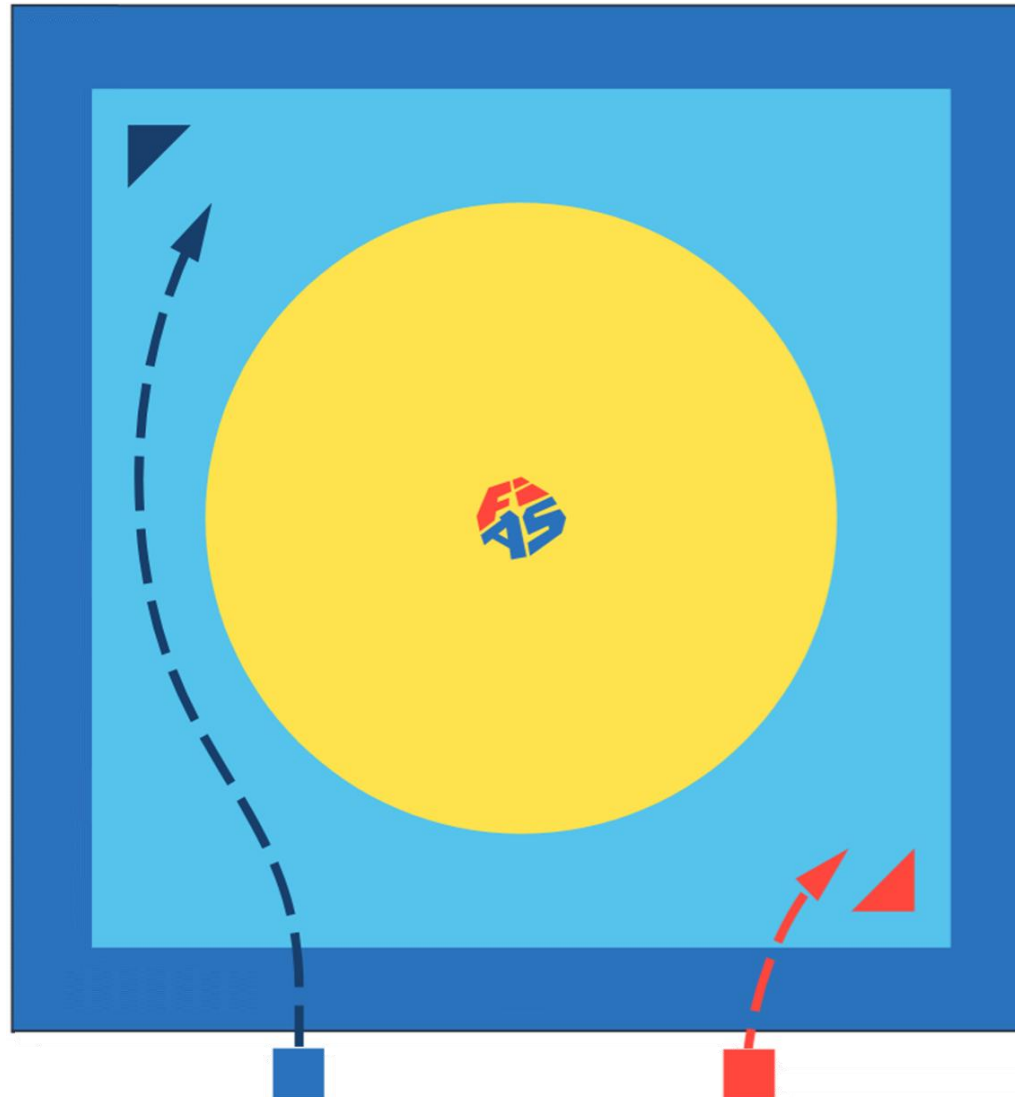
Met de **rode** en **blauwe** mouwen van de jasjes maken de scheidsrechters gebaren die gelden voor de deelnemers met dezelfde uniformkleur.

# 4. Bout mat & 'Off-Mat' position (1)



Participants walk along the sides of the mat to the triangle that matches the color of the uniform and stand on it facing the FIAS logo on the mat.

Diameter of the yellow circle is 8 meter. **'Old' mats have a 1 meter safety zone as part of the fight zone.**



Deelnemers lopen langs de zijkanten van de mat naar de driehoek die qua kleur gelijk is met het uniform en gaan erop staan met het gezicht naar het FIAS logo op de mat.

Diameter van de gele cirkel is 8 meter. **'Oude' maten hebben een 1 meter brede veiligheidszone als deel van vechtzone.**

# 4. Bout mat & 'Off-Mat' position (2)



The 'off-mat' position (outside the edge of the mat) is considered if:

- a) in a **standing position**, one of the athletes stepped with their **both feet over the edge** of the mat bout area;
- b) in a **ground position**, **both athletes** got **outside the edge** of the mat bout area;
- c) in a **ground position**, **one of the athletes** got **outside** the mat's **safety area**
- d) During a bout, the "off-mat" position is determined by one of the referees, and when discussing controversial issues, by the majority of votes of the referee trio.



De 'off-mat' positie (buiten de rand van de mat) wordt beschouwd als:

- a) in een **staande positie**, een van de atleten met **beide voeten over de rand** van het mat-gevechtsgebied stapte;
- b) in een **grondpositie**, **beide atleten buiten de rand** van het mat-gevechtsgebied kwamen;
- c) in een **grondpositie**, **een van de atleten buiten het veiligheidsgebied** van de mat kwam
- d) Tijdens een gevecht wordt de positie 'buiten de mat' bepaald door een van de scheidsrechters. Bij twijfel bepaald de meerderheid van de stemmen van het drietal scheidsrechters.



# 5. Referee **gestures** - Basics (1)



Both contestants are obligated to shake hand **two-handed** before and after the bout.

Refusal one of the handshakes leads to immediate disqualification.

Numbers in blue by the figures correspond with the examples in FIAS documents.

1



*Beide deelnemers zijn verplicht om voor en na de wedstrijd **met twee handen** elkaar de hand te schudden.*

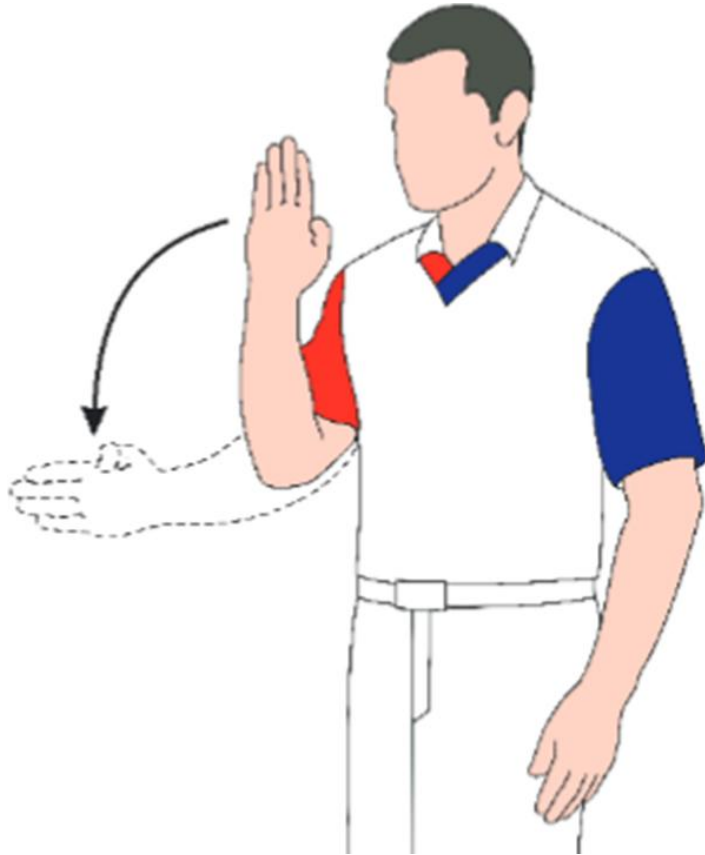
*Het weigeren van een van de handdrukken leidt tot onmiddellijke diskwalificatie.*

*De nummers in blauw bij de figuren refereren naar de nummers in de FIAS documenten.*

**Presentation of contestants**  
*Presentatie deelnemers*

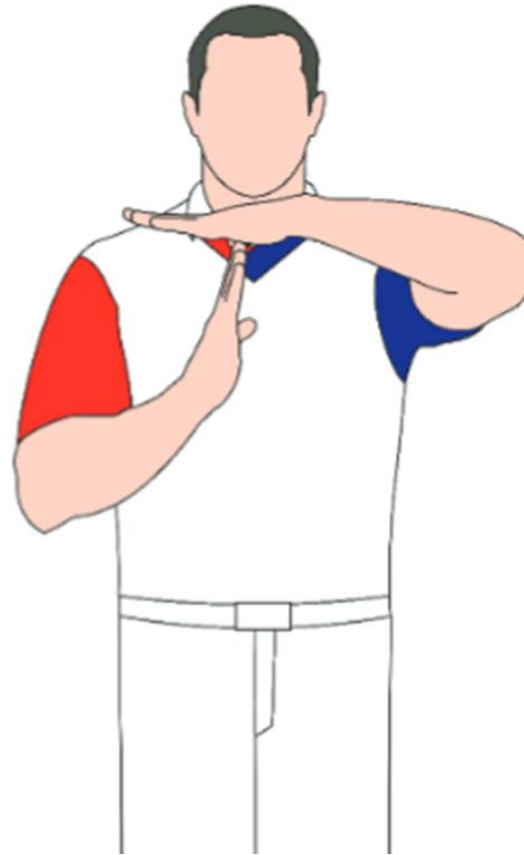
# 5. Referee **gestures** - Basics (2)

2



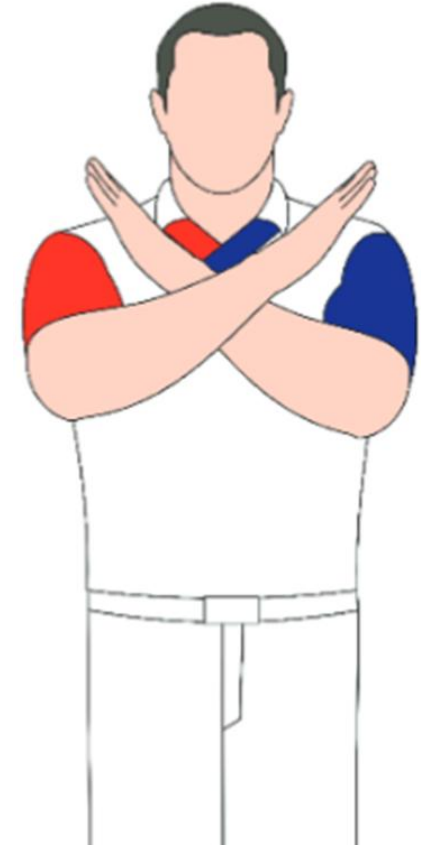
**Start of bout**  
*Start van gevecht*

21



**Stop time**  
*Stop de tijd*

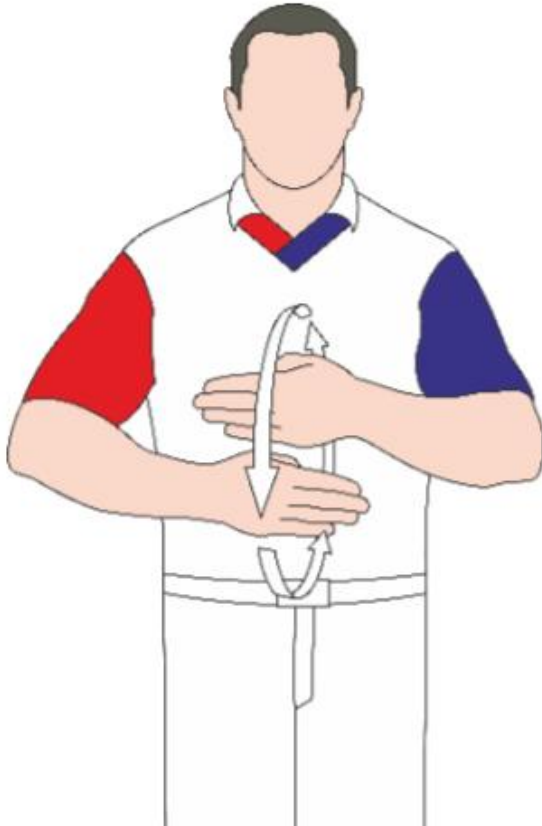
22



**End of bout**  
*Einde van gevecht*

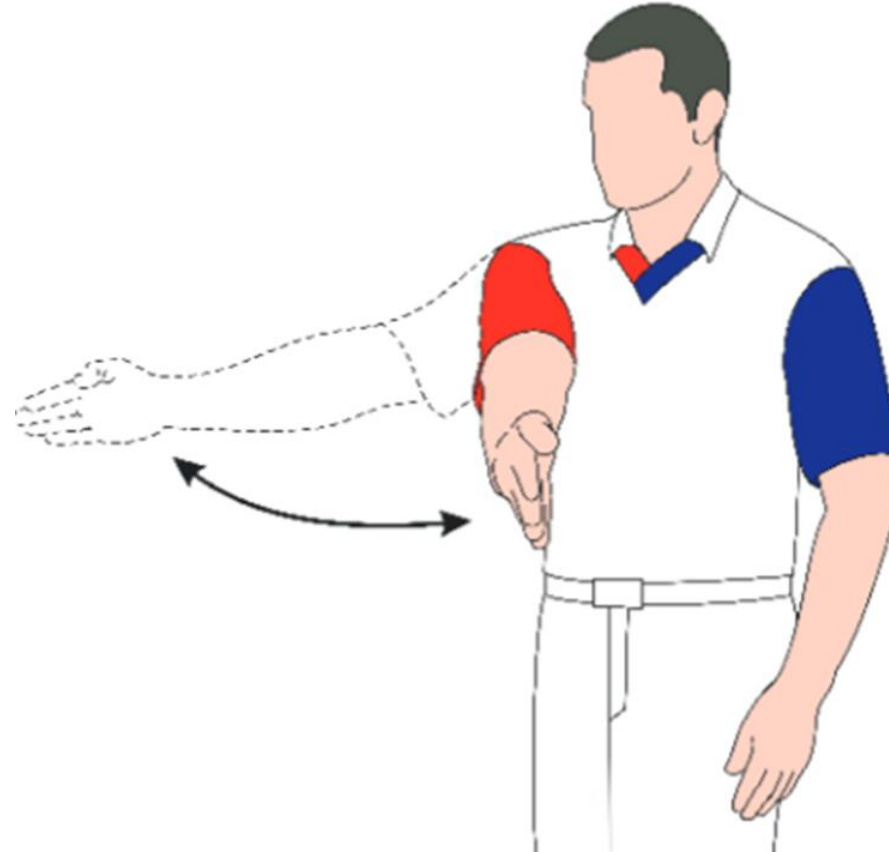
# 5. Referee gestures - Basics (3)

12



**Avoidance from the fight**  
*Vermijden van de strijd*

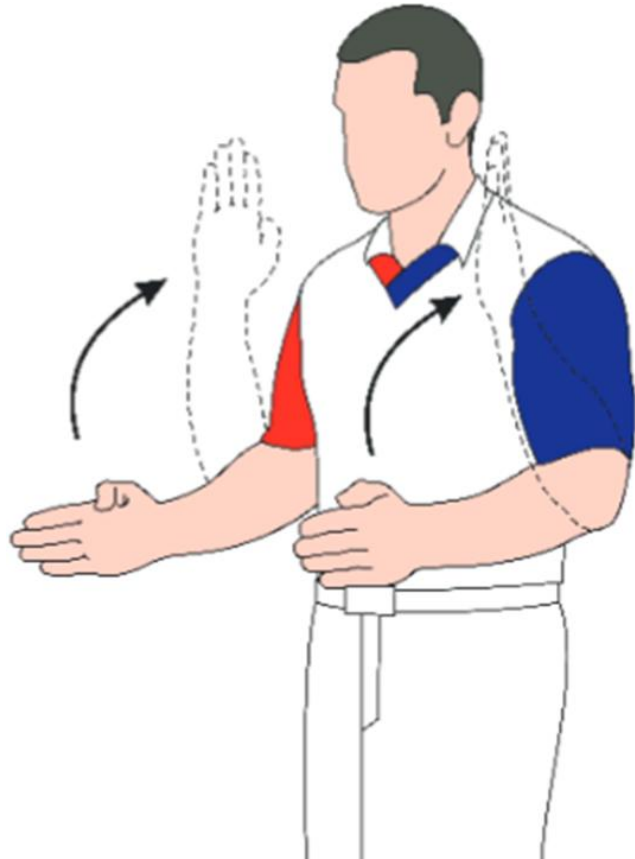
10



**'Off mat' position**  
*Positie buiten de mat*

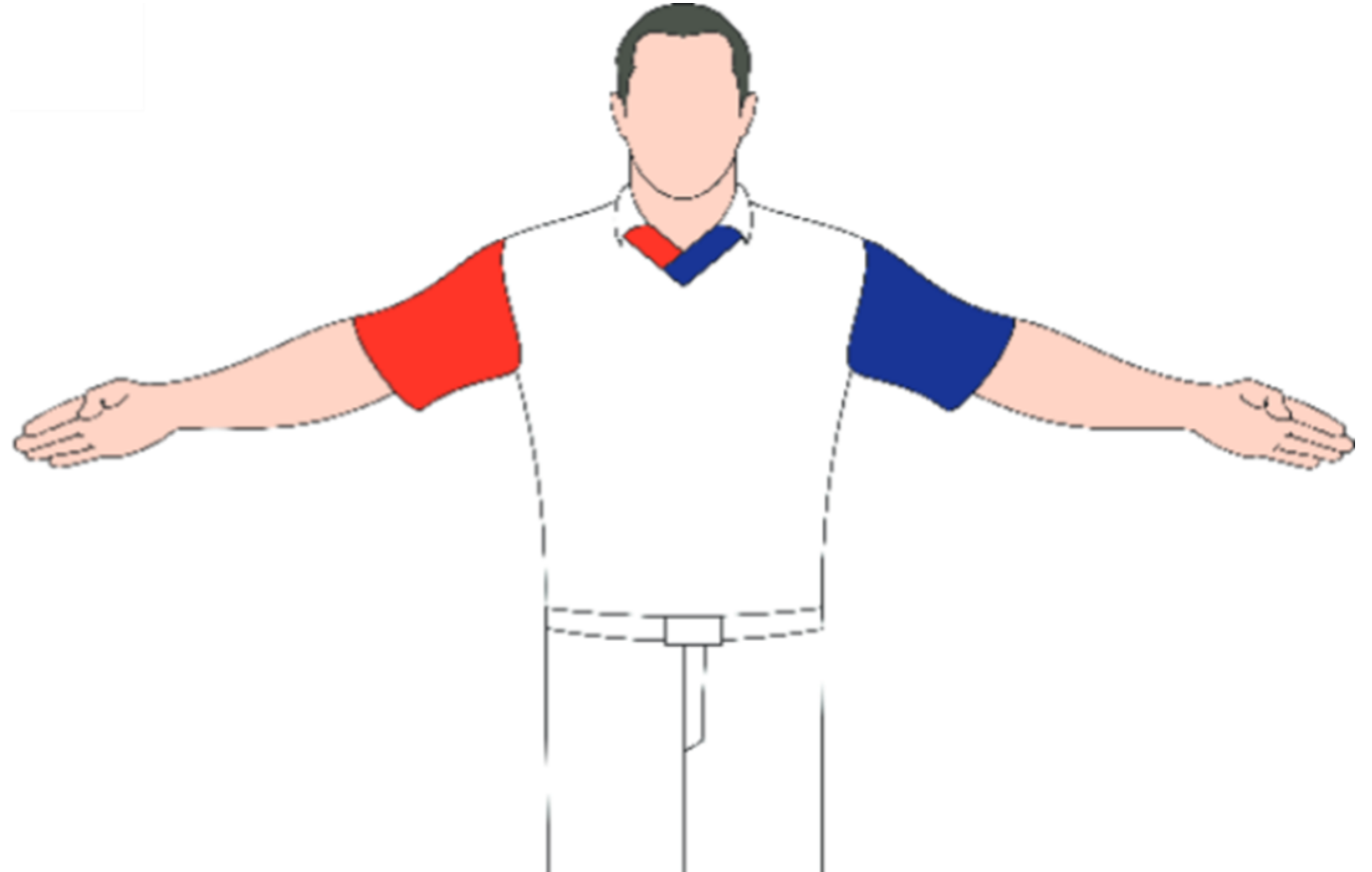
# 5. Referee gestures - Basics (4)

11



**Moving from ground to standing position**  
*Ga van grond- naar de staande positie*

24



**Athletes to their corners**  
*Athleten naar hun hoek*

# 5. Referee gestures - Basics (5)

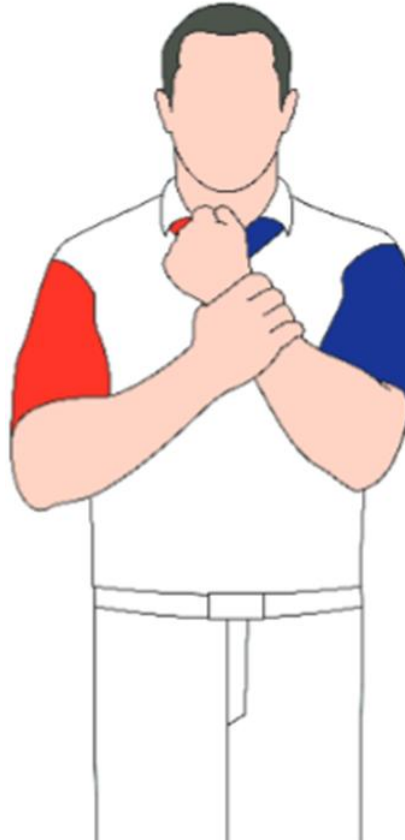


13



**Prohibited grip**  
*Verboden grip*

15



**Prohibited technique**  
*Verboden techniek*

14



**Misconduct**  
*Wangedrag*

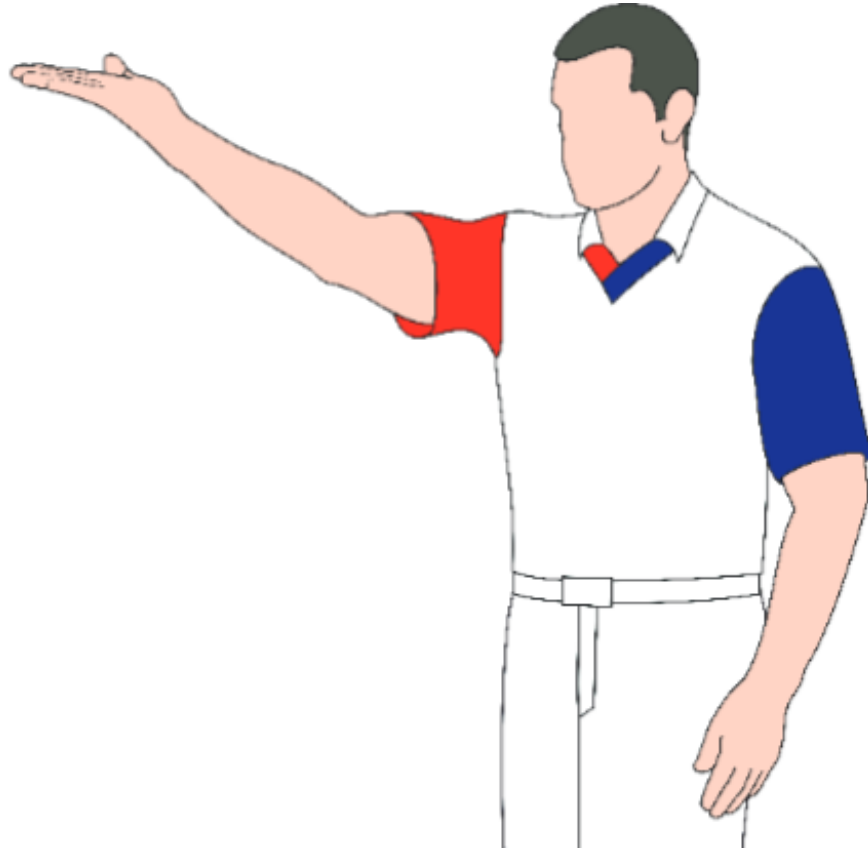
16



**Unethical behaviour**  
*Onethisch gedrag*

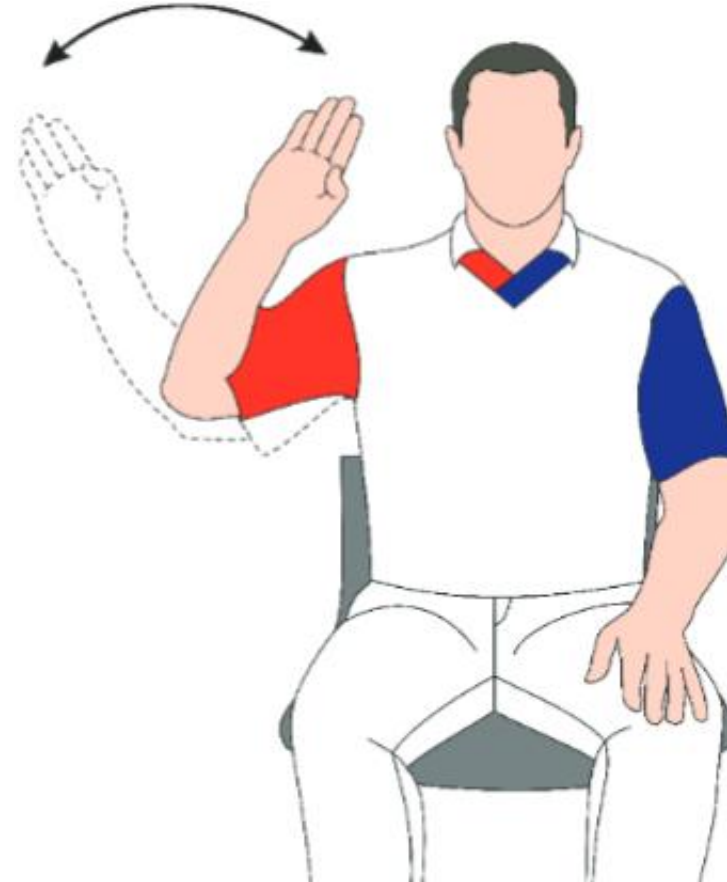
# 5. Referee gestures - Basics (6)

20



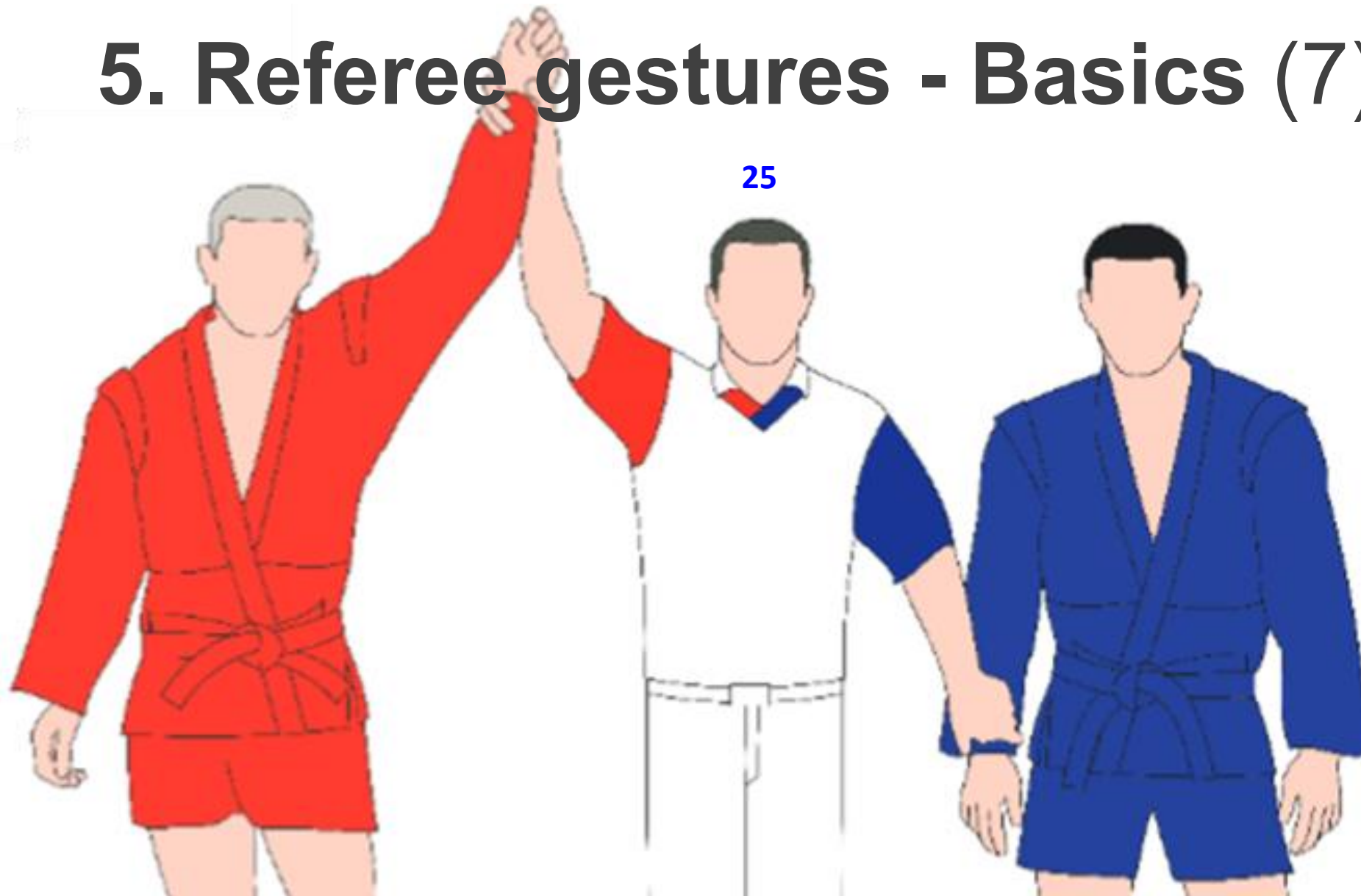
**Call the doctor**  
*Roep de dokter*

23



**Require attention**  
*Aandacht vereist*

# 5. Referee gestures - Basics (7)



**Announcement of the winner / Bekendmaking van de winnaar**

## 6. Referee **gestures** - Points (1)



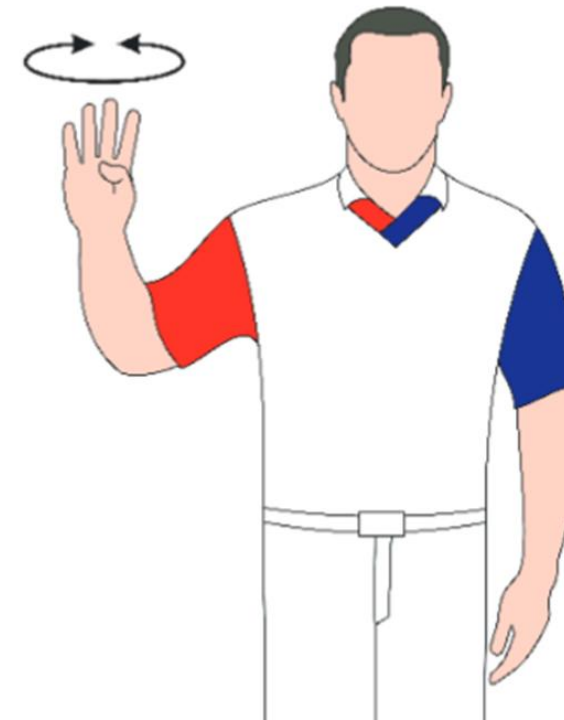
3

**Total Victory**  
*Totale overwinning*



4

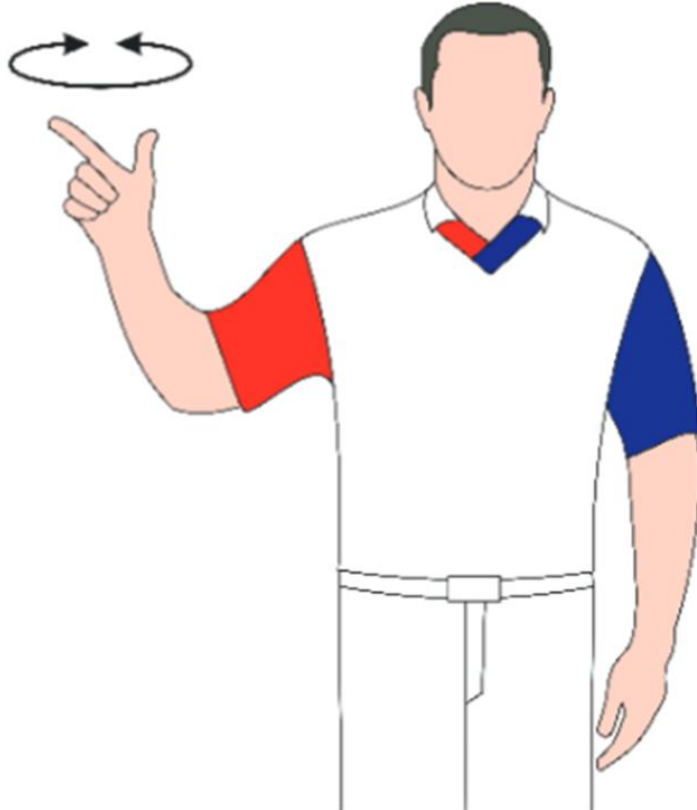
**Four points**  
*Vier punten*



# 6. Referee gestures - Points (2)

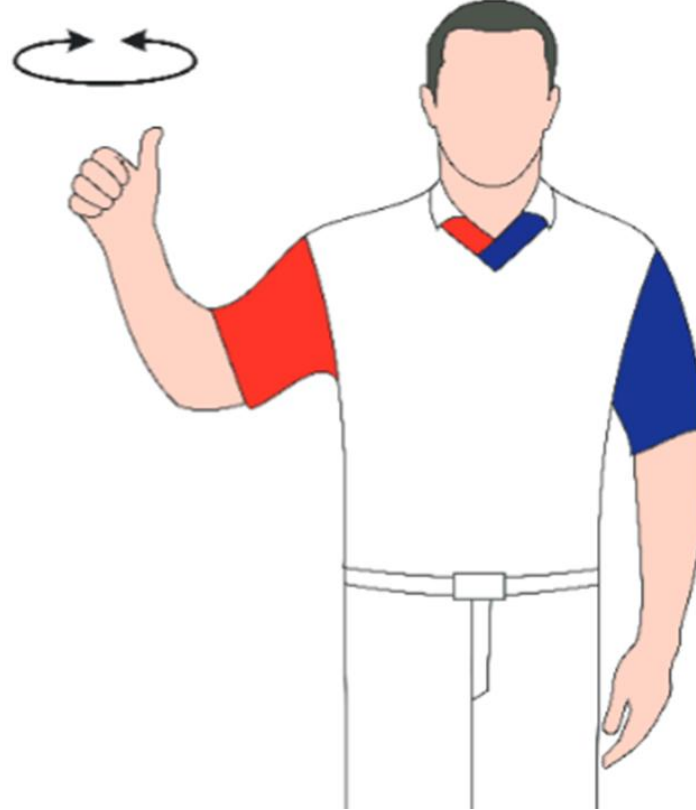


5



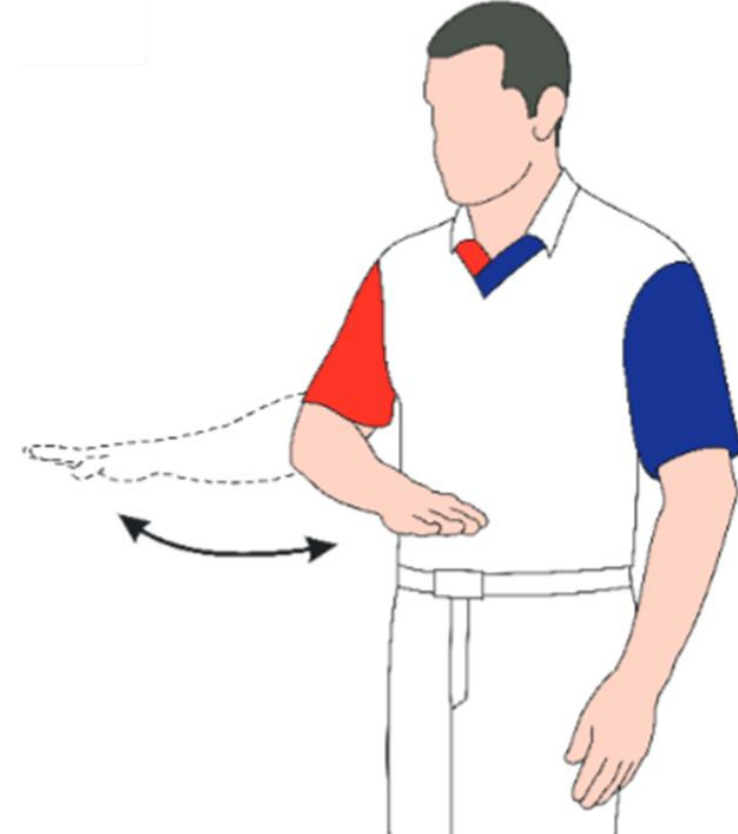
**Two points**  
*Twee punten*

6



**One point**  
*Eén punt*

7



**Action not scored**  
*Actie niet gescoord*



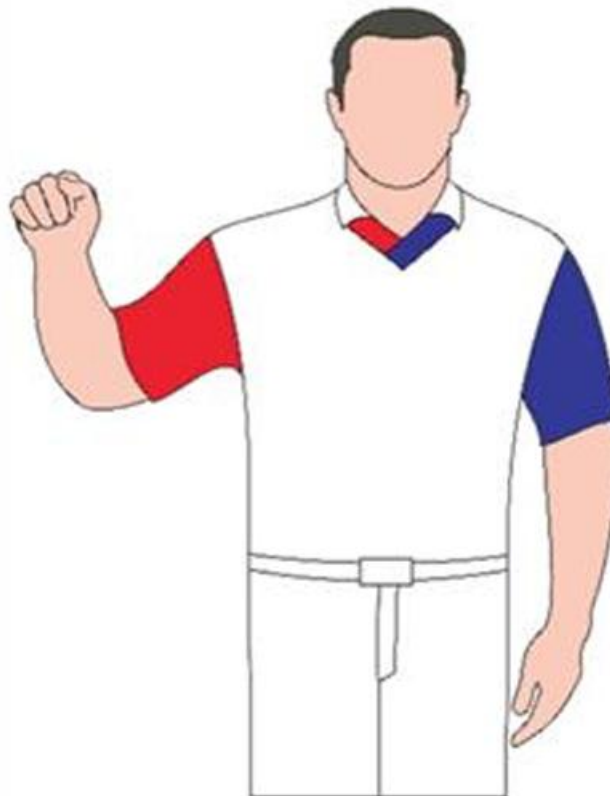
## 6. Referee gestures - Points (3)



If during the bout there are not any evaluated technical actions or there is the same number of warnings received at the same time, then the **bout shall be interrupted at half-time.**

The **decision of the majority of the referee** trio shall define the active athlete with a demonstration of the corresponding gesture.

27



Active athlete  
*Actieve atleet*



Indien er tijdens de wedstrijd geen beoordeelde technische acties plaatsvinden of indien er evenveel waarschuwingen zijn ontvangen, wordt de **wedstrijd halverwege onderbroken.**

**Een meerderheidsbesluit van het scheidsrechterstrio** bepaald welke atleet actief is, door het maken van het bijbehorende gebaar.



# 7. Awarding points evaluation (1)



Based on:

1. Starting position attacker & defender
2. Score action & position
  - proactive attack
  - back / bridge
  - side / half bridge
  - chest / stomach / buttock / lower back / shoulder
  - knock out / knock down
3. End position attacker & defender after execution the ACTIVE attack

## 7. Awarding points evaluation (2)



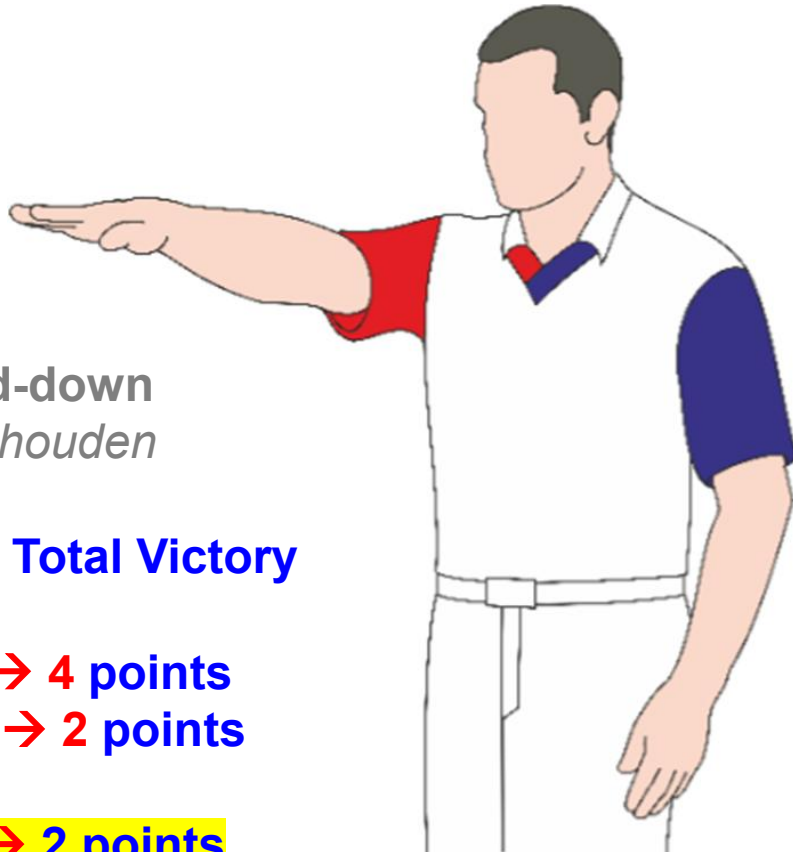
|                                                          | Defender<br>in a standing position    |                 | Defender<br>in a ground position |                 |
|----------------------------------------------------------|---------------------------------------|-----------------|----------------------------------|-----------------|
| Defender falls                                           | Attacker performs a throw or a Strike |                 |                                  |                 |
|                                                          | Without<br>falling                    | With<br>falling | Without<br>falling               | With<br>falling |
| On the back, “bridge”                                    | Perfect<br>(total) throw              | 4 points        | 4 points                         | 2 points        |
| On the side, “half bridge”                               | 4 points                              | 2 points        | 2 points                         | 1 point         |
| On the chest, stomach,<br>buttocks, lower back, shoulder | 2 points                              | 1 point         | 1 point                          | no point        |

| Defender as a result of a strike     | Attacker performs a strike            |
|--------------------------------------|---------------------------------------|
| gets knockout                        | total victory (ahead-of-time victory) |
| gets knockdown                       | 4 points                              |
| gets a second knockdown for the bout | total victory (ahead-of-time victory) |

**COMBAT**

# 7. Awarding points (3)

8



Hold-down  
*Vasthouden*

Give up → Total Victory

20 sec. → 4 points  
>10 sec. → 2 points

20 sec. → 2 points.

9



Painful/**choke** hold  
*Pijnlijke/**wurg** greep*

1 min. to score

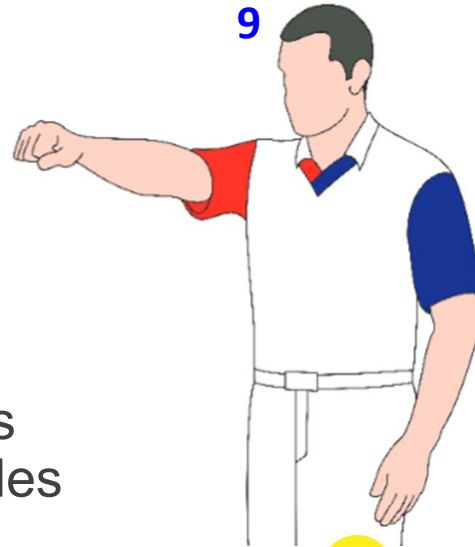
Give up → Total Victory

# 7. Awarding points (4)



## PAINFUL HOLDS CADETS

During youth bouts painful holds are not continued, referee decides if it is a score.



## PIJNLIJKE GREPEN CADETTEN

bij jeugd worden pijnlijke holds niet doorgezet, scheidsrechter bepaald of die zit



## 7. Awarding points (5)



**Hold-down:** technique by which an athlete forces an opponent to lie with the back to the mat for a specified period of time, and presses himself/herself from above by his/her own torso to the opponent's torso (or to the opponent's arms, held close to the body).

**Hold-downs** performed during a single bout may not be evaluated of more than 4 points in total.

During a single bout, **no more than two scored hold-downs** may be performed if the first hold-down was not complete (score of 2 points); and the second hold-down was scored as 4 points, the score for the first one is cancelled (crossed out in the score sheet).



**Hold-down:** techniek waarbij een atleet een tegenstander dwingt om gedurende een bepaalde tijd met de rug op de mat te liggen, en zichzelf van bovenaf met zijn of haar bovenlichaam tegen het bovenlichaam van de tegenstander (of tegen de armen van de tegenstander, die dicht tegen het lichaam worden gehouden) drukt.

**Hold-downs** uitgevoerd tijdens een enkele wedstrijd mogen in totaal niet meer dan 4 punten opleveren.

Tijdens een wedstrijd mogen **niet meer dan twee gescoorde hold-downs** worden uitgevoerd; als de 1ste hold-down niet volledig was (2 punten) en de 2<sup>de</sup> hold-down 4 punten opleverde, wordt de score voor de eerste geannuleerd (doorgestreept op het scoreformulier).

# 7. Awarding points (6)



**Painful hold:** locking opponent's arms or legs in the ground position in order to perform the following actions: bending, rotating a joint, or squeezing the tendons or muscles, forcing an opponent to submit.

**The start of the painful hold** shall be regarded as the moment in the bout when the attacker seizes one of the opponent's limbs in order to inflict pain on the latter.

**Painful hold is scored** if defender gives **loud voice and/or by clapping many times** to mat or body opponent's body with hand or foot. OR any **exclamation** from the contestant taken under the painful hold (exception: see article 7.2e)



**Painful hold (pijnlijke greep):** houdt in dat de armen of benen van de tegenstander in de grondpositie worden vastgezet om de volgende handelingen uit te voeren: buigen, een gewricht draaien of de pezen of spieren samendrukken, waardoor de tegenstander wordt gedwongen zich over te geven.

**Het begin van de painful hold** wordt beschouwd als het moment in het gevecht waarop de aanvaller een ledemaat van de tegenstander vastgrijpt om deze pijn te doen.

**Painful hold wordt gescored** als de verdediger luid roept en/of herhaaldelijk met de hand of voet op de mat of het lichaam van de tegenstander klapt. OF als de deelnemer die in de pijnlijke greep zit een kreet slaakt (uitzondering: zie artikel 7.2e)



# 7. Awarding points evaluation (7)



## Victory:

1. Total victory during bout (ahead-of-time victory)
2. Athlete with most points at end of full bout time

## Victory when both athletes have equal points (FIAS sport rules 29.2):

If the contestants have got an equal number of points, the victory shall be awarded to the one who has accumulated more points for technical actions (throws, hold-downs).

| Athlete | Points awarded |   |   |   |   |   |   | Tot. | Conclusion |
|---------|----------------|---|---|---|---|---|---|------|------------|
| Red     |                | 2 |   | 2 |   |   | 4 | 8    | Winner     |
| Blue    | 1              |   | 1 | 1 | 2 | 1 | 1 | 1    | 8          |

Winner based on: highest technical accumulated points for technical actions

# 7. Awarding points evaluation (8)



**Victory when both athletes have equal points and equal number of technical points (FIAS rules 29.3)**

In case of an equal number of technical points after the end of the bout, the victory shall be awarded to the athlete who performed more high-quality actions (more actions evaluated with 4 and 2 points)

| Athlete | Points awarded | on back w/ falling | Tot. | Conclusion |
|---------|----------------|--------------------|------|------------|
| Red     | 2              | 4 **               | 6    |            |
| Blue    | 4 *            | 2 ***              | 6    | Winner     |

\* on side without falling

\*\* on back with falling

\*\*\* on side with falling

\*\*\* on chest without falling

Winner based on: 1 more higher HQA

# 7. Awarding points evaluation (9)



**Victory when all indicators are equal for the evaluation of the actions of both athletes (FIAS rules 29.4):**

If all indicators are equal for the evaluation of the actions of both athletes at the end of the bout, the victory shall be awarded to the athlete who was the last to perform an evaluated technique (1, 2, 4 points).

| Athlete | Points awarded |   |   | Tot. | Conclusion |
|---------|----------------|---|---|------|------------|
| Red     | 2              | 1 | 4 | 7    |            |
| Blue    | 4              | 2 | 1 | 7    | Winner     |

Both athletes have scored 1, 2 and 4 points.

Winner based on: Latest Score

# 7. Awarding points evaluation (10)

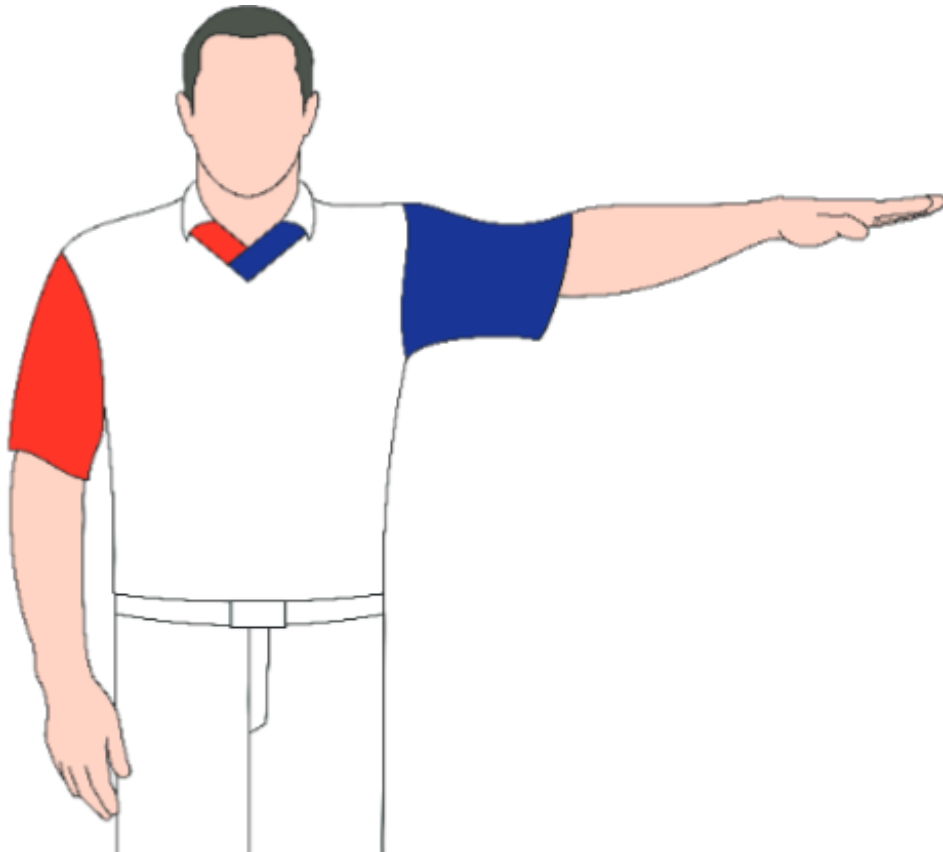


| <br><b>Match Results</b>                                                                                                                                                                                                      | <br><b>Wedstrijd resultaten</b>                                                                                                                                                                                                         | <b>Outcome</b><br><i>Uitkomst</i> |                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|----------------------------------|
|                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                            | <b>Winner</b><br><i>Winnaar</i>   | <b>Loser</b><br><i>Verliezer</i> |
| <b>Total victory (before end of match):</b> <ul style="list-style-type: none"> <li>• Total victory by throw</li> <li>• Opponent surrendered</li> <li>• 8 points difference</li> <li>• Opponent can't fight anymore due to injury or passing maximum medic time</li> <li>• Disqualification opponent</li> </ul> | <b>Total victory (before end of match):</b> <ul style="list-style-type: none"> <li>• Total victory worp</li> <li>• Winst door opgave</li> <li>• 8 points verschil</li> <li>• Tegenstander kan niet meer verder Vechten door blessure of verstrijken maximale medische tijd</li> <li>• Disqualification opponent</li> </ul> | <b>4</b>                          | <b>0</b>                         |
| <b>Winner by points 1 to 7 difference):</b> <ul style="list-style-type: none"> <li>• When loser <b>DID</b> score any point(s)</li> <li>• When loser <b>DID NOT</b> score any point</li> </ul>                                                                                                                  | <b>Winnaar door 1 tot 7 punten verschil:</b> <ul style="list-style-type: none"> <li>• Als de verliezer <b>WEL</b> punten heeft</li> <li>• Als de verliezer <b>GEEN</b> punten heeft</li> </ul>                                                                                                                             | <b>3</b><br><br><b>3</b>          | <b>1</b><br><br><b>0</b>         |
| <b>Equal points:</b> <ul style="list-style-type: none"> <li>• Quality of Points</li> <li>• Last scored point</li> <li>• Last granted sanction</li> </ul>                                                                                                                                                       | <b>Gelijke punten:</b> <ul style="list-style-type: none"> <li>• Kwaliteit van de punten</li> <li>• Laatste gescoord punt</li> <li>• Laatste toegekende straf</li> </ul>                                                                                                                                                    | <b>2</b>                          | <b>0</b>                         |
| <b>Disqualification of both athletes by sanctions, surrender, or on behalf of medic.</b>                                                                                                                                                                                                                       | <b>Diskwalificatie van beide atleten door sancties, overgave of medisch.</b>                                                                                                                                                                                                                                               | <b>0</b>                          | <b>0</b>                         |

# 8. Warning gestures (1)

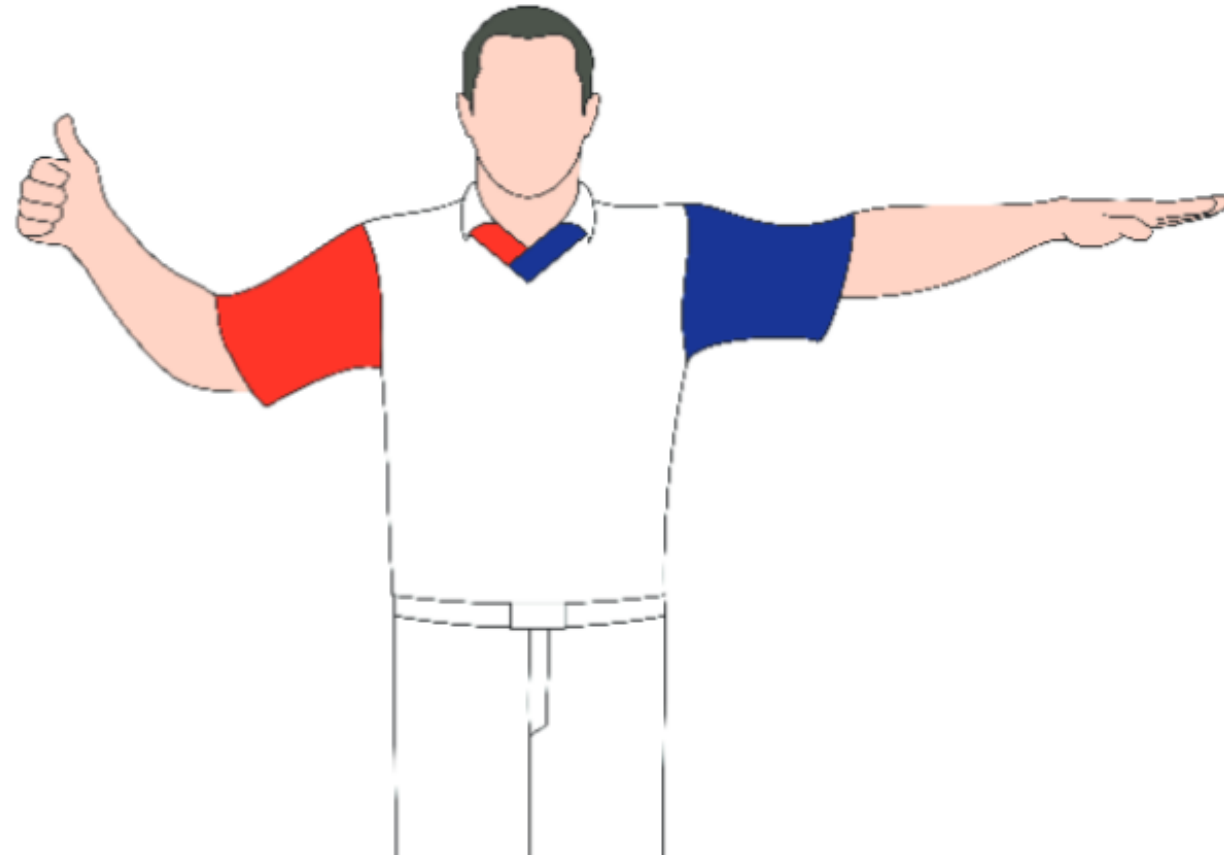


17



**1<sup>st</sup> warning**  
*1<sup>ste</sup> waarschuwing*

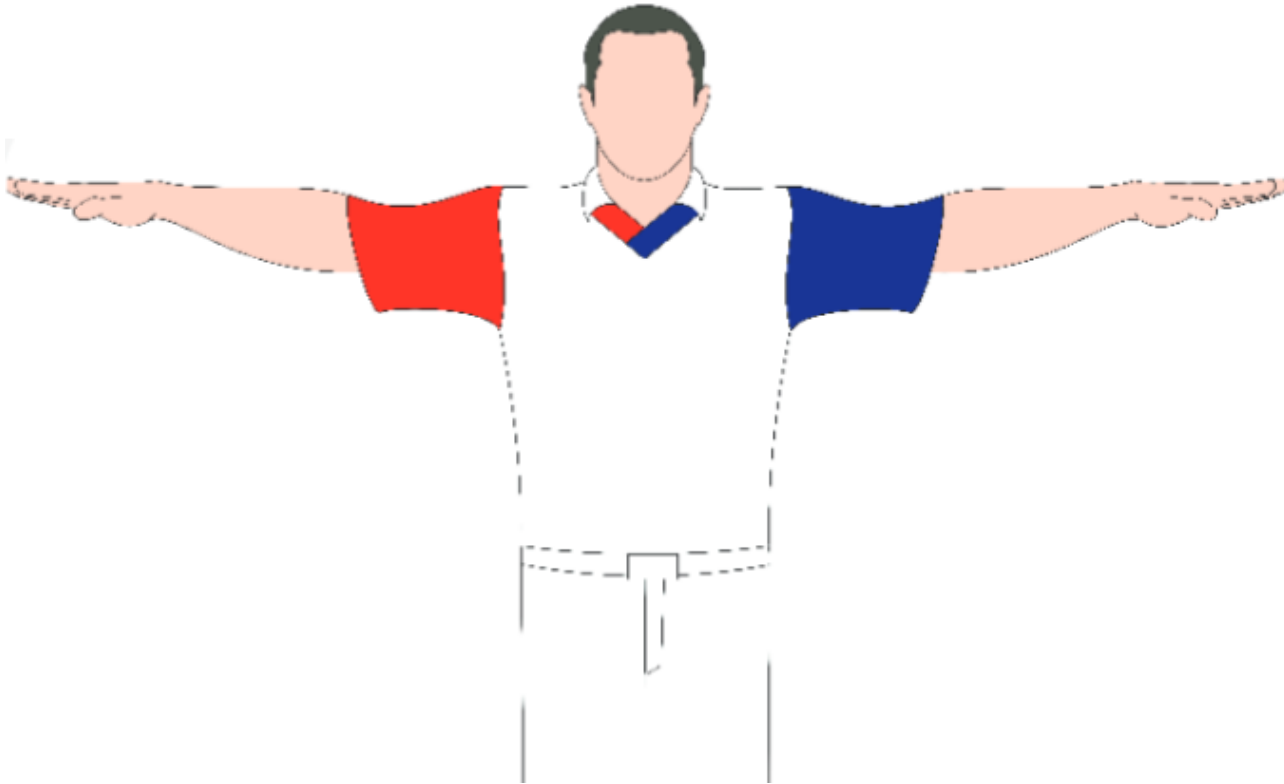
18



**2<sup>nd</sup> and 3<sup>rd</sup> warning**  
*2<sup>de</sup> en 3<sup>de</sup> waarschuwing*

# 8. Warning gestures (2)

19



**Mutual warning**  
*Wederzijdse waarschuwing*



No more than three warnings can be issued. By fourth warning → disqualification.

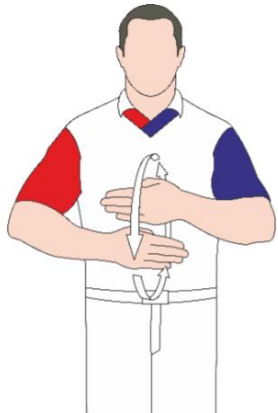


Er kunnen maximaal drie waarschuwingen worden gegeven. Bij een vierde waarschuwing → diskwalificatie.

# 9. Violations of the rules (1)

3 types of violations:

12



**Avoidance from the fight**  
*Vermijden van de strijd*

See (2)

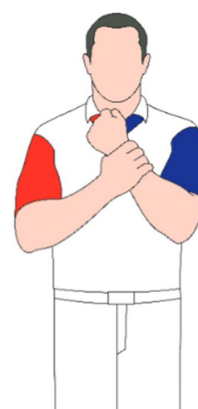
13



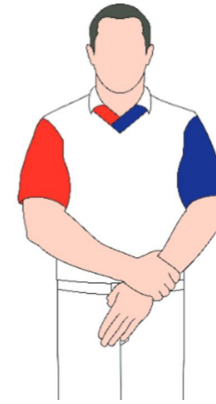
**Prohibited grip / technique**  
*Verboden grip / techniek*

See (3 & 4)

15



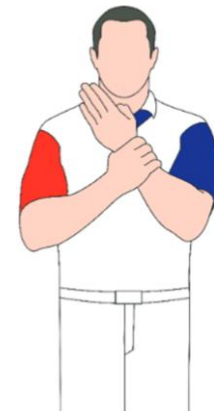
14



**Misconduct / Unethical behaviour**  
*Wangedrag / Onethisch gedrag*

See (5 & 6)

16



# 9. Violations of the rules (2)

| Section                  | Violation                                                                                                                                                                                          |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Avoidance from the fight | free or intentional overstepping of the mat bout area in a standing or ground position;                                                                                                            |
|                          | passive conduct of the bout (avoiding a grip in a standing position, refusal of attacking actions, delaying the time of the bout);                                                                 |
|                          | false attack - moving to a ground position without a real attack (the defender does not lose their balance);                                                                                       |
|                          | pushing outside (direct impact on the opponent out the mat bout area using a blocking grip, without any intention to make a throw);                                                                |
|                          | intentional violation of the Uniform Rules (such as rolling up the jacket sleeves, untying the belt, <b>unsnapping or taking off the helmet, gloves, dropping intentionally the mouth guard</b> ); |
|                          | imitation of fighting;                                                                                                                                                                             |
|                          | <b>passive defense in a ground position;</b>                                                                                                                                                       |

## 9. Violations of the rules (3)

| Section          | Violation                                                                               |
|------------------|-----------------------------------------------------------------------------------------|
| Prohibited grips | intentional grip of one's shorts, SAMBO shoes collar or lacing;                         |
|                  | intentional grip the opponent's jacket sleeves from the inside in a standing position;* |
|                  | intentional grip of the opponent's fingers;                                             |

# 9. Violations of the rules (4)

| Section                                                                                     | Violation                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Execution of a prohibited technique</b><br><br><b>=</b><br><b>warning with score</b><br> | intentional throw of an opponent on the head;                                                                                                                              |
|                                                                                             | painful hold after the whistle;                                                                                                                                            |
|                                                                                             | painful hold in a standing position;                                                                                                                                       |
|                                                                                             | throws with grips for painful hold ("knot", "lever");                                                                                                                      |
|                                                                                             | "Scissors" on the knee joint and ankle joint;                                                                                                                              |
|                                                                                             | direct painful impact (pressure, hyperextension) on spine and neck;                                                                                                        |
|                                                                                             | painful holds of toes, fingers and hands;                                                                                                                                  |
|                                                                                             | foot "knot";                                                                                                                                                               |
|                                                                                             | a lever and a hip knot, a crushing of the calf muscle through the attacker's shin, a reverse shoulder Knot with a leg*                                                     |
|                                                                                             | knee "lever" by bending leg not in the plane of its natural folding;                                                                                                       |
|                                                                                             | reverse shoulder knot, bringing the forearm behind the back (except when the attacker's torso or thigh is between the forearm and the torso of the person being attacked); |
|                                                                                             | straightening of crossed legs on the opponent's torso or head with intentional squeezing;                                                                                  |
|                                                                                             | chokehold;                                                                                                                                                                 |
|                                                                                             | direct impact with hands, legs or head on the opponent's face;                                                                                                             |
|                                                                                             | direct impact with the elbow or knee on any part of the opponent's body;                                                                                                   |
|                                                                                             | Kicks at the legs, rough fight for a grip (rough conduct of a fight).                                                                                                      |

| Section                                                                                 | Violation <b>COMBAT</b>                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Execution of a prohibited technique</b><br><br><b>=</b><br><b>warning with score</b> | intentional throw of an opponent on the head;                                                                                                                                                                                        |
|                                                                                         | throws with grips for painful hold ("knot", "lever");                                                                                                                                                                                |
|                                                                                         | strikes, painful hold and chokehold after the whistle;                                                                                                                                                                               |
|                                                                                         | direct painful impact (pressure, hyperextension) on spine and neck;                                                                                                                                                                  |
|                                                                                         | painful holds of toes, fingers and hands;                                                                                                                                                                                            |
|                                                                                         | foot "knot";                                                                                                                                                                                                                         |
|                                                                                         | knee "lever" by bending leg not in the plane of its natural folding;                                                                                                                                                                 |
|                                                                                         | pressure with hands, legs or head on the opponent's face;                                                                                                                                                                            |
|                                                                                         | direct impact with the elbow or knee on any part of the opponent's body;                                                                                                                                                             |
|                                                                                         | strikes with the palm or base of the palm;                                                                                                                                                                                           |
|                                                                                         | strikes from a standing position to the opponent in a ground position;                                                                                                                                                               |
|                                                                                         | hits with fingers;                                                                                                                                                                                                                   |
|                                                                                         | for men - head strikes and elbow strikes to the head in the ground position, for women - head strikes and elbow strikes to the head in the ground and standing position.                                                             |
|                                                                                         | strikes at the back of the head and crown (top of the head) parts of the head, throat, collarbone, joints of the arms and legs (elbow, knee, arch of the foot) against their natural bend, as well as when locking an attacked limb; |
|                                                                                         | strikes at the back, lower back, tailbone, anus;                                                                                                                                                                                     |
|                                                                                         | intentional strike to the groin;                                                                                                                                                                                                     |
|                                                                                         | head strikes, if the opponent doesn't wear a helmet.                                                                                                                                                                                 |

# 9. Violations of the rules (5)

| Section    | Violation                                                                                                                                                                                                   |
|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Misconduct | non-compliance of the arbiter requirements;                                                                                                                                                                 |
|            | conversations on the mat (with the referee, with the opponent, with the coach, etc.);                                                                                                                       |
|            | leaving the mat without an Arbiter's permission (including for medical assistance);                                                                                                                         |
|            | <b>being late for the mat:</b><br>for 30 seconds following the first call – 1st warning;<br>for 1 minute following the first call – 2nd warning;<br>for 1,5 minutes following the first call – 3rd warning. |



# 9. Violations of the rules (6)

- **UNETHICAL BEHAVIOUR** → immediately **DISQUALIFICATION**
- **PROHIBITED TECHNIQUES** without injury → by 2nd time **DISQUALIFICATION**

| Section            | Violation                                                                                                                      |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Unethical behavior | intentional hits, scratches, bites;                                                                                            |
|                    | an injury of an opponent as a result of a prohibited technique, when the opponent is unable to keep participating in an event; |
|                    | offensive language and gestures addressed to the opponent, referees, participants and spectators;                              |
|                    | cheating on referees;                                                                                                          |
|                    | refusal of a handshake at the beginning or at the end of a bout;                                                               |
|                    | no show at the awarding ceremony, except the cases mentioned in the article 21, paragraph 2 f).                                |

# 10. Scoreboard (1)



There are several types of electronic or manual used.

Examples are given for both of them indicating what kind of information you can find on the boards.

In practice, electronic displays can and will vary, the lay-out depends of the which tournament software is used.



Er worden verschillende soorten elektronische of handmatige displays gebruikt.

Er worden voorbeelden gegeven van beide die aangeven wat voor soort informatie u op de borden kunt vinden.

In de praktijk kunnen en zullen elektronische displays variëren, de lay-out is afhankelijk van welke toernooissoftware wordt gebruikt.



# 10. Scoreboard (2) Electronic

Time counting  
*Tijdsduur*

Name & country contestant  
*Naam & land deelnemer*

Warnings  
*Waarschuwingen*

Weight category  
*Gewichtsklasse*

Name & country contestant  
*Naam & land deelnemer*





# 10. Scoreboard (3)

## Electronic - Smoothcomp

Name & country contestant  
*Naam & land deelnemer*

Warnings  
*Waarschuwingen*

LUKE SKYWALKER  
NZL DYNAMIX

WINNER BY SUBMISSION

JABBA THE HUTT  
UAE DARK STAR JIU JITSU

A-21 MEN / ADULT (18+) / -100,5 KG (SUPER HEAVY)  
EIGHTH-FINALS

SAVE

BACK BACK TO FIGHTORDER BACK TO BRACKET

00:00 0 0

00:00 0 0

05:00

Points scored  
*Gescoorde punten*

Points scored  
*Gescoorde punten*

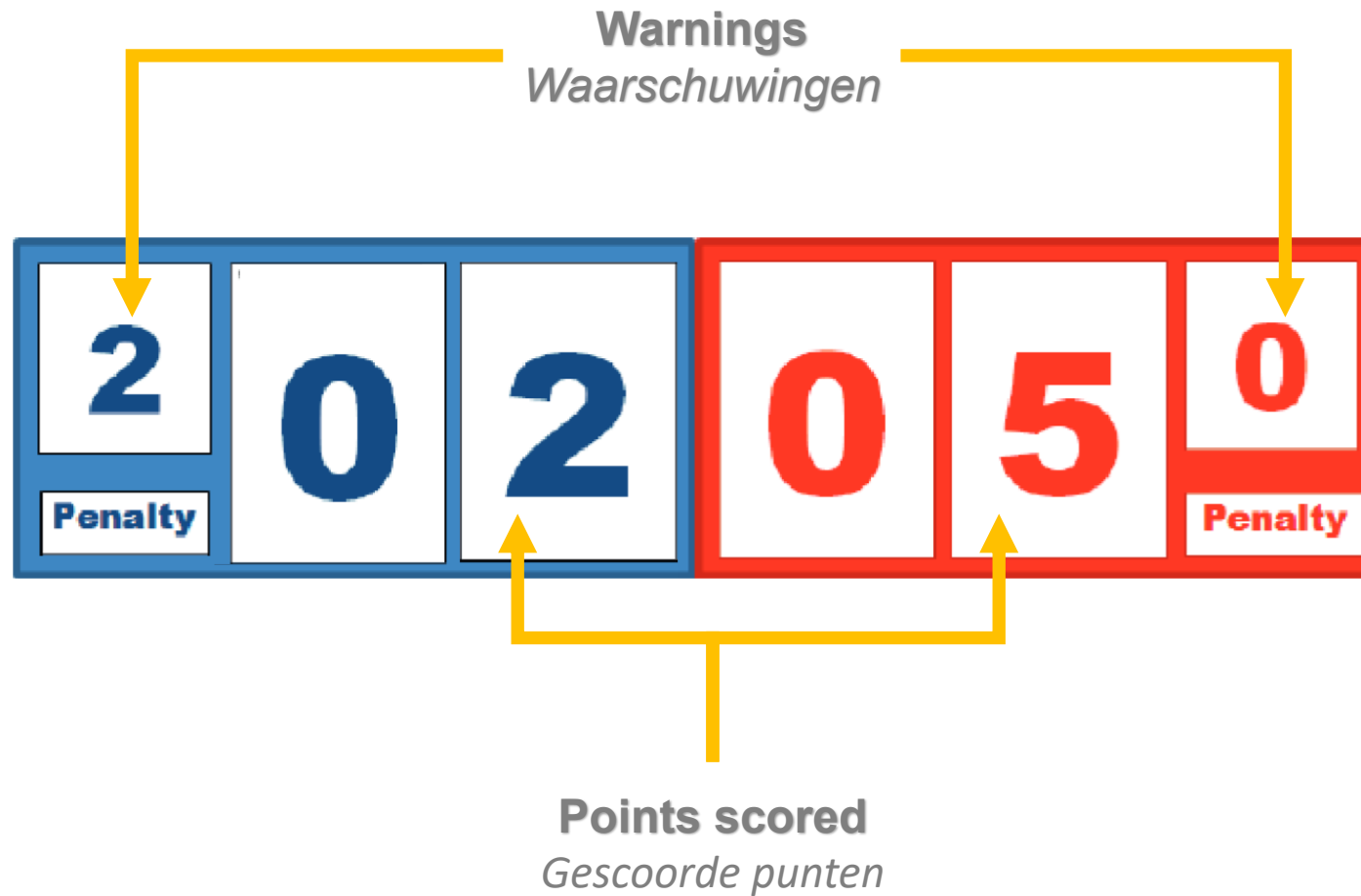
Time counting  
*Tijdsduur*

Name & country contestant  
*Naam & land deelnemer*

Bout number, Category, Competition status  
*Gevecht nummer, Category, wedstrijd status*



# 10. Scoreboard (4) Manual



# 11. Further information



[teamselfdefence.nl](https://teamselfdefence.nl)



[combatsporthorst.nl](https://combatsporthorst.nl)



[sambo.sport](https://sambo.sport)