



Sambo



Introduction Sport and Combat Sambo



Inleiding Sport en Combat Sambo



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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;
- ≥ 18 yrs (adults and juniors, men and women) – 5 minutes
- ≥ 35 yrs (masters, men and women) – 4 minutes,
- ≥ 65 yrs (masters, men and women) – 3 minutes
- Repechage (*herkansing*) bouts shall be 3 minutes

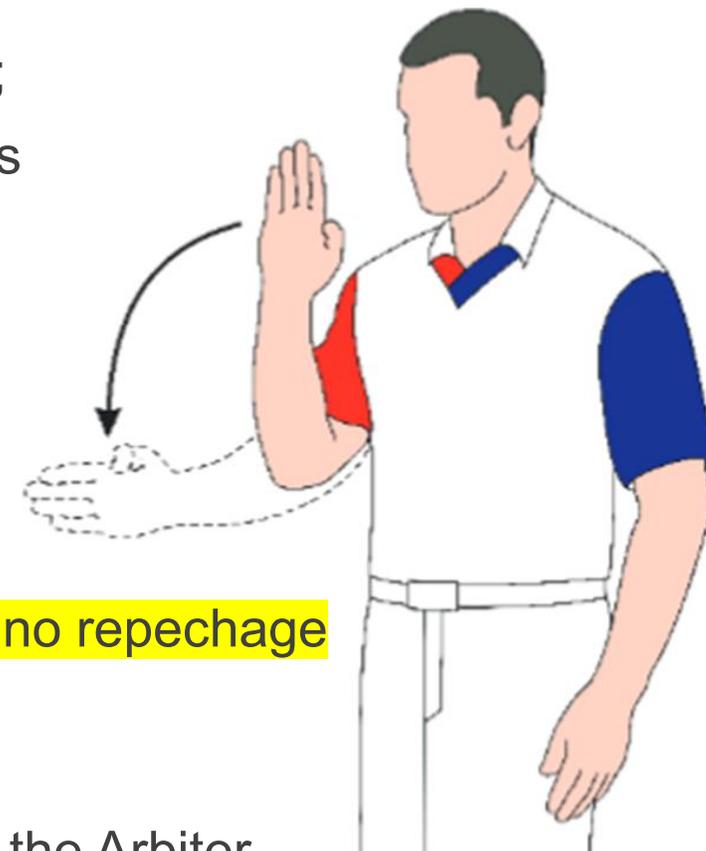
COMBAT:

≥ 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.



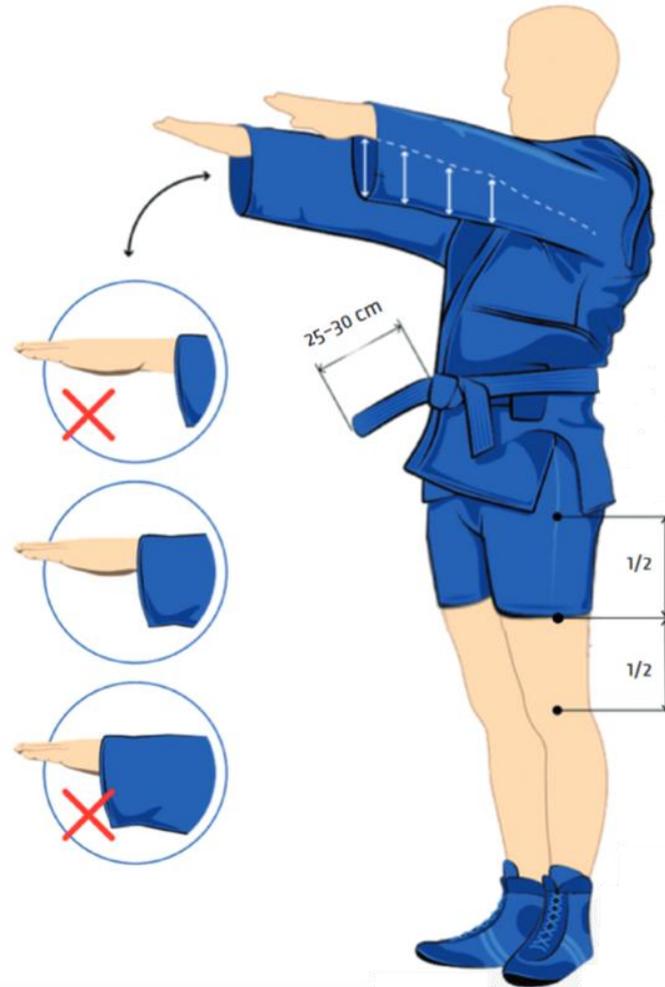
Om verwondingen te voorkomen, is het toegestaan om volledig gesloten verbanden te gebruiken die passen bij de kleur van het uniform.

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
International 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.



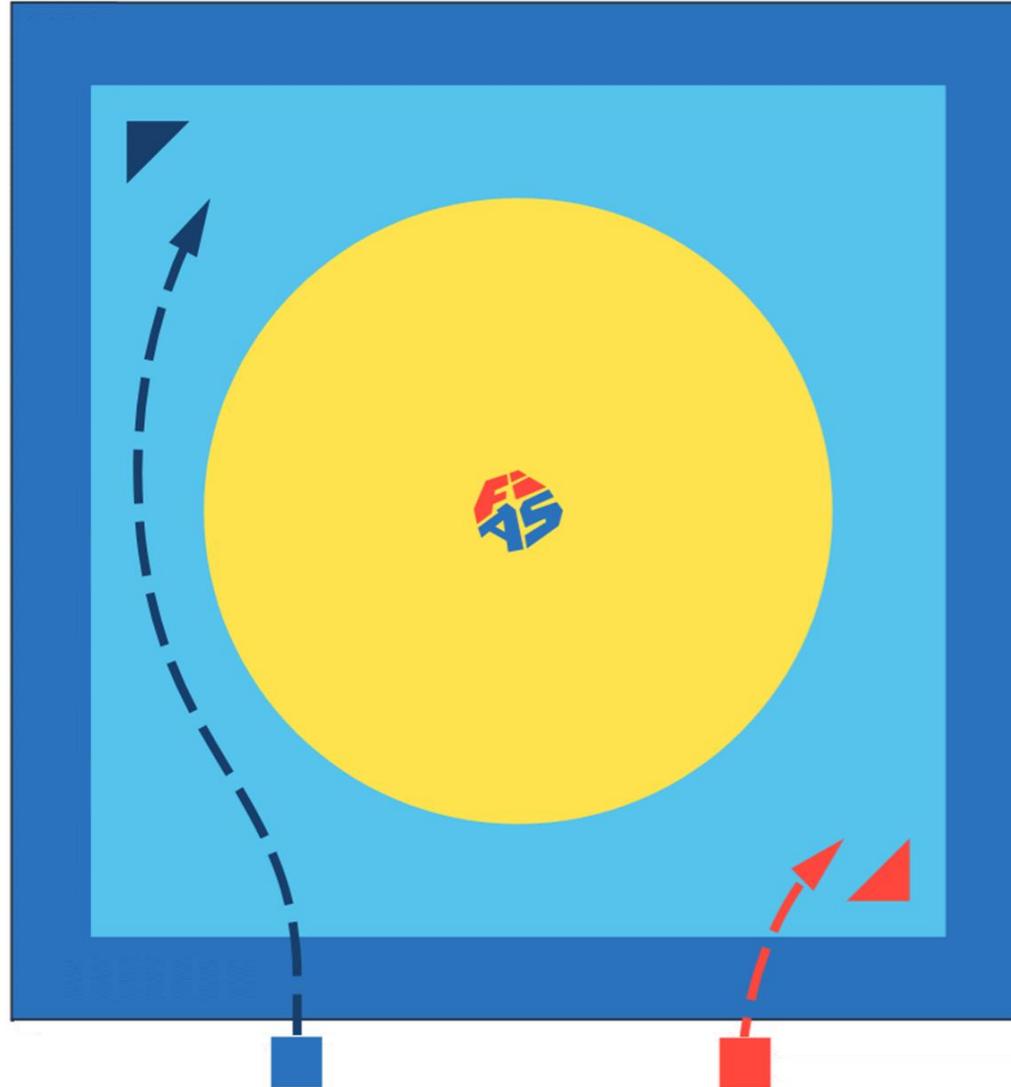
Met de **rode** en **blauwe** mouwen van de jasjes maken de scheidsrechters gebaren die gelden voor de deelnemers met dezelfde uniformkleur.

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 in the center of the mat.

Diameter of the yellow circle is 8 meter.



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

Diameter van de gele cirkel is 8 meter.

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.

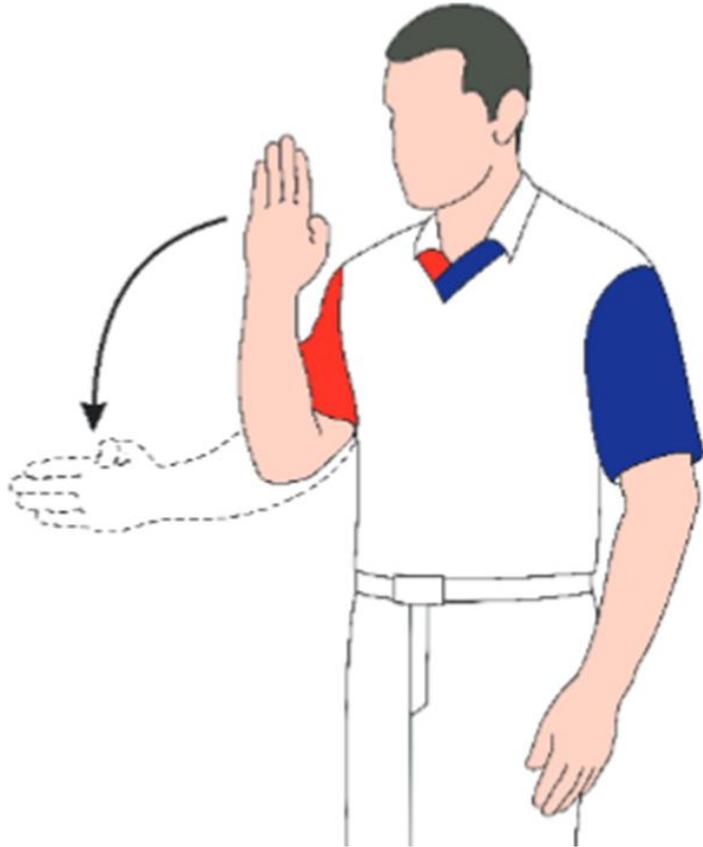


*Beide deelnemers zijn verplicht om voor en na de wedstrijd **met twee handen** elkaar de hand te schudden.*

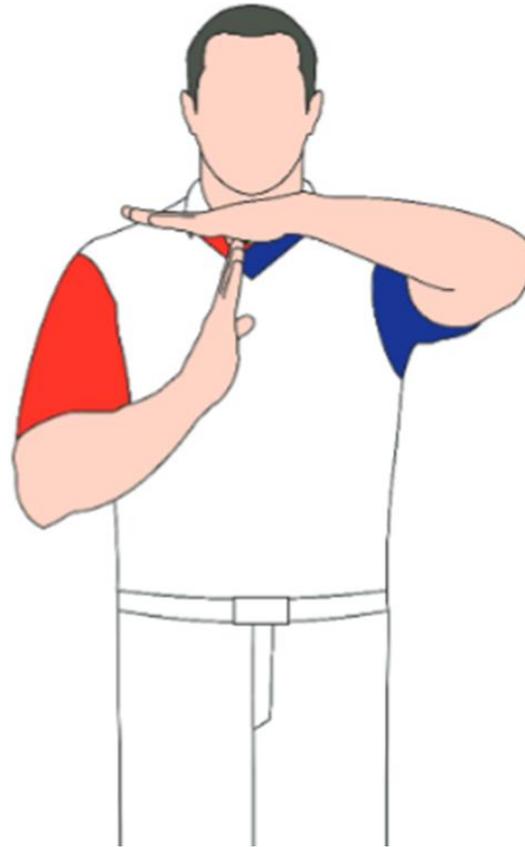
*Het weigeren van een van de handdrukken leidt tot **onmiddellijke diskwalificatie**.*

Presentation of contestants
Presentatie deelnemers

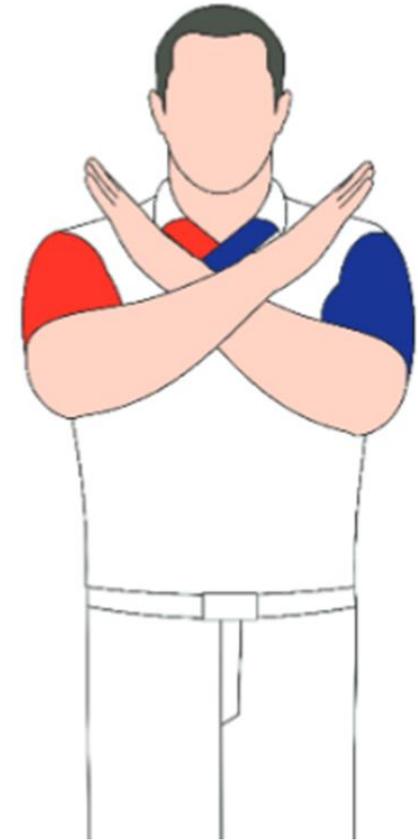
5. Referee gestures - Basics (2)



Start of bout
Start van gevecht

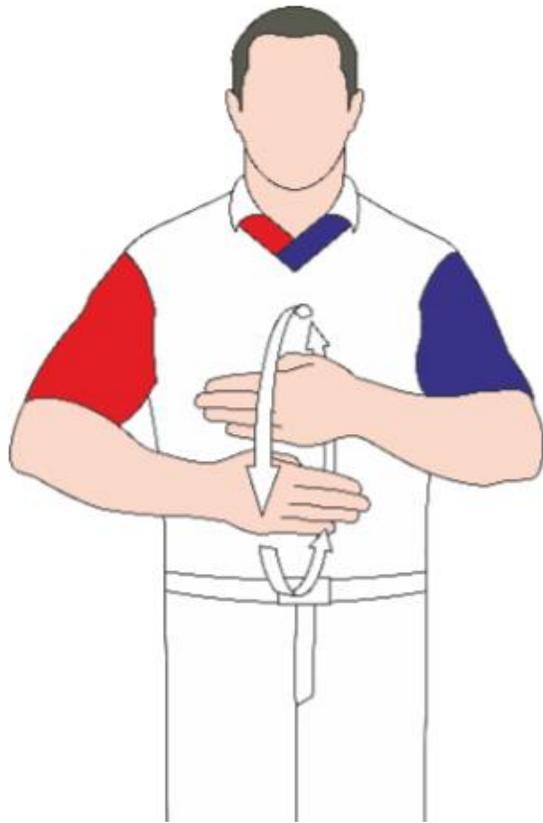


Stop time
Stop de tijd

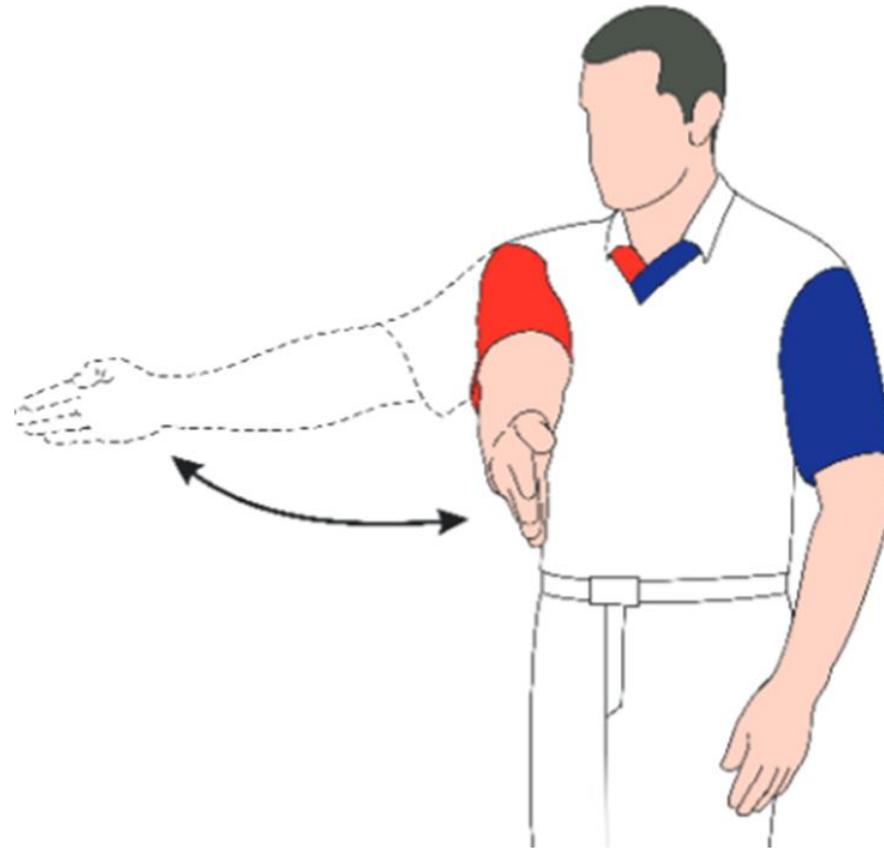


End of bout
Einde van gevecht

5. Referee gestures - Basics (3)

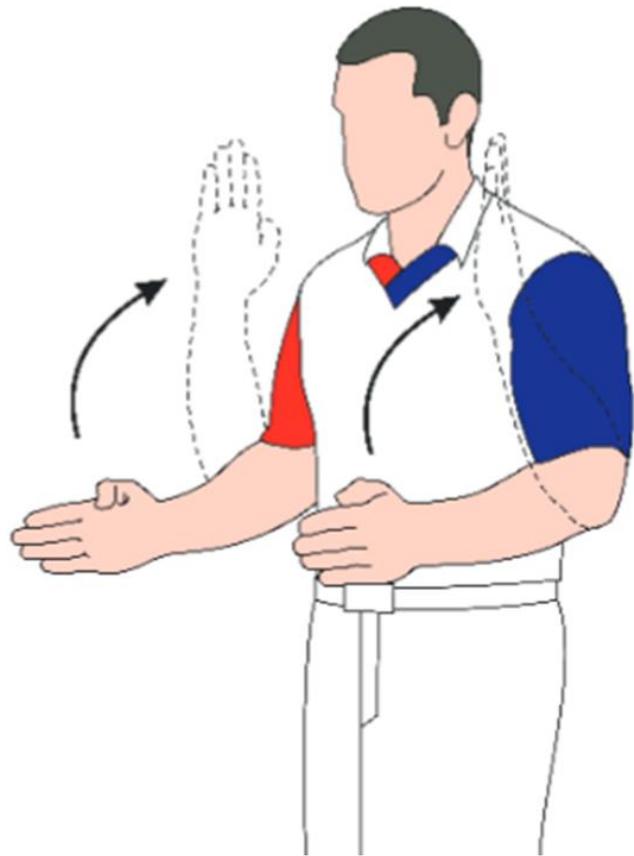


Avoidance from the fight
Vermijden van de strijd

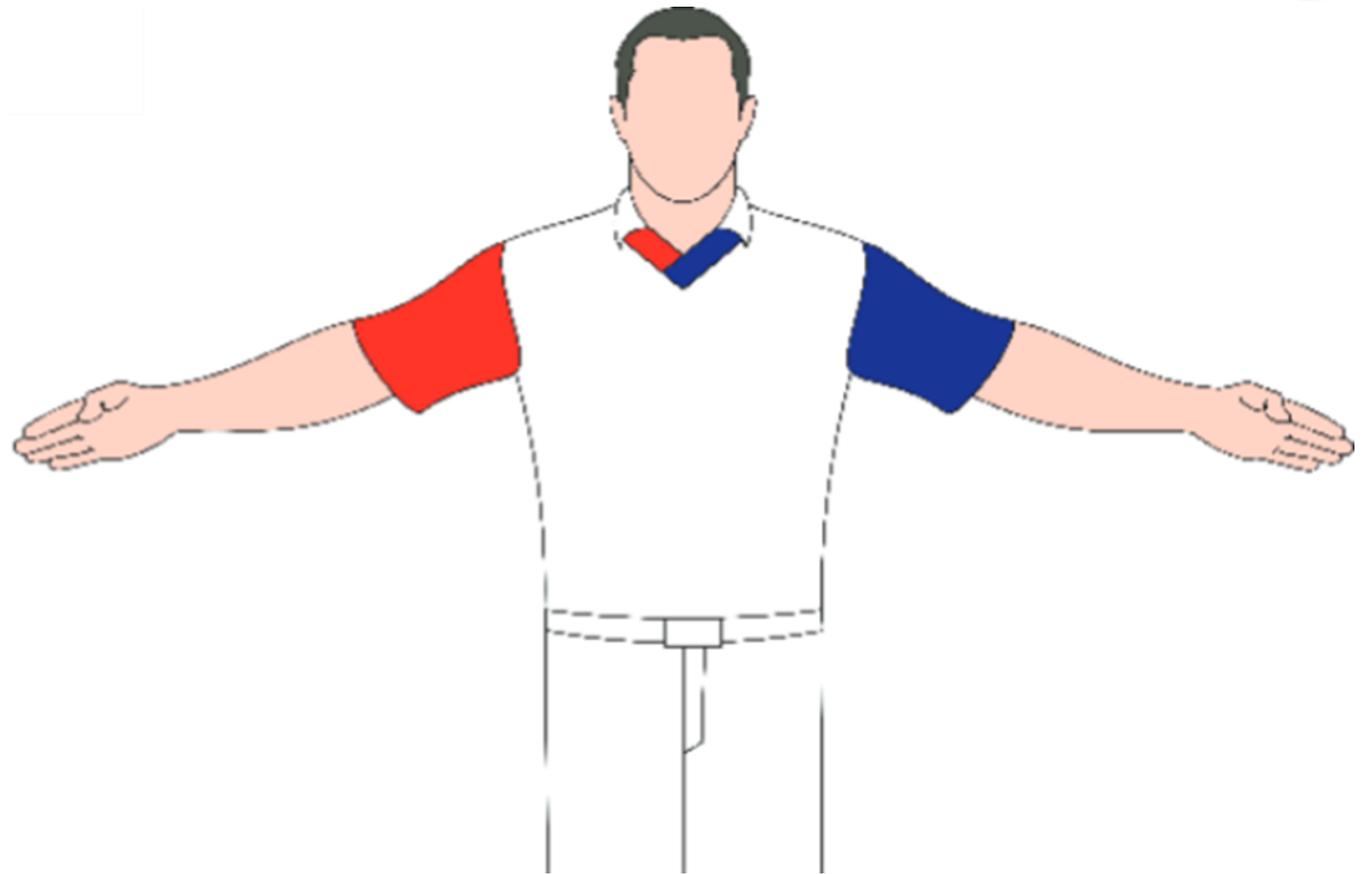


'Off mat' position
Positie buiten de mat

5. Referee gestures - Basics (4)

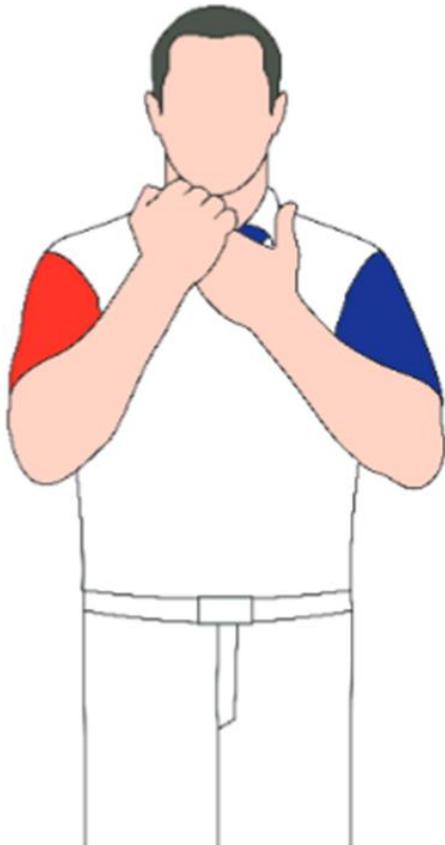


Moving from ground to standing position
Ga van grond- naar de staande positie

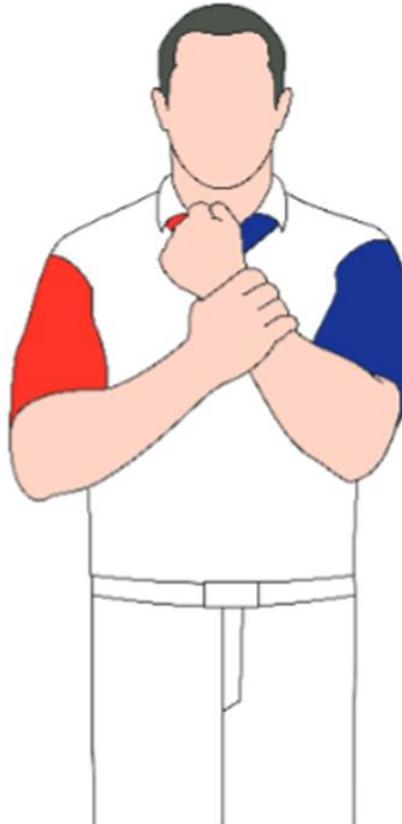


Athletes to their corners
Athleten naar hun hoek

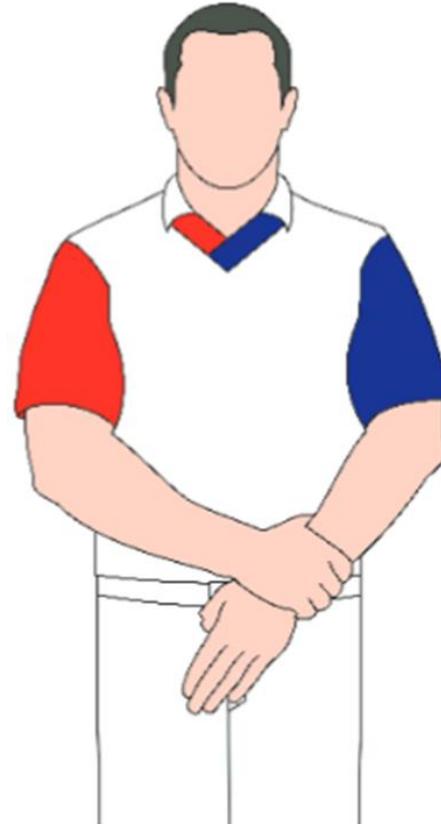
5. Referee gestures - Basics (5)



Prohibited grip
Verboden grip



Prohibited technique
Verboden techniek

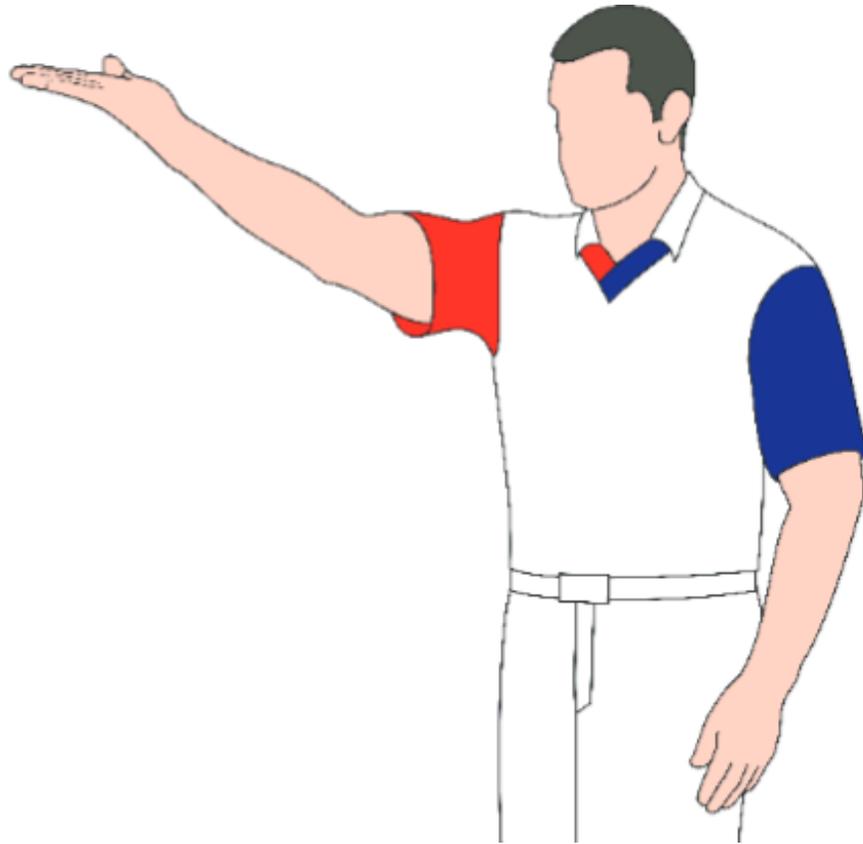


Misconduct
Wangedrag

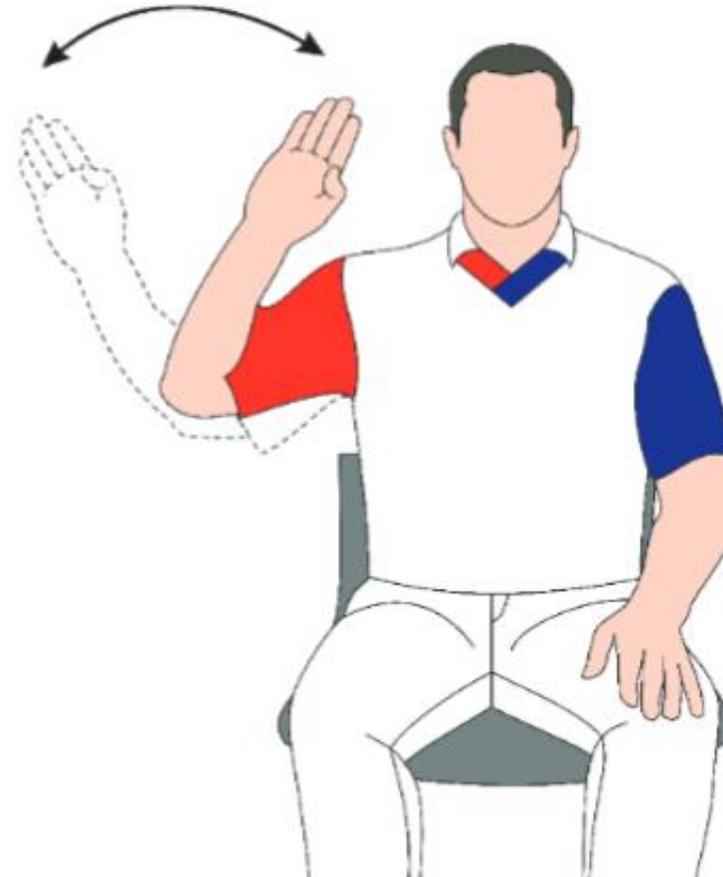


Unethical behaviour
Onethisch gedrag

5. Referee gestures - Basics (6)

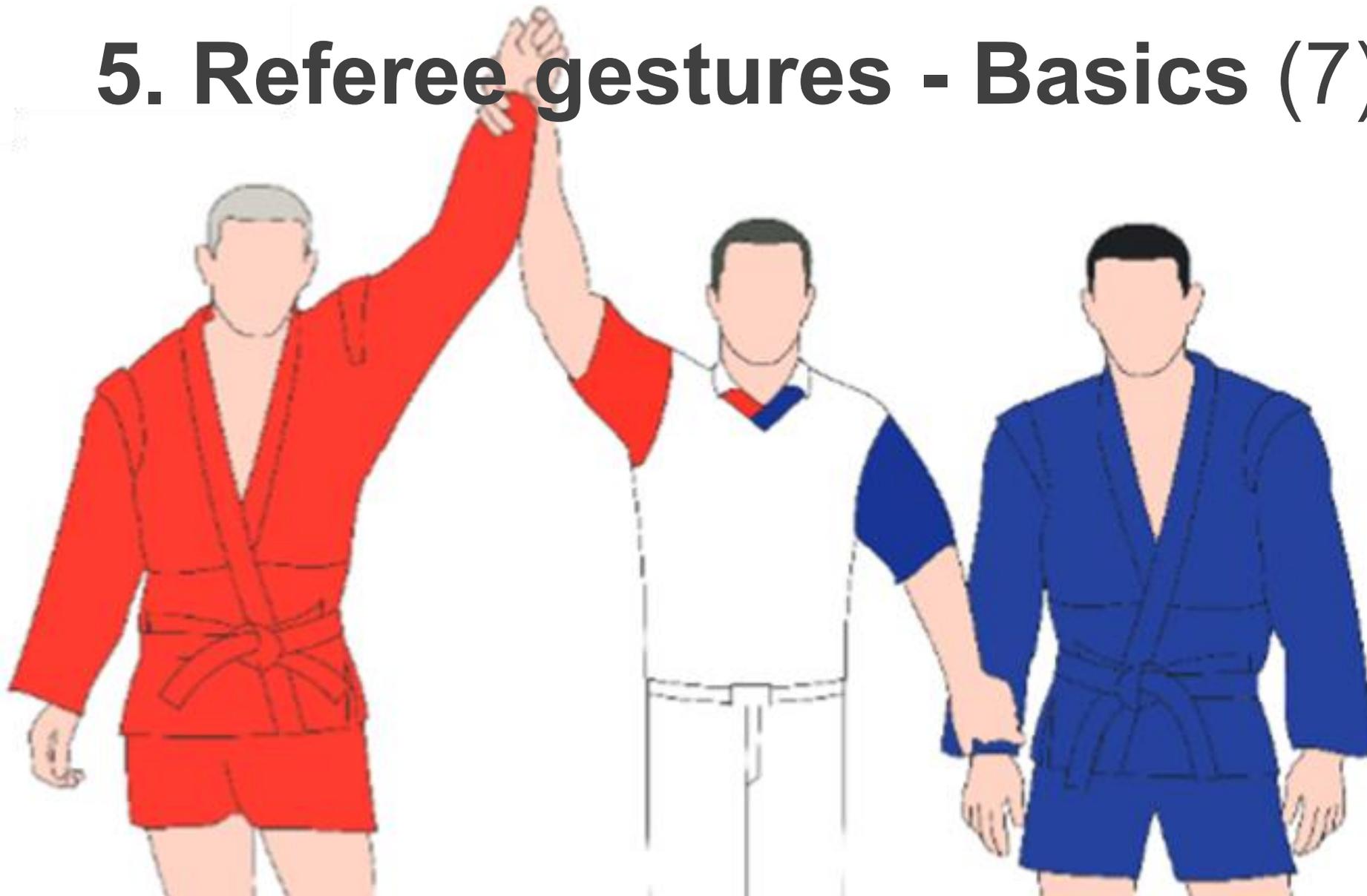


Call the doctor
Roep de dokter



Require attention
Aandacht vereist

5. Referee gestures - Basics (7)



Announcement of the winner / *Bekendmaking van de winnaar*

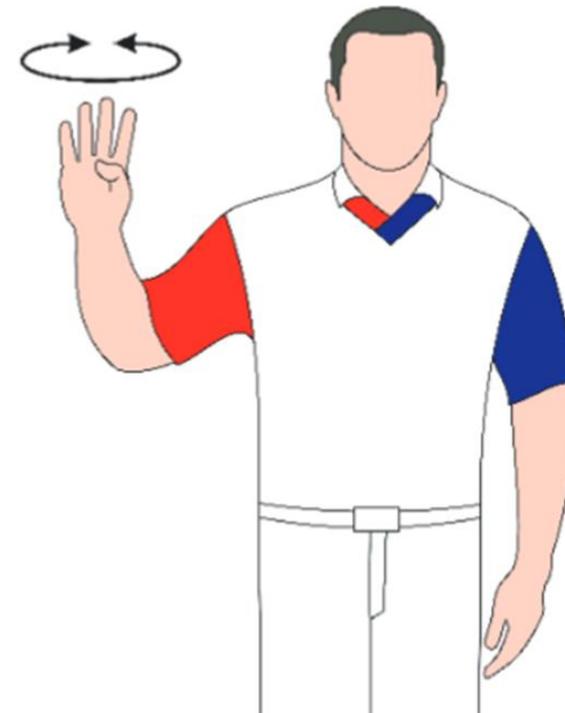
6. Referee gestures - Points (1)



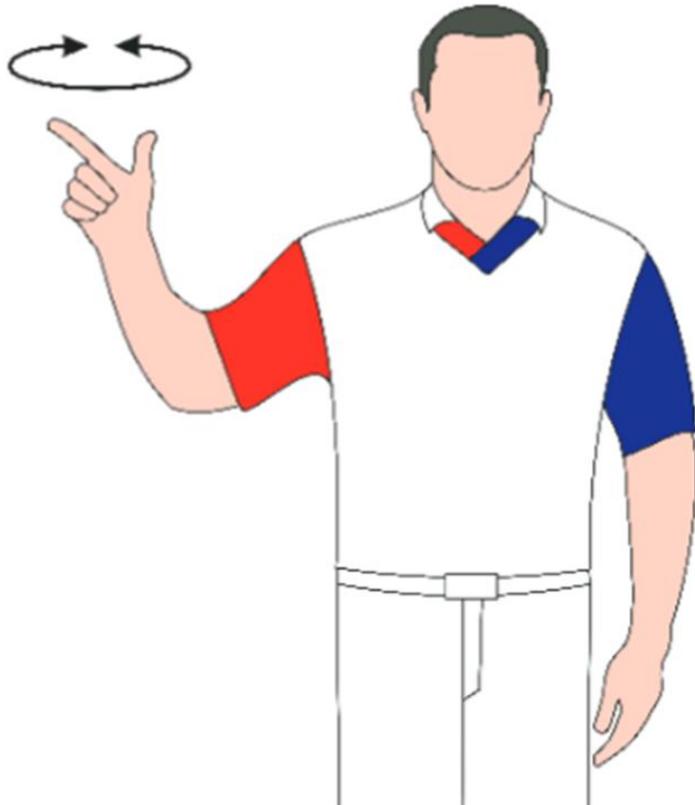
Total Victory
Totale overwinning



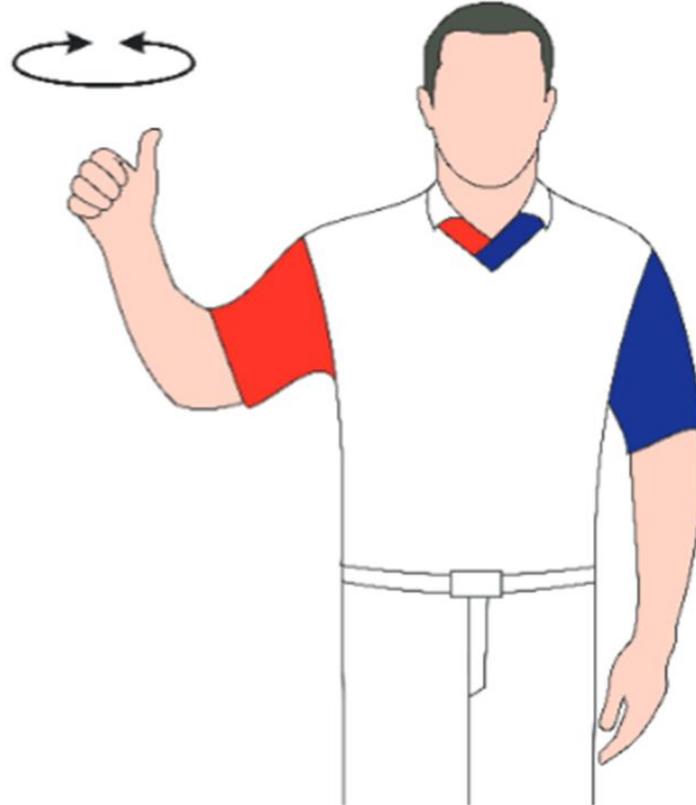
Four points
Vier punten



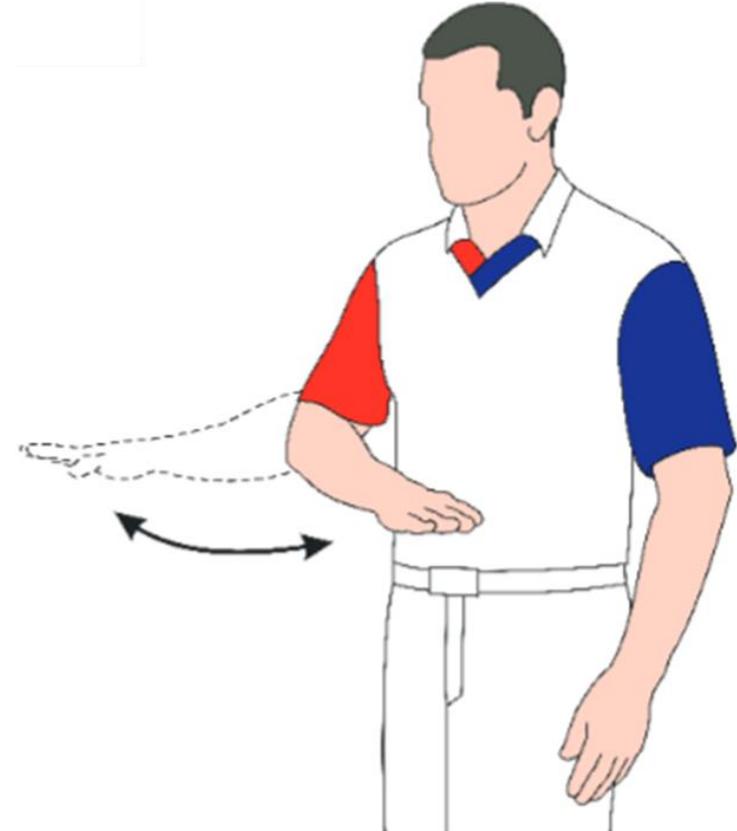
6. Referee gestures - Points (2)



Two points
Twee punten



One point
Eén punt

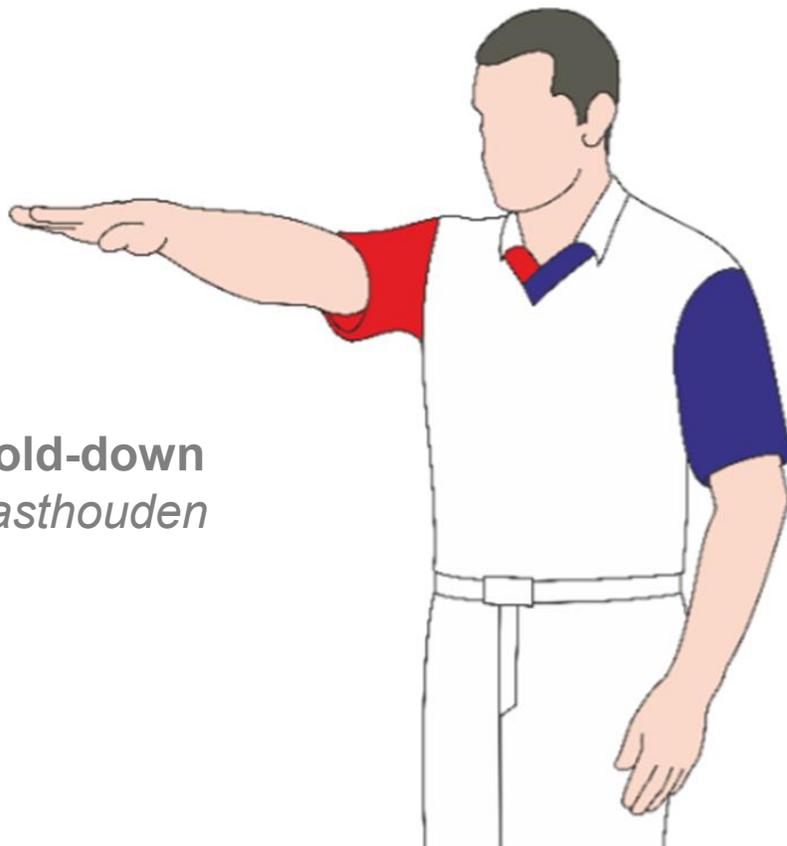


Action not scored
Actie niet gescoord

6. Referee gestures - Points (3)



Hold-down
Vasthouden



Painful/choke hold
Pijnlijke/wurg greep





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 in a standing position		Defender in a ground position	
Defender falls	Attacker performs a throw or a Strike			
	Without falling	With falling	Without falling	With falling
On the back, "bridge"	Perfect (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, buttocks, lower back, shoulder	2 points	1 point	1 point	no point

COMBAT

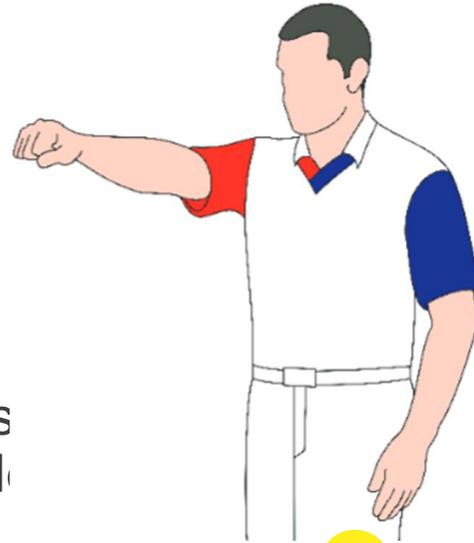
Defender as a result of a strike	Attacker performs a strike
gets knockout	total victory (ahead-of-time victory)
gets knockdown	4 points
gets a second knockdown for the bout	total victory (ahead-of-time victory)

7. Awarding points (3)



PAINFUL HOLDS CADETS

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

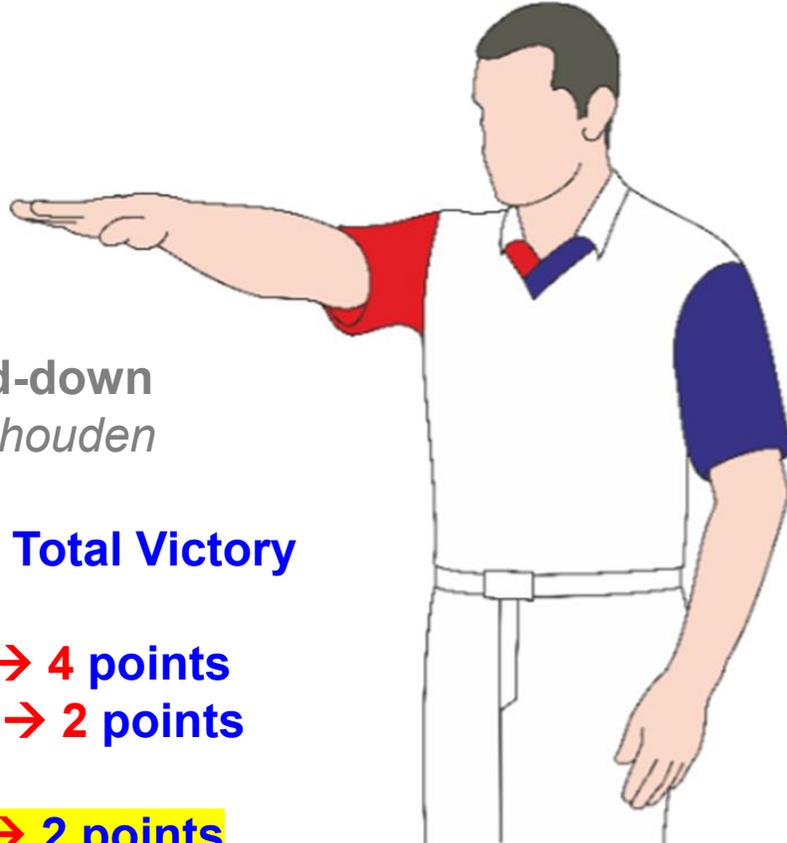


PIJNLIJKE GREPEN CADETTEN

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



7. Awarding points (4)

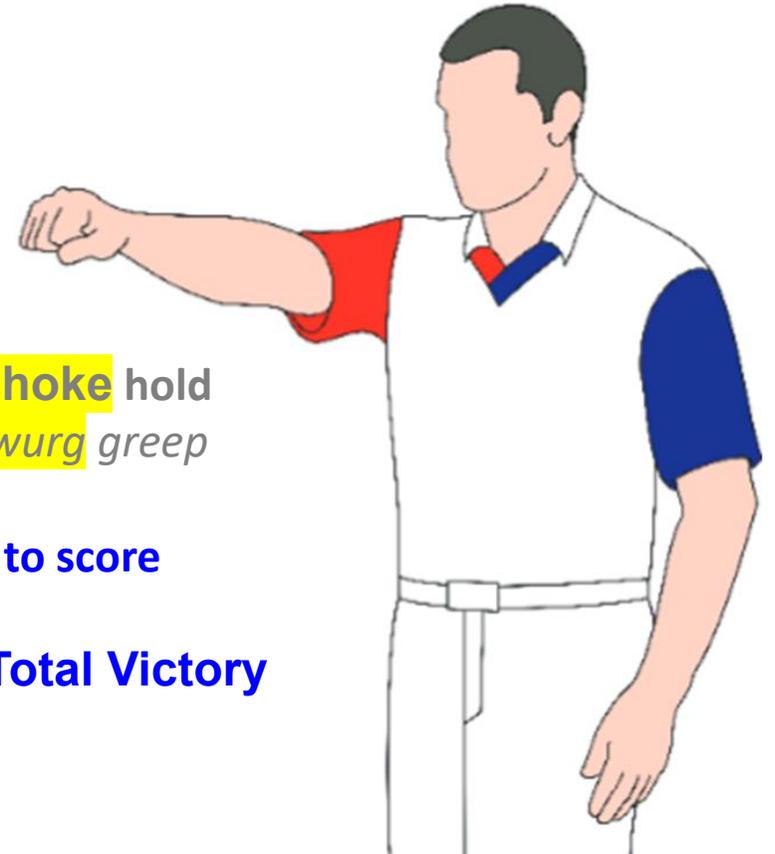


Hold-down
Vasthouden

Give up → Total Victory

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

20 sec. → 2 points.



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

1 min. to score

Give up → Total Victory

7. Awarding points evaluation (5)



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 (6)



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 side with falling
 ** on back with falling *** on chest without falling

Winner based on: 1 more higher HQA

7. Awarding points evaluation (7)



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

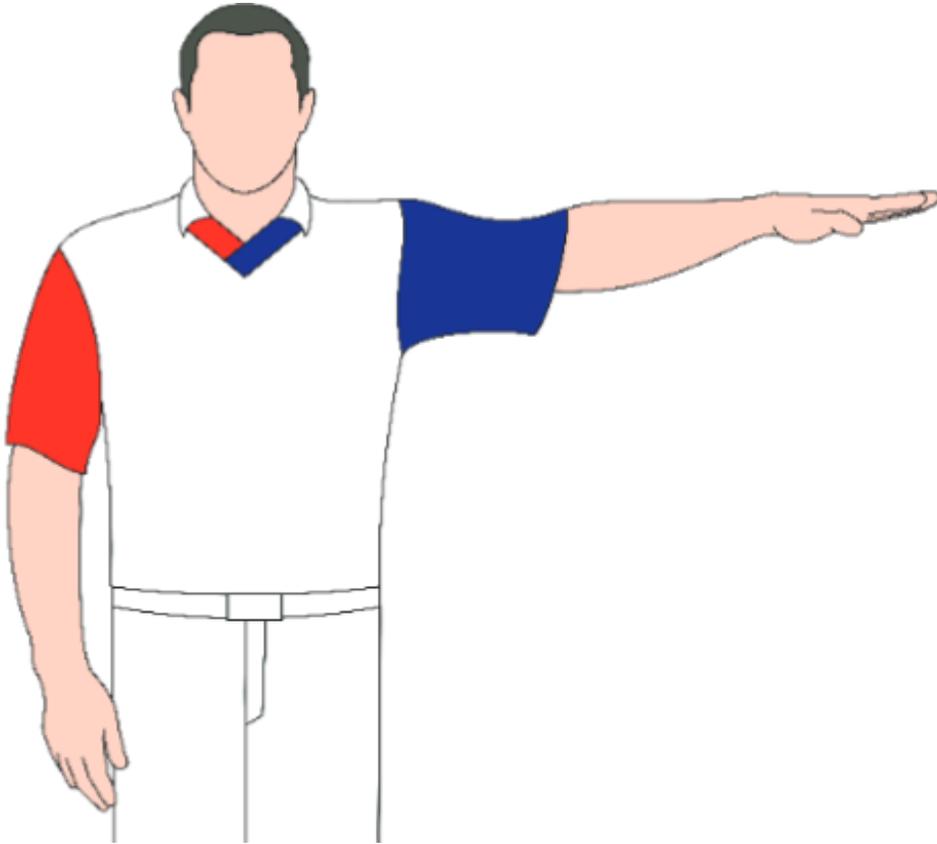
If all indicators are equal for the evaluation of the actions of both athletes at the end of the bout, the victory shall be awarded to the athlete who was the last to perform an evaluated technique (1, 2, 4 points).

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

8. Warning gestures (1)



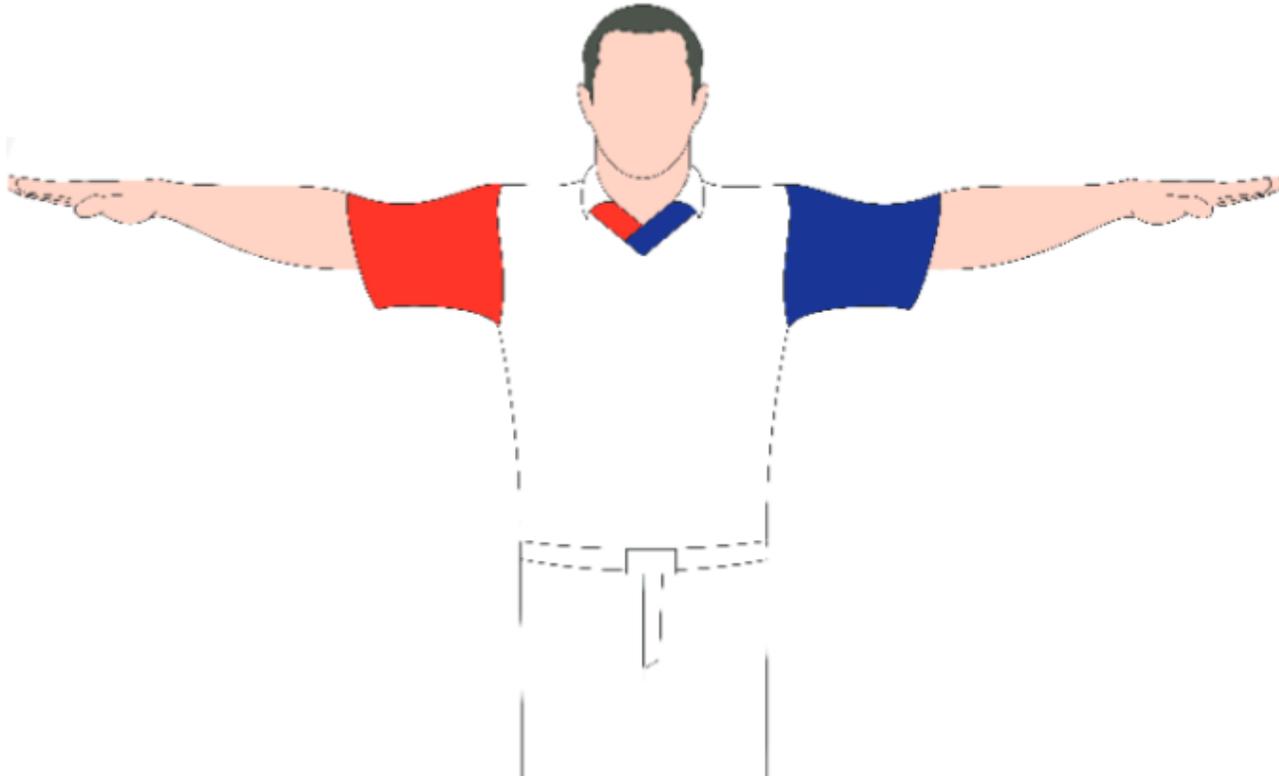
1st warning
1^{ste} waarschuwing



2nd and 3rd warning
2^{de} en 3^{de} waarschuwing



8. Warning gestures (2)



Mutual warning
Wederzijdse waarschuwing



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

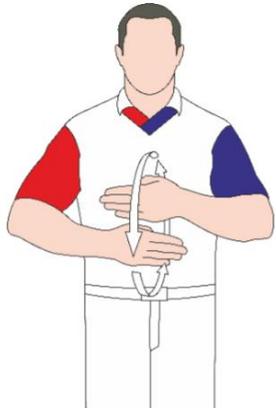


Er kunnen maximaal drie waarschuwingen worden gegeven. Bij een vierde waarschuwing → diskwalificatie.

9. Violations of the rules (1)

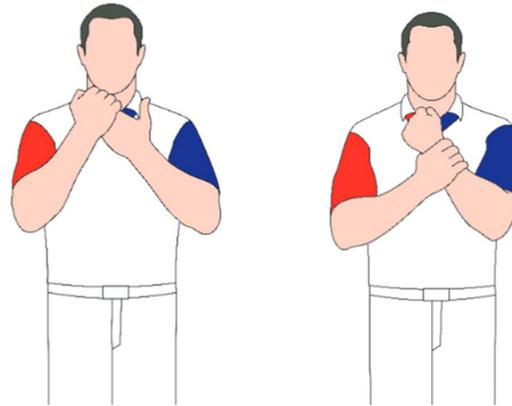


3 types of violations:



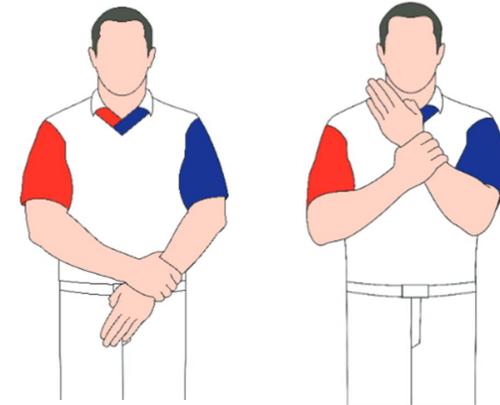
Avoidance from the fight
Vermijden van de strijd

See (2)



Prohibited grip / technique
Verboden grip / techniek

See (3 & 4)



Wangedrag / Unethical behaviour
Wangedrag / Onethisch gedrag

See (5 & 6)

9. Violations of the rules (2)



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

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
 <p>= warning with score</p>	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;
	bending hands behind the back (police hammerlock);
	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 COMBAT
 <p>= warning with score</p>	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);
	being late for the mat: for 30 seconds following the first call – 1st warning; for 1 minute following the first call – 2nd warning; 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 toernooisoftware 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



00:00
ADVANTAGE 0
PENALTY 0

00:00
ADVANTAGE 0
PENALTY 0

05:00

WINNER BY SUBMISSION

SAVE

BACK BACK TO FIGHTORDER BACK TO BRACKET

Warnings
Waarschuwingen

Name & country contestant
Naam & land deelnemer



Points scored
Gescoorde punten

Time counting
Tijdsduur

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



10. Scoreboard (4) Manual



11. Further information



sambo-nederland.nl



combatsporthorst.nl



sambo.sport