

COMPETITIONS

Hand-to-hand combat (RUKBO)

RULES

of sports competitions in hand-to-hand combat (RUKBO)

I. General provisions

1. The Rules define the basic principles of organizing and conducting sports competitions in hand-to-hand combat.

2. The Rules are developed in accordance with the Rules and regulations of the Hand-to-Hand Combat Sport International Federation (hereinafter referred to as the HHCSIF rules).

3. The requirements of these Rules apply to all directions in which hand-to-hand combat competitions are held.

4. Hand-to-hand combat competitions are held in accordance with the provisions (regulations) on holding the corresponding hand-to-hand combat competition (hereinafter referred to as the Provisions), which are approved by the organizer.

5. Persons registered to participate in competitions must comply with these Rules, as such, which are mandatory for each of the participants of the competition.

6. Hand-to-hand combat competitions are held for the following purposes:

1) development and popularization of hand-to-hand combat;

2) selection of the best competitors, teams and clubs that develop hand-to-hand combat as a kind of sports;

3) improvement of methods and practice of judging hand-to-hand combat competitions;

4) exchange of experience, knowledge and information.

7. In these Rules, the following terms are used in the following meanings:

takedown - method of performing an attack in a standing position without lifting the opponent off the mat and then falling on his back, side or chest;

throw - a method of performing an attack in a standing position or in a par terre position with lifting the opponent off the mat and then falling on his back, side or chest;

in a lying position - participants (one of the participants) touch the mat with their torso (stomach, back or side);

mandate commission - the commission that allows competitors to participate in competitions;

par terre position - participants (one of the participants) lean on their knees (one knee), touching the mat with any part of the body or without touching;

shift - a method of performing an attacking action in a standing position, as a result of which the opponent is put to the par terre or lying position;

standing position - participants touch the mat exclusively with their feet;

judge - an authorized person who controls the course of a sports competition;

punch - an impulsive, explosive reciprocal movement of the arm or leg along a straight or curved trajectory;

positional combat - is the basis of combat in a lying or in a par terre position, which consists in finding and maintaining a dominant position over the opponent, since this state is most favorable for the development of one's own attack and reducing the opponent's attacks to zero;

dominant position - basically there are those positions in which the participant is on top or behind from the back of his opponent. In such positions, the participant can use his own weight and a large arsenal of actions to achieve victory: he can punch the opponent and can also use a submission hold or a chokehold;

fixing - a technical action that exercises control over the opponent being attacked;

II. Rules of organization and conduct of competitions

1. General Provisions

1. Hand-to-hand combat competitions include the following sections:
Semi Contact;
Full Contact;
Kata;
Self-defense.

2. Types of competitions

1. Competitions can be individual, team, or individual and team ones.
2. During individual competitions, the places of all competitors participating in the competition are determined.
3. During team competitions, only team places are determined, participants of one team compete with competitors of other teams.
4. During individual and team competitions, in addition to the personal places of participants, the places of the teams that took part in the competition are also determined for the places occupied by competitors. In individual and team competitions, all participants, including competitors of the same team, compete with each other.

3. Ways of conducting competitions

Competitions can be held in one of the following ways:

circular - each participant of a separate age-weight category (each team) meets with all opponents in turn. The quality result of bouts held is evaluated in qualification points, summed up and taken into account when determining the ordinal place that the competitor (team) took. The highest place is awarded to the competitor (team) with the highest amount of qualification points;

qualifying and circular - the participants (teams) are divided into separate groups, in which each competitor (team) meets with all the opponents in turn (the participant may be eliminated from further participation at the competition after receiving two defeats). Next, the participants (teams) who took 1st and 2nd places in groups advance to the next part of the competition: they are divided into groups, and compete in turn with each other until the final meeting, in which the winner of the competition is determined;

direct elimination - the participant (team) who lost the bout is eliminated from further participation in the competition. It is possible to hold consolation bouts for the right to take the third place. It is allowed to eliminate an competitor from further participation in competitions after two defeats;

mixed - competitors (teams) pre-participate in circles that are held in a qualifying round. Then the winners of the pre-participation competitions meet each other in the order determined by lot, using the direct elimination method. The number of finalists, as well as the number of winners of pre-participation competitions, is determined by the competition regulations. Final bouts are held in a roundabout way or by direct elimination.

4. Organization of competitions

1. Competitions are held in accordance with these Rules and Regulations.
2. The organization conducting the competition must:
 - 1) create an organizing committee for the preparation and conduct of competitions;
 - 2) develop and approve Competition Regulations;
 - 3) form and approve the chief panel of judges;
 - 4) solve the issue of material, technical and medical support of competitions;
 - 5) organize accommodation, meals, transportation of participants, representatives and judges and the work of the service staff;
 - 6) prepare the competition venue.

5. Competition Regulations

1. Regulations is the main guiding document for the panel of judges and participants of the competition.

2. Regulations is a document defining the conditions for holding competitions, their legal registration. The Regulations must not contradict these Rules.

3. Regulations on district and city competitions are sent no later than one month before their holding; on zonal and national competitions - no later than twenty days before their holding.

4. The Regulations must contain the following sections:

1) goals and objectives of the event;

2) terms and venue of the event;

3) organization and management of the event;

4) event participants;

5) the nature of the event (individual, team, individual and team competitions);

6) competition program;

7) security and preparation of venues for the event;

8) conditions for determining the championship and awarding winners and prize-winners;

9) conditions for financing the event and material support of participants;

10) terms and procedure for submitting applications for participation in the event;

11) other conditions that ensure high-quality conduct of a particular event.

5. The Clauses of Regulations should be specific and not allow for different interpretations.

6. Changes and additions to the Regulations may be made exclusively by the organization that approved it, no later than before the start of the draw at the competition.

III. Participants of the competition

1. Age groups of participants

1. Participants of competitions are divided into the following age groups:

1) novices, young male participants - 10-11 years old;

2) novices, middle-aged female participants - 12-13 years old;

3) novices, older female participants - 14-15 years old;

4) male and female juniors - 16-17 years old;

5) adults (men and women) - 18 years and older.

2. The age of participants is determined on the day of the competition.

3. The participant of the competition must have the athlete's passport and an identity document with him/her in accordance with the law.

4. The athlete's passport is developed, approved and provided by the Federation. Participants of the competition must submit the athlete's passport to the chief secretary for verification before each competition.

2. Weight categories

1. Participants of competitions by age and gender are divided into the following weight categories:

1) young male participants - 10-11 years old: - up to 30 kg; - up to 35 kg; - up to 40 kg; - up to 45 kg; - up to 50 kg; - up to 55 kg; - over 55 kg;

2) novices, middle-aged participants - 12-13 years old: - up to 35 kg; - up to 40 kg; - up to 45 kg; - up to 50 kg; - up to 55 kg; - up to 65 kg; - over 65 kg;

3) novices, older participants - 14-15 years old: - up to 45 kg; - up to 50 kg; - up to 55 kg; - up to 60 kg; - up to 65 kg; - up to 75 kg; - over 75 kg;

4) juniors - 16-17 years old: - up to 55 kg; - up to 60 kg; - up to 65 kg; - up to 70 kg; - up to 75 kg; - up to 85 kg; - over 85 kg;

5) adults (men) - 18 years old and older: - up to 60 kg; - up to 65 kg; - up to 70 kg; - up to 75 kg; - up to 80 kg; - up to 90 kg; - over 90 kg;

6) middle-aged female participants - 12-13 years old: - up to 40 kg; - up to 45 kg; - up to 50 kg; - over 50 kg;

7) older female participants - 14-15 years old; - up to 45 kg; - up to 50 kg; - up to 55 kg; - over 55 kg;

8) female juniors - 16-17 years old: - up to 55 kg; - up to 65 kg; - up to 75 kg; - over 75 kg;

9) adults (women) - 18 years old and older: - up to 55 kg; - up to 65 kg; - up to 75 kg; - over 75 kg.

2. If there are less than three people in the weight category, in agreement with the team representatives and the decision of the chief judge of the competition, the nearest categories may be combined.

3. Only men over the age of eighteen and weighing more than eighty kilograms compete in absolute championships.

4. Competitors who have reached the age of 16 may be allowed to compete in adult competitions according to the version "Self-defense", "Kata", "Semi Contact", provided that they are appropriately qualified (determined by the Regulations).

3. Weigh-in and drawing procedure

1. The official weigh-in of participants is held once (on the eve or on the day of the competition) in accordance with the Regulations.

2. The weighing time is one hour. If the weigh-in is held on the day of the competition, it ends at least one hour before the start of the competition.

3. It is allowed to use several scales for weighing. Participants of the same age-weight category are weighed on the same scale.

4. Control check of the participant's own weight on the official weighing scale is allowed within one hour before the start of the official weigh-in.

5. A participant who is late or did not arrive at the weigh-in is eliminated from the competition.

6. At the official weigh-in, the participant must present an identity document.

7. Male participants are weighed in their short pants, while female participants are weighed in their swimsuits.

8. The weigh-In is carried out by the composition of judges appointed by the chief judge, consisting of:

1) deputy chief judge;

2) doctor;

3) secretary;

4) two judges.

9. The results of weigh-in are recorded in the protocol of weigh-in and drawing procedure.

10. In individual and individual and team competitions, the participant is allowed to compete exclusively in the weight category established during the official weigh-in.

11. In team competitions, a participant is allowed to compete one weight category higher.

12. The order of performances of participants (teams) in competitions is determined by drawing. The drawing is conducted by the chief secretary of the competition with the participation of the chief judge or his deputy and one of the competition judges.

13. In the case of team competitions with personal admission of participants for the drawing, an additional weigh-in may be held.

4. Admission of participants to competitions

1. Admission of competitors to participate in competitions is carried out by a mandate commission consisting of:

1) chief judge;

2) deputy chief judge;

3) chief secretary;

4) chief doctor;

5) a representative of the organization that conducts the competition.

2. The mandate commission checks the applications of teams, personal documents of participants, and the level of their sports qualifications.

3. The list of documents submitted to the mandate commission is stipulated by the Regulations.

4. A personal application for participation in the competition is submitted to the organization that conducts the competition and accepted by the mandate commission. The application is signed by the head of the organization that sends the team to the competition, next to the name of each competitor, the doctor puts a visa "allowed", which he certifies with a signature and seal. The total number of competitors admitted to competitions is certified by the seal of the medical and physical culture dispensary.

5. Obligations and rights of participants of the competition

1. The participant of the competition must:

1) know and comply with these Rules and Regulations;

2) arrive at the competition in a timely manner, pass the mandate commission and weigh-in;

3) during the competition, maintain silence and order, be in the places established for competitors to stay;

4) not to consume alcohol, narcotic or prohibited medicines;

5) behave politely with the audience, participants, judges, persons serving the competition and comply with all the requirements of the judges;

6) perform with short-cut nails, in a neat suit, in the sport outfit established by these Rules;

7) upon the call of the judge, immediately appear at the mat and take the appropriate place.

The participant called first stands to the right of the referee, the participant called second appears at the mat and stands to the left of the referee;

8) congratulate the judges with a bow, and the opponent with a handshake before the start of the bout and after it ends;

9) if it is impossible to continue the competition for any reason, inform the panel of judges about it through a representative.

2. The participant has the right to:

1) within one hour before the start of the official weigh-in, monitor own body weight on the official weigh-in scale;

2) get information about the progress and changes in the competition program through the team representative;

3) rise up to 3 minutes to appear at the mat for a bout, receive medical care, eliminate problems in a suit and sport outfit.

6. Participant's outfit and individual protective gear

1. The participant performs in a suit (jacket, trousers, belt) made of thick white cotton fabric. The length of the jacket should be such that its lower part covers the hip joint. The sleeves of the jacket should be wide enough and cover at least half of the forearm. Women wear a white cotton T-shirt or sleeveless blouse under their jacket. Trousers should be wide enough and cover at least 2/3 of the lower leg. The width of the belt should be 4-5 cm, the ends of the belt in the tied state should be at least 20 cm. On the left side of the jacket the emblem of the Federation should be located, and it is also allowed to place the emblem of a sports organization, club, coat of arms, emblem of the city, region. No other images, inscriptions, or symbols of other sports are applied to the outfit.

2. In the "Self-defense" and "Kata" sections, the participant performs in a belt whose color corresponds to his qualifications, in the "Semi-Contact" section in a red or white belt, and in the "Full-Contact" section in a red or blue belt.

3. The participant is forbidden to pump up the sleeves of his jacket or the legs of his trousers.

4. The participant performs barefoot.

5. The participant must have individual protective gear:

1) "Semi-Contact" section:
head protection helmet (optional);

closed finger sewn gloves weighing 284 grams (10 oz);

groin protector;

chest protector (women);

feet protector (feet);

shin pads (optional);

tooth protector (mouth guard);

2) "Full-Contact" section:

head protection helmet;

open-toe hand-to-hand gloves weighing 284 grams (10 oz);

groin protector;

tooth protector (mouth guard);

feet protector and shin pads (specialized);

protective vest (for girls, juniors, young male participants);

chest protector (for women).

3) "Self-defense" and "Kata" sections:

suit (jacket, trousers, belt), without individual protective gear.

7. Duties and rights of the team's representative, coach, captain and second

1. The team participating in the competition has its own representative, coach, captain and second.

2. The team representative is an intermediary between the panel of judges and the team members. The representative is the leader of his team and ensures the organization, behavior and discipline of participants. In the absence of a representative, his duties are performed by the coach or team captain.

3. The team representative must:

1) know these Rules and Regulations;

2) submit an application and other documents for participation in the competition in a timely manner;

3) attend joint meetings of the panel of judges with representatives of the teams;

4) inform participants about the decisions and requirements of the panel of judges;

5) ensure timely arrival of participants at the competition;

6) stay at the competition venue until the end of participation of team members in them, leave it only with the permission of the chief judge of the competition.

4. The team representative has the right to:

1) be present during the weigh-in of participants and the drawing;

2) receive information on all issues related to the conduct of competitions and their results from members of the panel of judges and the secretary board;

3) submit complaints with reference to specific paragraphs of these Rules;

4) submit comments and suggestions on the organization of competitions at joint meetings of the panel of judges and team representatives.

5. The team coach stays with the team members and ensures their preparation for the performance.

6. The team captain is selected from among its participants. Together with the representative and coach, he is responsible for maintaining discipline among the team members.

7. A second can be a competitor's coach or an athlete with a qualification not lower than that of the participant.

8. The second has the right to be near the mat in the designated place.
9. A second is allowed to enter the mat only in a sport outfit.
10. The second is forbidden to interfere in the work and express dissatisfaction with the actions and decisions of the judges during the bout.
11. The second has the right, on behalf of the competitor and personally, to refuse to continue the bout if he considers that further participation in the bout is inappropriate.
12. The second has no right to refuse to continue the bout during the countdown performed by the referee, in case of a knockdown or knockout.
13. The representative, coach, captain and second of the team are prohibited from interfering in the work of the judges and organizers of the competition.
14. The representative, coach, captain and second of the team may not simultaneously be one of the judges of these competitions.
15. The representative, coach, captain and second of the team are not allowed to be near the judge's table during the competition.

IV. Panel of judges

1. Composition of the panel of judges

1. The composition of the panel of judges of competitions is appointed for each competition by the corresponding panel of judges of the Federation and approved by the organizer of the competition.
2. The panel of judges of the competition consists of: the chief judge, his deputies, the chief secretary, the judges of the competition, the doctor and the commandant of the competition.
3. The panel of judges of the "Self-defense" section consists of 5 or 3 side judges, a secretary and judges at participants.
4. The panel of judges of the "Semi-Contact" section includes a referee, 4 or 2 side judges, a stopwatch judge, a secretary and an informant judge.
5. The panel of judges of the "Full-Contact" section includes a referee, 1 or 2 side judges, a stopwatch judge, a secretary, and an informant judge.
6. If the competition lasts more than two hours, each venue is assumed to have a double composition of the panel of judges.
7. Each judge makes a decision on evaluating the technical actions of competitors independently. When discussing a decision to evaluate the actions of participants, the judge is obliged to argue his own assessment in accordance with the requirements of these Rules and Regulations. The final decision on evaluating technical actions is made by a majority vote of the judges and announced by the informant judge.
8. Judges of competitions are obliged to serve competitions in the special outfit for judges of the established sample, have a judicial certificate, Regulations and these Rules with them. The judge's uniform consists of light gray trousers, a white shirt, a burgundy tie, a blue jacket and black shoes. In the "Full-Contact" section, when open refereeing, the referee and side judges must have 15 cm wide red and blue armbands.

2. Chief judge

1. The chief judge of the competition is appointed from the most qualified and experienced judges. He manages the competitions and ensures that they are held in accordance with these Rules and Regulations.
2. The chief judge must:
 - 1) check the readiness of the competition venue, compliance of equipment and inventory with the requirements of these Rules, approve the acceptance certificate of the competition venue, as well as check the availability of documentation necessary for the competition (forms, protocols, etc);
 - 2) appoint the composition of judges for weigh-in and distribute them to separate sites;

- 3) take measures to prevent, and if necessary, timely correct mistakes made by judges;
- 4) if a complaint is filed, gather a panel of judges to make a final decision;
- 5) if the participant receives a knockout or two knockdowns during the competition, a collective decision (chief judge, chief doctor, referee who judged the bout) to suspend the participant from further participation in the competition;
- 6) lead joint meetings of the panel of judges with representatives of the teams before the start of the competition (to announce the competition program and the working procedure of the panel of judges), as well as after the end of the working day of the competition (to discuss and approve the results of the day) and, if necessary, during the competition;
- 7) use a five-point system to evaluate the quality of judging of each member of the panel of judges, prepare and submit a report to the organization that conducted the competition within the established time frame.

3. The chief judge has the right to:

- 1) postpone competitions if the venue, equipment or inventory does not comply with these Rules before they start;
- 2) stop a separate bout (demonstration of hand-to-hand combat techniques), arrange a break or stop the competition in case of unfavorable conditions that interfere with the quality of the competition;
- 3) make changes to the competition program if necessary;
- 4) change the functional purpose of judges during competitions and remove from judging of the competitions judges who have made gross mistakes or do not cope with the performance of their duties;
- 5) suspend the participant from the bout or from his further participation in the competition in case of gross violation of these Rules;
- 6) make a remark, warning (or suspension from performing duties) to the representative, coach, captain and second of the team for rudeness, tactless behavior and disputes with the judges;
- 7) delay the announcement of the result of a separate bout for additional discussion of controversial (complex) situations and making a final decision, if there are discrepancies in the assessment of technical actions of the judges or the chief judge has grounds to disagree with the decision of the judges. After discussing and analyzing the situation the chief judge makes a final decision;
- 8) change the order of meetings, if necessary.

4. The chief judge may not change the position, remove or replace the judges directly during the evaluation of the demonstration of the techniques or judging of an individual bout.

5. Execution of the order of the chief judge is mandatory for participants, judges, representatives, coaches, captains and seconds of teams.

6. The chief judge of the competition should not influence the assessment of the technical action if the scores of the referee and the side judges coincide.

3. Deputy chief judge

1. If competitions are held at two or more venues, the duties of the chief judge at each venue are performed by his deputies.

2. The chief judge of the competition appoints a deputy chief judge, who reports to him and directs the judging on the site and ensures their conduct in accordance with these Rules and regulations.

3. The deputy chief judge must:
 - 1) be at the judges' table during the competition;
 - 2) before the start of the fight, announce the panel of judges (in the absence of an informant judge);
 - 3) call the competitors to the mat and introduce them (in the absence of an informant judge);
 - 4) announce the result of the bout (in the absence of an informant judge);
 - 5) monitor whether the appearance of participants and judges meets the requirements of these Rules and Regulations;
 - 6) form the judicial staff, observing the requirements of the neutrality of judges, monitor the work of the judicial staff on their site, register the arrival and presence of judges, keep records and evaluate the quality of their work;
 - 7) stop the bout for additional discussion and final decision by the judges, if the judges' opinions in assessing the technical actions of the participants do not coincide;
 - 8) call a doctor if the athlete is injured or knocked out;
 - 9) keep records of knockouts and knockdowns received by participants, make a corresponding entry in the competition protocol of the "Full-Contact" section;
 - 10) if a participant receives a knockout or two knockdowns, immediately inform the chief judge of the "Full-Contact" competition thereon.;
 - 11) if necessary, after the general briefing, conduct additional instruction to the judges;
 - 12) report to the chief judge of the competition on the completion of work on the site and together with him conduct an analysis of the quality of work of the judging staff.
4. the deputy chief judge of the competition may not be a referee or a side judge of the competition.

5. In the "Full-Contact" section, the deputy chief judge of the competition evaluates the actions of fighters and situations. In case of disagreement between the referee and the side judge, he makes a decision, joining one of the opinions expressed. Using the established gestures and terms, and announces the final decision, taking into account the opinion of the majority of three judges.

4. Chief secretary and judging secretary

1. The chief secretary reports to the chief judge of the competition. He is responsible for preparing and maintaining all competition documentation, appoints judging secretaries to weigh participants. As part of the mandate commission, it considers and verifies applications, drawing procedure for participants (teams), keeps minutes of the meeting of the panel of judges, documents the order of the chief judge, monitors the correctness of maintaining and executing competition protocols, summarizes the results and provides information to the competition report.

2. Judging secretaries work under the supervision of the chief secretary of the competition.

3. The judging secretary of a separate panel of judges keeps working protocols, summarizes the results of the stages and sections of the competition and provides the chief secretary with the completed protocols.

5. Referee

1. The referee directs the bout, evaluates technical actions (in the case of fights with a time stop for scoring points), records violations of the rules by the participants of the bout, opens the countdown in case of knockdown and knockout, monitors compliance with these Rules by representatives, coaches and participants.

2. The referee must:

- 1) occupy the optimal place on the mat to monitor the actions of the participants of the bout and monitor the signals of the side judges;
- 2) submit commands about the start and stop of the bout ("Fight", "Stop" commands);
- 3) in case of violations of these Rules, announce comments and warnings;

4) show the final assessment of technical actions in the "Full-Contact" section and decisions based on the results of the bout.

3. The referee must stop the bout with the "Stop" command:

1) if the bout time expires on a gong signal or a visual signal that duplicates the gong (technical actions between the gong and the referee's "Stop" command are not counted, and violations of the rules are counted);

2) if after the end of 5 seconds that have passed after the lock, the participant does not perform technical actions that are subject to evaluation in the "Full-Contact" section;

3) after performing the first technical action during the execution of punches, which, in the opinion of the referee, is subject to evaluation in the "Semi-Contact" section;

4) in case of violation of these Rules;

5) if the participant of the bout needs medical assistance or time to fix problems in the suit and sport outfit, or his second gives a signal to refuse to continue the bout;

6) at the request of the side judge or at the request of the participant (if possible);

7) if the participant receives a knockdown or knockout in the "Full-Contact" section»

8) if the participant is in a suffocating state in the "Full-Contact" section;

9) if the participant is located outside the mat;

10) after 20 seconds from the moment of starting to perform a submission hold or chokehold in the fight lying down in the "Full-Contact" section;

11) if the suspension of the bout is caused by cases not provided for in these Rules;

12) at the request of the chief judge of the competition or his deputy.

4. If the participant receives an injury, the referee must accompany the participant to the doctor and stay with him during the provision of medical care.

5. The referee independently evaluates the actions of the participants and, taking into account the opinion of the side judges, shows the final decision in the "Semi-Contact" section.;

6. If a participant uses prohibited actions while lying down, the referee, without stopping the fight, prevents the prohibited actions from being performed and makes a remark or warning to such participant in the "Full-Contact" section.

7. The referee notifies the participants and judges:

1) about the beginning of performing a submission hold or chokehold - gives the command "accept a submission hold (chokehold)" in the "Full-Contact" section;

2) about stopping performing a submission hold or chokehold - gives the command "submission hold (chokehold) is not counted" in the "Full-Contact" section;

3) about the beginning of holding - gives the command "accept the holding", if the holding is completed within 10 seconds, gives the command "holding is accepted", if its duration is less than 10 seconds - "holding is not accepted" in the "Full-Contact" section.

8. One of the main duties of the referee is to take care of the health of the participants of the competition. In case of a clear advantage of one of the participants, the referee has the right to stop the bout and, after coordination with the judges, declare the victory of the stronger participant with a "clear advantage".

9. The referee must quickly and expertly determine the state of knockdown and knockout. The referee determines the position of the knockdown by observing the condition of the participant. In case of fatigue of the participant or receiving significant physical impact from the opponent (punch, series of punches, throw), the implementation of which leads to a temporary inability to continue the fight or may lead to harm to health, the referee must give the "Stop" command and count to eight. If, in the opinion of the referee, the participant is unable to fight after he counted to eight, the referee continues counting down to ten and announces the word "out", determining the defeat of such a participant by knockout in the "Full-Contact" section.

10. If the referee has not seen an action after which the participant is unable to continue the fight, he starts counting and acts like this:

1) if the participant is ready to continue the fight after the score "eight", the referee gives the command "Fight" to complete the participant's exit from the knockdown state, and the "Stop" command - to coordinate with the side judges the action that led to the knockdown in the "Full-Contact" section.;

2) if the contestant is unable to continue the fight, the referee keeps the score to ten;

11. If the participant is unable to leave the mat on his own, the referee invites a doctor to the mat. Seconds are not allowed to move the participant without the doctor's permission.

12. In the "Full-Contact" section, the referee independently evaluates the actions of fighters and situations, shows the solution with set gestures.

6. Side judges

1. In the "Self-defense" and "Kata" sections, side judges are placed on chairs near the referee's table or in the corners of the mat. At the signal of the deputy chief judge (informant judge), the score is shown simultaneously.

2. In competitions, judges are placed:

1) in the "Semi-Contact" sections in 4 (2) corners of the mat, independently evaluate the actions of the participants of the bout, moving along the sideline of the mat, without blocking the field of view of the judges at the judges' table;

2) in the "Full-Contact" section, the side judge is placed on a chair or standing at the edge of the mat.

3. In all cases that require stopping the bout, the side judge draws the referee's attention and points out the reasons available for stopping the bout. The side judge has no right to stop the bout.

4. The side judge makes an independent decision on evaluating the technical actions performed by the participants and shows his score.

5. The side judge is allowed to draw the referee's attention to actions and circumstances that the referee does not respond to.

7. Stopwatch judge

1. The stopwatch judge is located at the judge's table, equipped with a gong (other signaling device), the main and three additional stopwatches. The signal of a gong (other device) notifies about the beginning and end of the countdown of the bout (the sound signal can be duplicated by a visual one).

2. The stopwatch judge records it with a stopwatch:

1) total time, stop, resume and end of the bout;

2) time of performing the holding, submission hold, chokehold;

3) the time when the participant is late for entering the mat after the first call (reports the time every minute, up to and including 3 minutes);

4) the time used by the participant to receive medical care or to eliminate problems in the suit and sport outfit (reports the time every minute, up to and including 3 minutes).

3. The main stopwatch records the net time of the bout, additional stopwatches record the time of holding, painful, suffocating techniques and the time allotted to appear at the mat, receiving medical care or eliminating problems in the suit and sport outfit of each of the participants in the bout.

4. At the referee's signal "accept the holding, submission hold, chokehold", the stopwatch judge records the duration of actions, and after the time set by these Rules for performing actions, announces "the time of holding, submission hold, chokehold".

5. Reset of the stopwatch indicators at the end of the bout is performed by the stopwatch judge based on the instructions of the deputy chief judge.

8. Judge by the participants

1. The judge by the participants directs the procedure for performing actions by participants in the qualification stage of the competition.

2. Organizes the appearance of participants at the venue of the competition, arranges competitors for the opening parade (closing of the competition, award ceremony), promptly warns participants about the time of entering the mat, checks the compliance of names of participants with the information specified in the protocols and the compliance of the form of clothing of participants with the requirements of these Rules, informs the chief secretary about the absence of a participant or the refusal of the participant to participate in the competition.

9. Judge at the scoreboard, informant judge

1. The scores of technical actions indicated in the bout protocol are displayed on the scoreboard.

2. The demonstration of the performance results on the scoreboard ends after the instruction provided by the chief judge (deputy chief judge).

3. The informant judge is responsible for organizing informing participants, representatives, and spectators about the conditions, course, and preliminary results of the competition.

4. The informant judge must:

1) know these Rules and Regulations;

2) get information from team representatives about the sports achievements of teams and individual participants;

3) provide informational support for performances;

4) announce the orders and instructions of the panel of judges provided during the competition.

5. The informant judge announces the final (official) results of the competition only with the permission of the chief judge.

10. Competition Commandant

The commandant of the competition must:

prepare and equip the competition venue in accordance with the requirements of these rules; maintain proper order at the competition venues;

organize measures to ensure security, convenient accommodation and service of participants, judges, representatives and spectators, radio equipment of premises, maintaining order during competitions, as well as carry out other measures on the instructions of the chief judge and a representative of the organization conducting the competition.

11. Chief doctor and competition doctor

1. The chief doctor of the competition participates in the work of the panel of judges as a deputy chief judge for the medical part.

2. If competitions are held at several sites, a separate team of medical staff is involved in each site.

3. Doctors work under the guidance of the chief doctor of the competition.

4. The Chief doctor of the competition must:

1) check whether the teams' applications contain a doctor's visa for admission of participants to competitions and the seal of a medical and physical Culture dispensary;

2) during the weigh-in, conduct a medical examination of the participants;

3) monitor compliance with sanitary and hygienic requirements at the competition venues;

4) organize medical support for participants' performances;

5) personally provide medical assistance to participants in case of their injuries and diseases, carry out a medical report on the physical ability of the participant to take further participation in competitions;

6) if the participant is unable to continue performing, notify the chief secretary of the competition thereon in writing;

7) if an athlete receives a knockout or knockdown, immediately provide a certificate to the chief secretary of the competition;

8) at the end of the competition, submit a report to the chief judge of the competition.

5. The chief doctor is obliged to carefully monitor the performances of participants, record in writing information about injuries (knockdowns, knockouts), diseases and injuries received by participants of competitions, organize further medical monitoring of participants with disabilities in their health status.

6. The chief doctor may not interfere with the actions of the referee during the bout in order to stop the bout in order to provide medical assistance to the participant. The chief doctor coordinates the need to stop the participants' performance (in case of possible health hazards during further performance) with the chief judge (deputy chief judge).

12. Competition Inspector

1. The competition inspector is an official representative of the Federation, personally appointed from among its members and works under its leadership.

2. The Inspector supervises the work of the judicial staff and gives an objective assessment in his report of the organization that conducts the competition.

3. The competition inspector must:

1) monitor the compliance of the panel of judges with the requirements of these Rules and conditions of competitions established by the Regulations, as well as prevent their violation;

2) participate in the meeting of the main panel of judges.

4. The inspector has no right to cancel the decisions of the chief judge taken in accordance with these Rules.

V. Requirements for performing technical actions

1. Position of participants

Participants in a hand-to-hand combat duel may be in the following positions:

standing position;

par terre position;

lying position.

2. Punches

1. In a duel, it is allowed to perform punches, the degree of contact of which is provided for by the competition rules or the competition regulations.

2. Parts of the body that are allowed to be punched:

1) head (except for the back of the head);

2) the torso above the waist (except for the spine area);

3) upper limbs;

4) lower limbs (from the age of 16, if stipulated by the position).

3. Permitted punch technique:

1) with the hand clenched into a fist, the front (back) side of the glove;

2) leg (foot, shin).

4. Punches are evaluated in case of effectiveness of their execution.

Punch effectiveness determines the following:

accuracy of time and distance selection of execution;

controlled position of the participant at the start, during and after the punch is performed;

absence or ineffectiveness of the opponent's defensive actions;

powerful performance (high speed, force concentration);

accurate hit in the allowed part of the opponent's body.

5. Punches are allowed only in the standing position.

3. Throws, takedowns and shifts in the "Full-Contact" section

1. Throws, takedowns and shifts are performed with or without the fall of the participant performing the technique.

2. Throws, takedowns and shifts may be the result of a retaliatory action on the opponent's attempt to perform a technical action.

3. In a bout it is allowed to perform controlled throws, takedowns and shifts.

4. A controlled throw, takedown or shift is considered to be non-prohibited technical actions, during which the attacker applies the opponent's safeguarding or gives him the opportunity to safeguard himself.

5. Throws, takedowns and shifts are evaluated in case of effectiveness of their execution and gaining an advantage over the opponent.

6. The effectiveness of a throw, takedown or shift determines:

1) the position of participants at the time of the beginning, during and after the technique;

2) the pace of execution (the continuity of the fall of the attacked participant).

4. Submission holds in the "Full-Contact" section

1. Opponent's arm or leg lock is considered as a submission hold in the lying or par terre position, which allows performing the following techniques: bending the limb, stretching or pinching the tendon and muscles, forcing the opponent to give up.

2. Submission holds are performed smoothly, without jerks. Submission holds are allowed to begin when the attacker is in the lying or par terre position, and the attacker can be in a standing position.

3. In order not to get injured, the participant who is forced to give up pats his hand or foot on the mat or the opponent's body, or shouts that he is ready to give up.

4. The shout of the attacked person lying down or in the case of mutual execution of a submission hold, of one of the participants is a signal of the decision to surrender, if the submission hold is performed without violating these Rules.

5. Performing a submission hold is terminated if:

1) the time allotted for performing a submission hold (20 seconds) or the time of the bout has expired;

2) there are no active actions to carry out submission hold for 5 seconds;

3) the referee of the bout made a decision on crediting the submission hold;

4) in the case of a submission hold on the leg, the attacker rises to the standing position, and in the case of a submission hold on the arm, he rises to the standing position and lifts his opponent off the mat.

6. The submission hold is considered controlled if it is performed from the permitted lock, during which the attacker smoothly (not with a jerk) increases his efforts, leaving the opponent the opportunity to give up.

5. Chokeholds in the "Full-Contact" section

1. Chokeholds are actions that put the opponent in a suffocating state in the lying or par terre position by disrupting the normal blood circulation of the carotid arteries allowed by these Rules, squeezing the airways, as a result of which the opponent gives a signal about the decision to give up or loses consciousness.

2. The referee has the right to accept a chokehold without waiting for a signal that the participant is ready to give up.

3. Performing a chokehold is terminated if:

1) the time allotted for performing a chokehold (20 seconds) or the time of the bout has expired;

2) there are no active actions to conduct a chokehold for 5 seconds;

3) one of the participants got up from the lying or par terre position to the standing position;

4) the referee of the bout made a decision on crediting the chokehold;

5) the participant has wrapped his legs around the opponent's torso at the level of the kidneys and tries to squeeze the opponent's torso by straightening his legs, performing "respiratory suffocation".

4. A controlled chokehold is a technique during which the attacker applies the permitted locks and actions smoothly, without a jerk, increases his efforts, leaving the opponent the opportunity to surrender.

6. Holding in the "Full-Contact" section

1. Holding is a technical action, as a result of which the participant forces the opponent to lie with his back on the mat for a certain time, and he presses his own torso against the opponent's torso.

2. The execution of holding in a bout is evaluated once within 10 seconds.

3. Holding is not evaluated if the back of the attacked participant is turned more than ninety degrees (shoulder blade lifting) relative to the mat.

4. Holding is considered controlled if it is carried out by permitted locks and actions.

7. Knockdown and knockout in the "Full-Contact" section

1. A participant is considered to be knocked down if he is in such a state from the received punch that, in the opinion of the referee, he cannot continue the fight (up to 8 seconds).

2. In the event of a knockdown, the referee gives the "Stop" command and starts counting. There should be 1 second between the "Stop" command and the count "one". The "Fight" command, which allows you to continue the fight, cannot be served earlier than the count "eight", despite the desire of the participant who received a knockdown to continue the fight.

3. If after the count "eight" the referee considers that the participant is not able to continue the fight, he counts down to the count "ten" and the word "out" records the end of the fight due to a knockout.

4. If one of the participants is knocked down, his opponent must immediately return to the starting position, turn his back to the mat and wait for the end of counting. If the participant who caused the knockdown did not take the specified position or left the mat during counting, the referee continues counting and, having finished counting, can issue a warning to the violator.

5. If both participants are knocked down at the same time, the referee counts to both participants. If both participants remain in the knockdown position until the count "ten", the fight stops and two participants are declared defeated.

6. Depending on the area of impact of the punch and the condition of the participant, the commission consisting of the chief judge (deputy chief judge), the chief doctor of the competition and the referee of this bout sets a period (at least six months) of prohibition to participate in the competition.

7. A participant who has received two knockouts within one year may not participate in competitions for one year from the date of receiving the last knockout.

8. The date of receiving the knockout and the period of prohibition to participate in competitions are recorded in the athlete's passport.

9. If a participant receives two knockdowns during the competition period, they are suspended from further participation in these competitions.

10. A participant who is in a knockout state is assisted on the mat by a doctor, seconds act according to the instructions of the doctor. The need for hospitalization of the participant is decided by the competition doctor.

VI. Rules for judging the "Self-defense" section

1. Terms of the event

1. The order of appearance of participants in the "Self-defense" section of the combat is determined by drawing procedure.

2. A participant who approaches the judges' table receives a ticket with a list of tasks to be completed, and without familiarizing himself with its content, passes it to the judge in front of the participants. Takes the starting position on the mat, with his back to the assistant, to the right of the referee in front of the participants. The assistant receives a task from the referee in front of the participants and takes the starting position behind the participant's back, demonstrating the technique of hand-to-hand combat.

3. At the command of the referee in front of the participants to "get ready", the assistant selects the distance necessary for carrying out an attacking action and takes a fighting standing position.

4. At the command "technique", the participant who demonstrates the technique of hand-to-hand combat quickly turns to face the assistant, takes a combat position and demonstrates defensive actions against the attack of the assistant.

5. At the command of the judge to "release the lock" or "Stop", the participants must stop all actions and return to the starting position.

6. After the participant completes the demonstration of the hand-to-hand combat technique defined in the list of tasks, the deputy chief judge gives the command to "show scores". Side judges use tables to simultaneously show their scores.

7. In case of an error or fault of the assistant, which made it impossible for the participant to demonstrate technical skills, by the decision of the deputy chief judge, he may be given a second attempt to perform an equivalent technical task, and the assistant is given an admonition.

8. At the end of the performance, the participant who demonstrated the technique takes the starting position facing the judges' table and waits for the announcement of the results of the performance.

9. The team that takes part in the "Self-defense" section consists of five people who alternately solve motive tasks, consisting of an attack by an unarmed or armed enemy with the use of special equipment and weapons (a real combat model that is used in standard extreme situations), namely to neutralize a conditional attack of the enemy (a punch with a hand or foot, a lock or grip of the torso, an armed threat). Each model situation consists of an attack by four assistants and is evaluated by judges. The results of all team members' performances are summed up. The team with the highest number of points as a result of the performance of all participants of the competition becomes the winner.

2. Procedure for judging and evaluating the "Self-defense" section

1. Judging is carried out in an open way by 5 or 3 judges on a 10-point system. Up to 5 technical actions are offered for execution and evaluation. Of the five judges' ratings of a single technical action, the highest and lowest ratings are annulled, and the other three are summed up.

2. The participant must perform technical actions quickly, clearly, with real effort, and comply with security measures in relation to themselves and the assistant.

3. In the "Self-defense" section, the competitor must complete the specified task. In the case of protection from punches, threats with weapons, it is necessary to move away from the line of a punch (fire) and perform defensive counterattacking actions (distracting punch continued with a throw, submission hold, chokehold or capture and escorting techniques, and the defensive action should end with the position of full control of the participant over the assistant (due to performing a submission hold, chokehold or showing finishing off the lying partner in vital areas).

4. During the release from locks and grips, the participant must perform a distracting punch continued with a throw, submission hold, chokehold or capture and escorting techniques.

5. The judges' assessment of the quality of the participant's demonstration of the technique of the "Self-defense" section takes into account the following criteria:

- 1) speed of decision - making for defensive actions (execution of the technique);
- 2) rationality of movements, which ensures maximum efficiency of the technique;
- 3) economical nature of movements.

6. The highest score for performing the technique is 10 points. For each mistake made, points are deducted from the total number of points of the participant according to the classification of errors.

7. Classification of errors:

1) "minor error" - from 0.1 to 1.0 points are deducted - the participant allows unclear performance of individual components of the technical action, and from 0.1 to 0.5 points are deducted if no more than one minor error is made during the performance, from 0.6 to 1.0 points are deducted if more than one minor error is made during the performance;

2) "average error" - from 1.1 to 3.0 points are deducted - the participant allows inconsistency during the performance of the main technique (which does not affect the semantic essence of the technique), and from 1.1 to 2.0 points are deducted if no more than one mistake is made during the performance, from 2.1 to 3.0 points are deducted if more than one mistake is made during the performance;

3) "gross mistake" - from 3.1 to 5.0 points are deducted - the participant makes mistakes of the basic technique that affect the semantic essence of the technique, but at the same time the motive action is brought to its logical conclusion, and 3.1 to 4.0 points are deducted if no more than one gross mistake is made during the performance, 4.1 to 5.0 points are deducted if more than one gross mistake is made during the performance.

8. In the absence of defensive actions, if the participant did not perform a technique or performed another action, in case of possible damage to vital areas (wound with a knife, shot), he is awarded 0 points for demonstrating a separate technical action.

9. The overall score of the participant's performance is determined by the sum of points received for each technique.

10. The protocol records all scores for performing techniques. The highest and lowest scores of an individual action are not taken into account, three scores for each move and the total amount of points for all moves are summed up.

11. The discrepancy between the judges' ratings should not exceed two points.

13. If the assistant is absent due to an injury or due to disqualification, by the decision of the deputy chief judge, the participant closest by drawing lot is appointed as an assistant.

VII. Rules for judging the "Semi-Contact" section

1. Terms of the event

1. Participants of all age groups provided for in these Rules are allowed to participate in fights from the "Semi-Contact" section.

2. Bouts from the "Semi-Contact" section are held with a time stop for scoring points.

3. It is allowed to punch with hands and feet (fist, foot) with controlled force (which do not lead to injury, knockdown or knockout).

4. Fighting techniques are not used.

2. Duration of bouts in the "Semi-Contact" section

1. Duration of the bout:

1) boys and women - 2 minutes, finals - 3 minutes of net time;

2) men and juniors - 3 minutes, finals - 5 minutes of net time.

3) among men and women, it is possible to hold fights according to the formula: 3 rounds of 3 minutes each or 5 rounds of 3 minutes each with a break between rounds of 1 min. (stipulated by the Regulations).

2. The net time of the bout is recorded - the total time between the referee's commands "Fight" about the beginning and "Stop" about the end of the bout.

3. If the bout time expires with the same number of points for both participants, an additional minute is added to the bout time. If the winner is not determined within an additional minute, the bout continues until the first technical action of one of the participants to be evaluated, but not longer than one minute. If the winner is not determined, at the referee's command, the judges give preference, according to their own opinion, to one of the participants by raising up the hand closer to the winner determined by them.

3. Evaluation of technical actions of participants in the "Semi-Contact" section

1. In light contact duels, the first effective technical action of one of the participants is evaluated.

2. Evaluation of technical actions of participants in light contact:

- 1) kick to the head in a jump - 3 points;
- 2) kick to the head - 2 points;
- 3) hand punch to the head or torso - 1 point;
- 4) kick to the torso - 1 point.

3. Scoring areas:

- 1) head (except for the back of the head);
- 2) the torso above the waist (except for the back).

4. Prohibited actions:

1) punches that exceed the contact dose (according to the "light contact" section of the competition);

- 2) hand punches from above, below, and from the side;
- 3) heel kicks from top to bottom;
- 4) punches to the neck, back of the head, back, below the waist, on the joints, in the groin;
- 5) with an open glove, elbow, knee, forearm, head;
- 6) punches to an opponent who is not in the standing position;
- 7) performing uncontrolled and traumatic actions;
- 8) evasion from conducting a duel;
- 9) going outside the mat;
- 10) neglect of defense and self-safeguarding;
- 11) arguments with the judges and conversations on the mat;
- 12) late appearance to the mat;
- 13) turning your back or the back of your head to the opponent;
- 14) actions after the gong or after the referee's "Stop" command;
- 15) incorrect attitude towards judges, opponents and spectators;
- 16) simulating an injury or exaggerating its severity;
- 17) moving the mouth guard or intentionally throwing it away;
- 18) performing locks, throws, submission holds and chokeholds.

VIII. Rules for judging the "Full-Contact" section

1. Terms of the event

1. Participants of all age groups provided for in these Rules are allowed to participate in fights from the "Full-Contact" section.

2. It is allowed to perform punches and kicks (with a fist, foot, shin) and perform throws, holds, submission holds and chokeholds.

3. Limited contact bouts are held with or without stopping the time to earn points.

2. Duration of fights in the "Full-Contact" section

1. Duration of the bout:

- 1) boys and women - 2 minutes, finals - 3 minutes of net time;
- 2) men and juniors - 3 minutes, finals - 5 minutes of net time.

3) rest between fights should be at least 10 minutes. In the semifinals and finals of the competition - at least 15 minutes. Rest between rounds - 1 min.

4) among men and women, it is possible to hold fights according to the formula: 3 rounds of 3 minutes each or 5 rounds of 3 minutes each with a break between rounds of 1 min. (stipulated by the Regulations).

2. The net time of the bout is recorded - the total time between the referee's commands "Fight" about the beginning and "Stop" about the end of the bout.

3. If the bout time expires with the same number of points for both participants, an additional minute is added to the bout time. If the winner is not determined during the additional minute, at the referee's command, the judges give preference, according to their own opinion, to one of the participants by raising up the hand closer to the winner determined by them.

3. Evaluation of technical actions of participants in the "Full-Contact" section

1. In the case of duels, each effective technical action is evaluated in the "Full-Contact" section.

2. Mutual exchange of punches, punches in a lock and kicks are not evaluated (except for knockdown and knockout).

3. Evaluation of technical actions of participants in limited contact:

1) knockout - "victory by fall";

2) knockdown - 3 points;

3) kick to the head - 2 points or applying more than any two effective punches when performing continuous attacking actions;

4) hand punch to the head or torso - 1 point;

5) kick to the torso - 1 point;

6) submission hold or chokehold - "victory by fall";

7) throw with the opponent falling on his back - 2 points;

8) a throw that does not match the 2-point score - 1 point;

9) takedowns and shifts - 1 point;

10) Holding - 1 point.

5. If a participant receives two knockdowns during a bout, his opponent is awarded a victory by fall by "technical knockout".

6. Scoring areas:

1) head (except for the back of the head);

2) the torso above the waist (except for the spine area);

3) lower limbs (determined by Regulations).

7. Prohibited actions:

1) punches with an open glove, head, forearm;

2) punches to the neck, back of the head, spinal column, joints, groin;

3) punches below the waist (determined by the Regulations);

4) punches in a lock (determined by the Regulations);

5) punches with the elbow, knee (determined by the Regulations);

6) punches to an opponent who is not in the standing position;

7) performing uncontrolled and traumatic actions;

8) evasion from conducting a duel, turning your back or the back of your head to the opponent;

9) going outside the mat;

10) neglect of defense and self-safeguarding;

11) arguments with the judges and conversations on the mat;

12) late appearance to the mat;

13) actions after the gong or after the referee's "Stop" command;

14) incorrect attitude towards judges, opponents and spectators;

15) simulating an injury or exaggerating its severity;

16) moving the mouth guard or intentionally throwing it away;

- 17) performing submission holds in a standing position;
- 18) bending an arm behind the back;
- 19) performing submission holds with a jerk;
- 20) performing submission holds on the spinal column, on the hands, turning the heel off (node of the foot);
- 21) performing chokeholds in a standing position;
- 22) performing chokeholds with a jerk, with fingers, pinching the opponent's mouth and nose;
- 23) performing chokeholds by crossing the legs in the kidney area (respiratory suffocation);
- 24) neck locks with both hands or feet, turning the neck out;
- 25) squeezing the opponent's head with both hands or feet or pressing it against the mat;
- 26) throws on the head, throws with the capture of the opponent for a submission hold, throws with falling on the opponent with the whole body;
- 27) pressing from above with the knee or elbows on any part of the opponent's body;
- 28) pushing hands, feet, or head on the opponent's face;
- 29) performing grabs of the genitals, fingers and toes;
- 30) grabbing the opponent's sport outfit (protectors, bandage, helmet, gloves, etc.);
- 31) scratching, pinching, biting;
- 32) actions that led to a knockout (age categories 10-11; 12-13, 14-15; 16-17 years old);
- 33) submission holds and chokeholds (10-11 years old);
- 34) the knee lever is not in the plane of its natural bend;
- 35) direct kicks to the head and legs.

IX. Judging rules of the "Kata" section

1. Terms of the event

1. In the "Kata" section, participants perform a formal set of movements and actions inherent in hand-to-hand combat.
2. The order of performance of participants is determined by drawing lots in each individual age group.
3. The participant (pair or group) invited to perform the formal set takes a place on the border of the working area of the mat, greets the judges and waits for permission to perform.
4. In the working area, the participant greets the judges for the second time, after receiving permission, takes the starting position on the mat and begins to perform.
5. At the end of the performance, the participant stays in the final position for a few seconds and then returns to the place where the performance begins, faces the judges' table and waits for the results of the performance to be announced.
6. At the command of the deputy chief judge to "show scores", judges use tables to simultaneously show their scores.
7. After the result has been announced, the participant greets the judges with a bow and leaves the mat.

2. Determining the winner of the "Kata" section

1. The winner is the participant (pair or group) who scored the highest number of points.
2. In case of an equal number of points scored, the winner is determined in the following order:
 - 1) the one with the higher lowest score;
 - 2) the one with the highest score;
 - 3) more points in the qualifying stage;

4) more points in the performances of previous rounds.

3. Evaluation of the technique of performing the "Kata" section

1. Judging is carried out in an open way by 5 or 3 judges on a 10-point system. Of the available judge ratings, the highest and lowest ratings are discarded, while the rest are summed up.

2. The highest score for performing the technique is 10 points. For each technical error, points are deducted from the maximum possible score of the participant's actions according to the classification of errors.

4. Classification of errors in the "Kata" section

Classification of errors:

"minor error" - deviation from the requirements in the initial and final positions or the participant allows unclear performance in the details of the technique, or made an unjustified pause (for 5 seconds), or every swaying of the body and every extra movement of the leg, stepping over when the belt is untied or the item of clothing is torn, etc., every touch of the body or floor by a weapon, as well as dropping the handle - from 0.1-1.0 points are deducted;

"average error" - the participant shows unclear performance of the main technique (which does not affect the essence of the technique) - from 1.1 - 3.0 points are deducted;

"gross error" - the participant makes mistakes in the basis of the technique that affect the essence of the technique, but the motive action is brought to its logical conclusion - from 3.1 - 5.0 points are deducted;

"disqualification" - the participant did not fully complete the formal set or the weapon fell to the floor.

X. Evaluation of prohibited techniques and actions

1. Comments, warnings, disqualification for going outside the mat

1. Going outside the mat:

1) in the standing position - the position of the participant when his foot completely crosses the outer border (line) of the working area of the mat;

2) in the lying position - the belt of one of the participants was completely behind the outer border (line) of the working area of the mat in the "Full-Contact" section;

3) after the "Stop" command - does not qualify as going outside the mat borders;

4) simultaneous exit of participants or their fall beyond the outer border (line) of the working area of the mat is not considered as going outside the mat;

5) effective attacking actions performed outside the mat are not evaluated;

6) an effective attacking action that has started in the working area is subject to evaluation;

7) if the attacker goes outside the mat during an effective attacking action and before the "Stop" command, such action is not considered as going outside the mat borders;

8) if the attacker goes outside the mat after performing an ineffective attacking action and before the "Stop" command, such action is considered as going outside the mat borders.

2. The penalty for going outside the mat is announced according to the scheme:

1) for the first time - admonition;

2) for the second time - first warning;

3) for the third time - second warning;

4) for the fourth time - disqualification.

2. Admonitions, warnings, disqualification for violation of these Rules

1. Admonitions are announced:

1) for the first attempt to perform prohibited actions;

- 2) for late appearance on the mat for more than 30 seconds after the first call of the participant.
2. No admonitions are made twice to the participant.
3. Warnings are announced for:
 - 1) repeated attempt to perform prohibited actions;
 - 2) implementation of a prohibited action;
 - 3) deliberate going out of the mat during a lying fight in case the opponent performs a submission hold, chokehold or holding in the "Full-Contact" section;
 - 4) late appearance on the mat for more than one minute after the first call.
4. After the first warning is announced to the participant, one point is deducted from the violator. In the "Full-Contact" section, after the the first warning was announced to the participant, his opponent is awarded with 1 point.
5. The second warning is announced for:
 - 1) repeated implementation of the prohibited action;
 - 2) repeated deliberate going out of the mat during a lying fight in case of performing a submission hold, chokehold or holding in the "Full-Contact" section;
 - 3) late appearance on the mat for more than two minutes after the first call.
6. After the second warning is announced to the participant, another point is deducted from the violator. In the "Full-Contact" section, after the the second warning was announced to the participant, his opponent is awarded with another 1 point.
7. Depending on the severity of the violation, the participant may be immediately notified of the first, second warning or disqualification.
8. A violation committed after or during an effective technical action is considered a violation.
9. Violations committed after the "Stop" command are counted, but effective technical actions are not.

3. Disqualification for violating these Rules for a fight

Disqualification for violating these Rules for a fight is announced for:
 violation that occurred after the participant received the second warning;
 intentional violation of these Rules;
 implementation of a prohibited technical action, as a result of which the opponent was injured and, according to the doctor, cannot continue the fight;
 use of three minutes by the participant allotted to appear at the mat, providing medical care and eliminating problems in the suit and sport outfit.

4. Disqualification for the entire duration of the competition

1. Disqualification for the entire duration of the competition is announced for:
 - 1) rude unethical behavior of the participant (representative, coach of the team) in relation to the opponent, participants, judges, spectators;
 - 2) refusing to give a handshake to the opponent.
2. After the disqualification is announced to the contestant, his opponent is awarded with a victory by fall.
3. The final place is not determined for a participant who is disqualified for violating these Rules for the entire period of the competition.
4. If a participant is removed from the competition in case of injury or illness according to the doctor's conclusion, he takes a place according to his result at the time of withdrawal.
5. The decision on disqualification of a participant is made by the panel of judges of the competition (within the limits of its powers). The fact of disqualification of a participant for the entire period of the competition is entered with an indication of the reason for disqualification in the competition protocol and the report of the chief judge of the competition. Such information is also reported to the disciplinary commission of the Federation and the organization that sent the participant to the competition for further decision-making.

6. In the qualification stage, participants of the competition may be disqualified for:
 - 1) actions aimed at intentionally disrupting the execution of the technique;
 - 2) actions that led to injury;
 - 3) technical unpreparedness.

XI. Determining the result of the bout

1. As a result of the bout, the competitor may be credited with the following:
 - 1) "victory by fall";
 - 2) "victory on points";
 - 3) "defeating by a narrow margin";
 - 4) "mutual defeat".
2. The participant who is awarded a "victory by fall" receives 5 qualifying points, the loser - 0. "Victory by fall" is credited to the participant in the following cases:
 - 1) the participant receives an advantage difference of 6 points (in the case of bouts with a time stop for awarding points);
 - 2) knockout in the "Full-Contact" section;
 - 3) two knockdowns during the bout in the "Full-Contact" section;
 - 4) performing a submission hold or chokehold (except for light contact);
 - 5) failure to appear, disqualification or removal of the opponent by the doctor.
3. The participant who is awarded "victory on points" receives 4 qualifying points, the loser - 1. "Victory on points" is credited to the participant in the following cases:
 - 1) the majority of points scored, if their difference is not less than two (in the case of bouts with a time stop for scoring points);
 - 2) Determination of the participant's advantage according to the opinion of three judges (in the case of duels without stopping the time for awarding points).
4. The participant who is awarded "defeating by a narrow margin" receives 3 qualifying points, the loser - 2. "Defeating by a narrow margin" is credited to the participant in the following cases:
 - 1) the majority of points scored, if the bout ends with an advantage of one point (in the case of bouts with a time stop for scoring points);
 - 2) Determination of the participant's advantage according to the opinion of one or two judges (in the case of duels without stopping the time for awarding points);
 - 3) awarding the victory to the participant in extra time.
5. "Mutual defeat" is credited if both participants are removed from the bout or competition for gross violation of these Rules (disqualification), as well as in the case of mutual knockout.
6. The bout ends ahead of schedule in the following cases:
 - 1) the difference in the evaluation of technical actions of participants in 6 points (in the case of duels with a time stop for awarding points);
 - 2) awarding one of the participants a victory by fall;
 - 3) "clear advantage" over the opponent (determined by the panel of judges);
 - 4) disqualification of one of the participants;
 - 5) refusal of one of the participants to continue the bout;
 - 6) removal of one of the participants by a doctor.

XII. Complaint

1. Filing a complaint

1. A complaint is filed in connection with a violation of these Rules by judges.
2. Procedure for filing a complaint:
 - 1) the complaint is submitted by the team representative to the chief judge of the competition in writing;

2) a complaint based on the results of the bout is filed within 10 minutes after the end of the bout. The team representative must inform the chief judge (deputy chief judge) of his intention to file a complaint immediately after the end of the fight;

3) the complaint indicates the reason for its submission with a mandatory reference to the violated paragraph of these Rules.

2. Procedure for considering a complaint

1. The complaint is considered by the panel of judges of competitions with the involvement of judges and persons who have committed violations of the paragraph of these Rules specified in the complaint.

2. The decision on consideration of a complaint is made by the main panel of judges on the day of its receipt:

1) "Kata" section - before the next participant starts performing;

2) "Semi-Contact" and "Full-Contact" sections - before the start of the next round of bouts;

3) team meetings - before the start of the next bout.

3. The decision of the main panel of judges to consider the complaint is final and is not subject to review.

4. When considering a complaint, it is possible to view the video recording of the situation described in the complaint by judges together with representatives of interested parties, but without their right to participate in the discussion of the complaint. The video recording is accepted for consideration if the actions of all judges and fighters participating in the fight are clearly visible during viewing.

XIII. Conducting competitions in a circular way

1. Procedure for conducting the event

1. If a large number of participants participate in competitions of the same weight category, it is possible to divide them into 2, 4, 8 and 16 subgroups with the distribution of stronger participants in different subgroups. The remaining participants are divided into subgroups by drawing lots.

2. If participants are divided into 2 subgroups, final bouts for 1st and 3rd places are held to determine the personal places of participants. The winners of the competition in subgroups compete for the 1st place, and the participants who took 2 places in subgroups compete for the 3rd place.

3. If participants are divided into 4 subgroups, the first semi-final group consists of participants who took 1st and 2nd places in the 1st and 2nd subgroups, and the second semi-final group consists of participants who took 1st and 2nd places in the 3rd and 4th subgroups. Participants who won 1st and 2nd places in the semi-final groups advance to the final.

4. This procedure is maintained if participants are divided into 8 and 16 subgroups.

5. In the preliminary and final stages of the competition, participants meet each other in a circle, and the result of duels in subgroups between participants who entered the semi-final (or final) is taken into account as the result of the semi-final (final) competitions.

6. The participant is indicated in the protocol of the final competition as follows:

1) 1st place in the first semi-final group - under number 1;

2) 2nd place in the first semi-final group - under number 4;

3) 1st place in the second semi-final group - under number 2;

4) 2nd place in the second semi-final subgroup - under number 3.

7. The specified procedure is maintained during the registration of protocols of intermediate stages of competitions (if participants are divided into 4, 8 or 16 subgroups).

8. Participants who are not included in the final or semi-final subgroup (or in the second intermediate stage of the competition) finish the competition.

9. Competitions in the final, semi-final subgroup (or the second intermediate stage of the competition) are held in two rounds:

first round - numbers 1-3, 2-4;

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second round - numbers 1-2, 4-3.

During the second round of the final, it is possible to hold a duel first for the third, then for the first place.

10. The specified procedure is fully preserved during the circular team competitions.

2. Procedure for forming pairs of participants

1. There should be no more than 6 people in the subgroups into which participants are divided.

2. The order of performance of pairs of participants in the first round of competitions is determined by the formula. The sequence numbers of participants are divided into two columns - number 1 - upper in the left column, number 2 - upper in the right column, subsequent numbers are indicated in a circle in the clockwise direction. The number of sequence numbers of participants in the left and right columns should be the same. In case of an odd number of participants, the last sequence number is 0.

3. Participants whose sequence numbers are located in the left and right columns opposite each other meet each other.

4. To determine the pairs of the second and subsequent rounds of the competition, the sequence numbers are moved. The first number remains in place, the next sequence numbers are moved one place counterclockwise in each subsequent round of the competition.

5. In each round in a subgroup with an odd number of participants, one participant is free.

3. Determining the places of participants

1. In individual competitions, the participant who received the highest amount of classification points as a result of all meetings held in the subgroup (semi-final or final) takes 1st place in the group of participants of a certain stage of the competition. Subsequent places are distributed according to the decrease in the amount of classification points received by participants.

2. If the points of two participants are equal, the outcome of their meeting with each other is decisive.

3. If several participants have an equal amount of points, the places between them are distributed according to the highest number of wins in mutual meetings.

4. In case of the same amount of points and an equal number of victories of one participant over others, the place of the participant (team) is determined sequentially by:

1) a large number of classification points in meetings between these participants;

2) the quality of victories in meetings between them, while preference is consistently given to the participant who has:

more wins (5:0);

less total time spent on these victories;

more wins by points (4:1);

more wins with a score of 3: 2;

more classification points in your defeats;

fewer net defeats (0:5);

longer total time of defeats in these bouts;

fewer defeats by points (1: 4);

fewer defeats with a score of 2: 3;

more technical actions with a score of 2 points;

more technical actions with a score of 1 point;

fewer warnings;

a higher number of points scored for each team member's bouts.

5. In the future, the number of wins in all meetings in the subgroup (semi-final or final) and their quality are calculated in accordance with the above sequence.

6. If the best participant is not identified based on the requirements of all the previous paragraphs of these Rules, the participant(s) determined by drawing lots enters the next round of the competition. In all other cases, participants are assigned the same places.

7. The place of a participant removed from the competition by a doctor before the start of the performance is not determined.

8. A participant who did not hold 50% of the fights in the subgroup (semi-final) and who was removed from the competition by a doctor, the results of the fights are canceled, and he takes the last place in the subgroup (semi-final).

9. The participant who reached the final and who was removed from the competition by the doctor is awarded a place, considering that in all the remaining fights he was defeated, and his opponent received a 5:0 victory with a time of 00 min 00 s.

10. The results of a participant who is removed from the competition by the decision of the chief judge in the subgroup (semi-final or final) are canceled, and his place is not determined.

11. Participants who do not make it to the next stage of the competition finish the competition and share the corresponding places among each other:

1) if the participants were divided into two subgroups, then those who took the 3rd place in both subgroups share the 5th and 6th places, those who took the 4th place in the subgroups share the 7th and 8th places, and so on;

2) if the participants were divided into four subgroups, then those who took the 3rd place and did not enter the semifinals share 9-12 places, and so on;

3) places are also distributed in the same way when divided into 8 and 16 subgroups.

12. If, due to the division into subgroups in one of them, there is one more participant, the participant who took the last place in this subgroup is determined the last place in the weight category (not counting those removed from the competition by the decision of the chief judge).

XIV. Conducting direct elimination competitions after the first defeat (Olympic system)

1. Procedure for conducting the event

1. All participants are divided by drawing lots into two subgroups - "A" (odd sequence numbers) and "B" (even sequence numbers). The sequence number of each participant is determined by drawing lots directly at the weigh-in or after it ends and remains with him for the entire duration of the competition.

2. In each subgroup, preliminary meetings are held with the elimination of the participant after the first defeat.

3. The winning contestant advances to the next round of the competition.

4. After the two strongest participants (A1 and B1) are left, consolation meetings are held to determine two more participants (A2 and B2).

5. The option of holding consolation bouts (from finalists, semi-finalists, or all participants who lost the first bout) is indicated in the Regulations.

6. In case of a large number of participants, consolation meetings may not be held.

7. In the final part of the competition, meetings are held for the 1st place, as well as for the 3rd and 5th places. Meetings for the 3rd and 5th places may not be held if this is stipulated by the regulations.

2. Procedure for making pairs and determining places

1. Pairs of the reduction circle, the first round and all subsequent rounds of the previous part of the competition are drawn up in accordance with the Olympic system.

2. Participants who have not lost a single meeting in their subgroups (A1 and B1) meet in the final competing for the 1st place.

3. The places of participants eliminated during competitions in groups and consolation and pre-participation bouts are determined in accordance with the circle of elimination from the competition.

4. When holding consolation meetings, the places of participants who held consolation meetings are first determined. After that, the places of participants who did not fall into the

consolation groups are determined. At the same time, participants who are eliminated in the same round of competitions are determined to have the same place.

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XV. Conducting direct elimination competitions after two defeats

1. Competition procedure

1. By drawing lots, all participants of each weight category receive their own ordinal numbers, according to which they are divided into two subgroups:

- 1) "A" - participants with odd numbers (1, 3, 5, and so on);
- 2) "B" - participants with even numbers (2, 4, 6, and so on).

Group "A" can have one more participant.

2. A participant who has received two defeats in the previous stage of the group competition is eliminated from the competition.

3. The elimination competition continues until there are three participants left in each group, who form the group finals "A" and "B".

4. Group finals are held in a circular manner. They take into account the results of meetings that took place, and conduct other mutual meetings. Based on the results of all mutual meetings, the places of the three best fighters in each group are determined: A1, A2, A3 and B1, B2, B3.

5. Final fights are held in a butt way:

(A1-B1) - for the 1st and 2nd places;

(A2-B2) - for the 3rd and 4th places;

(A3-B3) - for the 5th and 6th places.

6. If there are 2 participants left in the group after the next round, they take 1st and 2nd places in the group based on the result of the meeting between them, and the 3rd place is taken by the best of those eliminated in this group in the last round.

7. If after the next round there is only one participant left in the group, he takes the 1st place in the group, and the 2nd and 3rd places are occupied by the two best participants from among those who dropped out in this group in the last round based on the results of meetings between them, which should be held if it was not.

8. If all participants are eliminated after the next round in the group, the top 3 participants from among those eliminated in the last round get to the group final.

2. Procedure for composing pairs

1. Making pairs begins with making a list of participants in the circle. List of participants in the first round - a list of groups in ascending order of participants' numbers. In the course of the competition, participants who were eliminated from the competition in previous rounds are deleted from it. In addition, the participant who was free in this circle (in the case of an odd number of participants) is moved to the top of the circle list, and the addition of pairs of subsequent circles will start from it until the next free one takes its turn at the top of the circle list.

2. A participant assigned free in a certain round goes to the next round without a fight. The order of assignment of a free one is from the bottom up according to the list of participants in a certain round, starting with the last participant.

3. When making pairs of the next round, the "upper" participant in the round list meets the nearest "lower" one, which he has not yet met.

4. If the last pair includes participants who have already met each other, another, penultimate pair is added to this pair, and two new pairs are made up of these four participants.

At the same time, the "upper" number of the participant is placed in a pair alternately of all the "lower" ones with whom he has not yet met, until the second pair includes participants who have not met each other before.

If the goal is not achieved, another pair of six participants is added, three new pairs are added according to the same principle, and so on.

5. If the goal is not achieved by consistently applying the previous paragraphs of this chapter, another free participant should be appointed in this circle, following the queue.

6. The violated order of free participants is restored in the next round, and the participant appointed free is considered to have used his right to be free once again.

7. In subsequent rounds of the previous part of the competition, there may be cases when a participant is appointed free for the second time in a row or two participants are free.

In any case, the number of pairs in the round should be the maximum.

3. Determining the places of participants

1. Places from the first to the sixth are determined based on the results of the final bouts.

2. In case of determining the places of participants who did not reach the final, the best participant is considered to have:

- 1) more rounds before being eliminated from the competition;
- 2) a large amount of qualifying points for all fights in the group;
- 3) more victories in mutual meetings, if all of them took place, and better quality of victories and losses;

4) more victories and better quality of victories and losses in all group fights.

Participants who have equal indicators at this stage share their respective places.

3. The best of those eliminated in the last round in the group is considered to be the participant who has:

- 1) more qualifying points for all fights in the group;
- 2) victory in a mutual meeting, which is held if it did not happen.

4. In the case of determining places in the group final, the best participant is considered to have:

- 1) more qualifying points for all fights in the group final;
- 2) more victories and better quality of victories and losses in the group final;
- 3) more and better quality of technical points in group final fights;
- 4) fewer warnings in group final fights and fewer points lost for these warnings;
- 5) more classification points scored for the entire competition;
- 6) more wins and better quality of wins and losses for the entire competition;
- 7) the best result in the qualification stage (first round) of the competition.

At the same time, if the indicator by which the fighters are equalized has a different value for all three fighters, all three places are determined by this indicator.

If only the best (or worst) participant can be determined by this indicator, two other participants who have an equal value of such an indicator, places in the group final are determined by the result of their mutual meeting.

5. The participant who was removed from the competition by the doctor takes a place according to the elimination round and the result that he had at the time of withdrawal. If at the same time he reached the group final, he is included in the pairs at this stage and in the final pairs. He is counted in the remaining bouts, a 0:5 defeat with a time of 00 min 00 s and a place is determined according to this result.

6. If the participant is removed by the decision of the chief judge (failure to appear, gross violation of these Rules), the place is not determined for him.

7. If a participant is removed by the decision of the chief referee in the final part of the competition, his opponent is awarded a 5:0 victory with a time of 00 min 00 s. The place in the final is determined according to this result. The participant who did not reach the final part of the competition rises one place higher.

XVI. Determining the results of team competitions

1. Individual and team competitions

1. In individual team competitions, team places are determined depending on the personal results of the participants who are part of the scoring team list. The composition of the team and the number of participants in each weight category is determined by the position. Unless otherwise specified in the regulation, it is considered that the team must have one scoring participant in each weight category.

2. Team places in individual team competitions are determined in one of the following ways:

1) according to the highest amount of points awarded to credit participants on the principle of "best place - more points";

2) for a smaller amount of penalty points, which are awarded to all credit participants, taking into account the place taken on the principle of "1st place - 1 point, 2nd place - 2 points and so on", and for each non-submitted participant, the team is awarded an additional number of penalty points, which is equal to the number of participants in the weight category in which it is put up (or in the weight category with the largest number of participants, which will be indicated in the position), plus one penalty point.

3. If the number of points is the same for two or more teams, the advantage is given to the team whose scoring participants have consistently:

1) a larger number of the 1st, 2nd, 3rd and so on places;

2) if these indicators are the same:

a larger number of participants in those weight categories in which the scoring participants took the 1st place;

more wins of these scoring participants in those weight categories in which the scoring participants took the 2nd places, and so on;

3) if only one participant is selected in the weight category, he brings the team points corresponding to the 1st place.

2. Team competitions

1. Team competitions can be held according to any system that is used during individual competitions. The system and method of conducting competitions, the number of team members, the weight categories in which they must be displayed, as well as the possibility of replacing participants during the competition are determined by the regulations.

2. The minimum team composition in each meeting must be more than half of the full team. A participant who was announced for the meeting and who did not show up for the team's presentation is counted for non-appearance, and he is removed from the competition.

3. In team meetings, the team gets 1 point for the victory of its participant in each pair, and 0 points for the defeat or absence of the participant. In case of an unrepresented participant or his failure to appear at the meeting, his opponent is credited with a victory by fall of 5:0 with a time of 00 min 00 s.

4. The team with the highest number of points is the winner of this meeting.

5. In case of equal points, the advantage is given to the team that has:

1) a large amount of classification points that participants received as a result of the bouts held;

2) more victories by fall of 5:0, including with a time of 00 min 00 s;

3) less time spent on these victories.

If the indicators are equal in the team meeting, the winner is the team that won the bout in the heaviest weight category.

6. Winning a team bout gives the team a total of 1 point, losing - 0 points.

7. In team competitions that are held in a circular way, when determining places for teams in subgroups, semifinals and finals, first of all, the number of points for winning team meetings is taken into account.

8. If two teams have equal points, the best place is occupied by the team that won the meeting between them.

9. If the teams in the subgroup (semi-final or final) score the same number of points, places in them are distributed:

1) for more team victories in mutual meetings;

2) by the number of fights won in these meetings;

3) for a larger amount of classification points received by participants based on the results of these battles, and so on.

10. In the future, preference is given to the team that has a larger number of fights, whose participants won in all team meetings in the subgroup, semi-final, final.

11. The final places between teams that took the same places in the subgroups (semi-finals), but did not reach the semi-finals (finals), are distributed according to the number of team victories in the subgroup (semi-finals), and if these indicators are equal:

1) by the number of fights won in all meetings in the subgroup (semi-finals);

2) further - for a larger amount of classification points received by participants in these meetings, and so on.

12. In case of elimination from the competition of a team that did not hold 50% of the meetings in the subgroup (semi-final), all the results that it achieved at this stage of the competition are canceled and it takes the last place in the subgroup (semi-final).

13. A team that has been eliminated and has held at least 50% of the meetings in the subgroup (semi-final), is awarded a place based on the results of these meetings. At the same time, it is considered that in all the missed meetings, it lost all the fights to the declared composition of the opposing teams cleanly (5:0) with a time of 00 min 00 s.

14. The team that reached the final, regardless of the number of meetings held, is awarded the place, considering that in the remaining meetings, it lost all the fights cleanly (5:0) to the declared composition of the opposing teams with a time of 00 min 00 s.

15. Teams whose composition has become less than determined by the Regulations, due to the removal of participants by the doctor, the place is determined by the result achieved at the time of removal of these participants.

16. The place of a team is not determined if its participants are removed from the competition by the chief judge for violating these Rules.

XVII. Equipment of competition venues

1. Competition venue

1. The competition venue is a 10×10 m mat. Working area - 8×8 m. For multi-round bouts - 6×6 m.

2. The mat has a flat surface, which makes it impossible to get injured during the competition. Mats are placed on the site.

3. Next to it, but not closer than 1.5 m from the site, the table of competition managers is installed. On the table should be a gong or a device for giving an audible signal, three stopwatches. In addition, a place for medical personnel is equipped near each mat.

2. Sound signal (gong), scales, stopwatches, alarm, demonstration shield (scoreboard)

1. The audible signal (gong) can be of any system, but with a powerful sound.

2. Scales for weighing participants must be adjusted and precisely adjusted. The number of scales for weighing participants is determined by the panel of judges.

3. Stopwatches must have a device to stop or turn on without resetting the minute (second) readings until the end of the bout.

4. To inform the audience and participants about the course of the bout, an electric table or simplified shield is installed next to the panel of judges table, which shows the scores that the participants receive.

5. An information board is used to inform participants and representatives about the program, schedule and course of competitions. The dimensions, design of the shield, and place of its installation are agreed in advance with the competition secretary board.

3. Requirements for competition venues

1. The coefficient of natural lighting of the hall must be 1 : 5, 1 : 6, artificial lighting - at least 600 lux. The mat should be illuminated from above by reflected or diffused light fixtures with a protective grid.

2. In the case of competitions in the room, the temperature should be from +15 °C to +25 °C, humidity - not less than 60%. Ventilation should provide three times the air exchange per hour.

3. In the case of outdoor competitions, the temperature should be up to +25 °C. The mat must be protected from direct sunlight.

4. Spectators should be at a distance of no closer than 3 m from the mat.

XVIII. Working documentation forms

1. To organize and conduct competitions, it is necessary to use forms of working documentation that allow you to get information about the participants of the competition, the results of individual bouts and demonstration performances, as well as the competition as a whole.

2. The need to use certain forms of working documentation depends on the level and conditions of the competition, as well as the material and technical support of the event.

3. To organize and conduct hand-to-hand combat competitions, the following forms of working documentation are required:

- 1) application from the team to participate in the competition;
- 2) weigh-in and drawing protocol;
- 3) minutes of work of the mandate commission;
- 4) protocol of the qualification stage (first round) and demonstration performances;
- 5) judge's note;
- 6) protocol of bouts;
- 7) minutes of the team meeting;
- 8) protocol of competitions in each weight category, depending on the system and method of conducting competitions;
- 9) protocol of the results of the team championship based on the results of personal results of competitors;
- 10) questionnaires of participants, representatives, judges;
- 11) final protocol of personal and team results;
- 12) lists of winners and prize-winners;
- 13) lists of the panel of judges;
- 14) evaluation letters of judges' work;
- 15) report of the competition doctor on injuries received.

COMPETITIONS
Hand-to-hand combat (RUKBO)
Supplement to section Self-defense
Combat Combinations

Combat Combinations №1

1. Release from the lock with two hands
2. Defense against side punch with a hand to the head
3. Defense against a side kick (torso)
4. Defense against a punch with a stick from above
5. Defense against the threat of a knife tightly from the front (starting position on the knees)

Combat Combinations №2

1. Release from the grip of the torso with hands (approach from behind)
2. Defense against a direct punch to the head with a hand
3. Defense against a side kick to the torso
4. Defense against a punch with a stick from above
5. Defense against direct stabbing in the torso

Combat Combinations №3

1. Release from the neck lock using the shoulder and forearm when approaching from the back (starting position on the knees)
2. Defense against side punch with a hand to the head
3. Defense against a direct kick to the torso
4. Defense against a punch with a stick from the side to the torso
5. Defense against stabbing from above

Combat Combinations №4

1. Release from the grip of the torso under the arms (approach from the front)
2. Defense against a hand punch from the bottom to the torso
3. Defense against a side kick to the head when approaching from the front (starting position on the knees)
4. Defense against a punch with a stick from the front to the torso
5. Defense against stabbing from the bottom

Combat Combinations №5

1. Release from grabbing clothing on the chest with both hands
2. Defense against a direct hand punch to the head
3. Defense against a direct kick to the torso when approaching from the front (starting position on the knees)
4. Defense against side stabbing to the head
5. Defense against side punch with a stick to the head

Combat Combinations №6

1. Release from the neck lock from the front with both hands
2. Defense against side punch with a hand to the head
3. Defense against a kick in the back direction from a turn to the torso
4. Defense against stabbing from above
5. Defense against side punch with a stick to the head

Combat Combinations №7

1. Release from grabbing clothing on the chest with one hand
2. Defense against a hand punch to the head
3. Defense against a side kick to the torso
4. Defense against stabbing from the bottom to the torso
5. Disarming when threatened with a gun (submachine gun) tightly from the side (starting position on the knees)

Combat Combinations №8

1. Release from grabbing two hands from the front position
2. Defense against side punch with a hand to the head
3. Defense against a kick in the back direction from a turn to the torso
4. Disarming when threatened with a knife tightly from the side to the neck (starting position on the knees)
5. Defense against a punch with a stick diagonally from right to left (entranching shovel)

Combat Combinations №9

1. Release from the neck lock using the shoulder and forearm from the back (starting position on the knees)
2. Defense against side punch with a hand to the head
3. Defense against a direct kick to the torso
4. Defense against side punch with a stick to the torso
5. Defense against side stabbing to the head

Combat Combinations №10

1. Release from grabbing clothing with one hand
2. Defense against a direct punch to the head with a hand
3. Defense against a side kick to the head when approaching from the front (starting position on the knees)
4. Defense against side punch with a stick to the torso
5. Defense against side stabbing to the head

