



# UNIVERSAL FIGHT

## Rules of Competitions

The Rules of Unifight are established by the Commission of FIAU :  
The Doctor of pedagogical science, professor Ashkinasi S. (S-Petersburg), the referee of international category Chumliakov A. (S-Petersburg), the honored physical culture worker Starchenkov V. (Moscow), the secretary of FIAU Nesynova T. (Moscow) edited by the President FIAU, Doctor of pedagogical science, judo Olympic champion Novikov S.

The most important referee's questions, the organization of Unifight competitions are presented in the Rules.  
This edition is for referees, coaches and sportsmen.

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### **Part I. The nature and system of carrying out competitions**

Article 1. The nature of competitions

1. Universal fight is a dual event sports competition. The first part involves clearing a special strip of obstacles. The second part, which follows the first, is a hand-to-hand fight in a ring.

For children of 8-13years old there is a second type of dual event - the match is organized on tatami or fighting carpet including the elements of free-style wrestling, judo, sambo and other kinds of fights.

2. Competitions are divided into the following types:

- a) individual
- b) team
- c) individual-team

3. The type of competition is defined by the Competition Regulations for each individual case (see appendix 1).

4. In individual competitions only individual places of participants are established.

5. Team competitions are competitions between teams. In this event the places won by teams are established on the grounds of the results of a competition.

6. Individual-team competitions establish the individual places of participants, and the place of a team is determined according to the individual results of the members of the team, in compliance with the Competition Regulations.

## Article 2. The system of carrying out competitions

1. Competitions are carried out in compliance with the principle of removal of the participant from the competition after he is beaten for the first time (the Olympic system). The winner of the final contest takes the first place, and the loser of the final contest takes the second one. The athletes who lose in semi-final get the third place. The competitions can be carried out as circular or mixed system under special conditions, separate weight categories.

For the children of 8-13 years old competitions can be made with being-out after the first defeat, after two defeats or following the circle system (with a limited quantity of participants in a weight category up to 4 people). Winners and the places of the participants are identified according to the «Regulations» and «Rules» of the fight competitions with the circle system.

2. The order of matches between fighters (or teams) is normally established by means of a draw. In the process of the draw the strongest fighters and those fighters, who belong to the same team can be re-allocated, if this is allowed by the Regulations.

3. Formula of an individual competition

Initially participants compete to clear special obstacles strip (on parallel strips).

The person who finishes first is the winner of the first event and receives one point.

4. One minute after the finish on obstacle strip, the fighters are called into a ring and the second event begins – the hand-to-hand fight in a ring.

For the children of 8-13 years old: the sportsmen are called to tatami (the fight carpet) 1 minute after the finish. Number of rounds for children of 8-13 years – 2 rounds 1 minute each, in the final – 1,5 minutes.

The number of rounds and their length depends on the age and the qualification of sportsmen, and also on the stage and ranking of a competition (article 3), which are established in the Regulations.

The victory in a ring competition can be clear, in which case the fight in the ring and the contest finish before the appointed time. Otherwise, participant receives one point for each round that he wins.

The overall winner of the double event is the person who obtained ahead-of-time victory in either the obstacle strip or the ring fight, and if this did not happen, the winner is the person with the most points when the results of the two events are added together.

5. Formula of a team competition

A team competition consists of consecutive individual matches (one for each weight category starting with light weights), where teams present their fighters who have been registered and weighed in.

The following criteria are used to determining the winners of team competitions: the number of victories in individual matches, the quality of victories, and, when the number of victories is equal, the victory of matches in the heaviest weight category (see appendix 3, 1).

## Part II. Participants of competitions

Article 3. Age groups of participants. Weight categories. Fight formula. Round lengths. Number of contests.

Category of participants	Boys/ Girls (8-9 years)	Boys/ Girls (10-11 years)	Youth/ girls of junior age (12-13 years)	Youth/ girls of middle age (14-15 years)	Youth/ girls of older age (16-17 years)	Juniors (18-20 years), olders (21 years and older)	Junior girls (18-20 years) women (21 years and older)
Weight categories (kg):	Till 25 Till 30 Till 35 35+	Till 30/25 Till 35/30 Till 40/35 Till 45/40 45+/40+	Till 35/30 Till 40/35 Till 45/40 Till 50/45 50+/45+	Till 40/35 Till 45/40 Till 50/45 Till 55/50 Till 60/55 Till 65/60 70/60+ +70	Till 50/40 Till 55/45 Till 60/50 Till 65/55 Till 70/60 Till 75/60 Till 80/65+ +80	Till 60/60 Till 65/65 Till 70/70 Till 75/75 Till 80/80 Till 85/85 85+/till 90 Till 95 +95	Till 45/45 Till 50/55 Till 55/60 Till 57/52 Till 60/65 Till 63/57 Till 65/70 Till 70/62 Till 70/75 Till 75/80+ 75/80+
Formula of combat:	2 rounds with break between rounds of 1 minute						
cont. round:	1,0/45sec.	1,0/45	1,5/1,0	2,0/1,5	2,0/1,5	2,0/1,5	2,0/2,0
Quantity of combats: tournament/ day	5 combats 2 combats – rest not less than 2 hours between them						

1. Age is established on the day of the competition.
2. Only adults may compete for absolute first place.
3. Fights must always finish at the allotted time.

Article 4. Weighing of participants

1. The rules and the time of weighing participants are established in the Regulations.
2. The weighing is done once on the first day of competitions of a particular weight category, or on the day before, and lasts for an hour.  
If weighing in is made on the day of competitions, then it should be over no later than 3 hours before the beginning of competitions.  
Participants have the right to weigh themselves, as a check, on the official scales, during the hour before the official weighing.
3. Participants should be weighed either naked or wearing only underpants.
4. Before weighing, a participant must present a document with a photograph on to prove his identity.
5. Weighing is carried out of a team of referees, appointed by the chief referee. The team consists of: the deputy chief referee, a doctor, a secretary and 2 referees. The results of weighing in are recorded in the record of proceedings (see appendix 6).
6. A participant who is late for the weighing or fails to attend is not entitled to take part in the competition.

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## Article 5. Admittance of participants to competitions

1. The terms of admittance of participants to competitions, their sports equipment, qualification and age, and also the list of documents, which should be provided to the credentials committee, are stipulated by the Regulations.

Compulsory documents include:

- fighters' passport (see appendix 11)
- insurance policy

2. The application of an organisation for the participation of its members in a competition must be made on the standard form (see appendix 5) and must include the signatures, backed up by official stamps, of the director of the organisation which is sending fighters to the competition, and a coach and a doctor who verify that each fighter is prepared for the competition. Doctor's signature: "Admitted. Doctor: (signature)", stamp – obligatory for each admitted participant.

3. Participants are normally admitted to competitions by a credentials committee (the members of which are appointed by the organisation in charge of the competition).

The committee is made up of a representative of the organisation, chief referee or his deputy, chief secretary or his deputy, chief doctor and members of the committee who check that application forms meet the requirements stipulated by the regulations. The representative of the organisation which organises the competition is responsible for the decision about who may participate.

4. In a competition a participant is entitled to compete only in the weight category which was established for him during weighing.

5. The admittance of young participants above 17 to a competition of juniors is possible with permission of the organisation, which is in charge of the competition. In this case in order to be admitted a young participant needs an extra certificate signed by a doctor and a coach, confirming that this participant is fit to take part in the competition.

Juniors are eligible for participation in competitions for adults.

6. The admittance of sportsmen of a lower grade to competitions of higher grades is allowed by the regulations. In this case rules for competitions of sportsmen of higher grades must be applied. Adult sportsmen of the first grade may enter competitions for masters of the sport.

7. Organizers of a competition are not liable for injuries or accidents, which may occur during the competition, as long as all the regulations are observed.

## Article 6. Rights and duties of participants

1. A participant must:

- a) be checked by the credentials committee and officially weighed
- b) strictly observe all the rules and the competition programme
- c) follow the orders of referees
- d) have a second
- e) immediately appear at the place of the competition upon receiving a summons from the board of referees
- f) immediately notify the secretariat, via his representative, if for any reason he is unable to continue to participate
- g) be courteous towards participants, referees, organising staff and spectators
- h) shake hands with his opponent before and after the competition
- i) have a short nails and tidy sportswear.

2. A participant has the right:

- a) to check his weight on the official scales 1 hour before the beginning of the competition

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b) to receive information in good time about the course of the competition, who will participate in the next round, changes in the programme of the competition, etc.

c) to use the services of two seconds in contact time (before and after the match and also during breaks between rounds)

d) to be provided with medical assistance, for no more than 3 minutes totally (when 4 rounds – not more than 5 minutes), when clearing obstacles, during a pause before the beginning of a match in the ring, or during a match in the ring

e) during the match to use no more than 2 minutes totally to fix the equipment individually or with the help of the seconds without prolonging breaks (when 4 rounds – not more than 3 minutes)

f) to refuse to continue a match at any stage

g) to turn to the referee board

- during the breaks in the match either with the help of the team representative or, in the absence of the representative, personally;

- via seconds during the breaks between rounds.

## Article 7. Equipment of the participant

1. The equipment of the participant includes: a sports suit and protection appliances

2. The sports suit comprises a loose sports jacket (kimono type) with a belt, trousers of a special cut and special footwear.

The jacket and the belt should be made of strong, single-toned, red or blue cotton.

The sleeve of the jacket should reach the wrist, and the width of the sleeve should be such that all through the sleeve the distance between the arm and the sleeve is no less than 10 cm.

The belt should be able to be turned twice around the body, should fit closely and to be tied in at the front in a flat knot which will hold together both turns. The ends of the belt should be no longer than 20-25 cm. The flaps of the jacket should not be more than 20-25 cm below the belt.

Shoes are made of soft leather, with a soft flexible sole, without any sharp protruding parts. All stitches should be inside. The ankle and the foot in the region of the big toe must be protected by small felt insertions covered in leather.

Participants may wear trainers while competing on the obstacle strip.

3. The track suit and protective equipment – gloves, foots and helmet, mouthpiece, shin-pads, and shell - must sample in annex 7. For juniors of 12-13 year old and youths of 14-15 years old special headgear with face protection and gloves should be used.

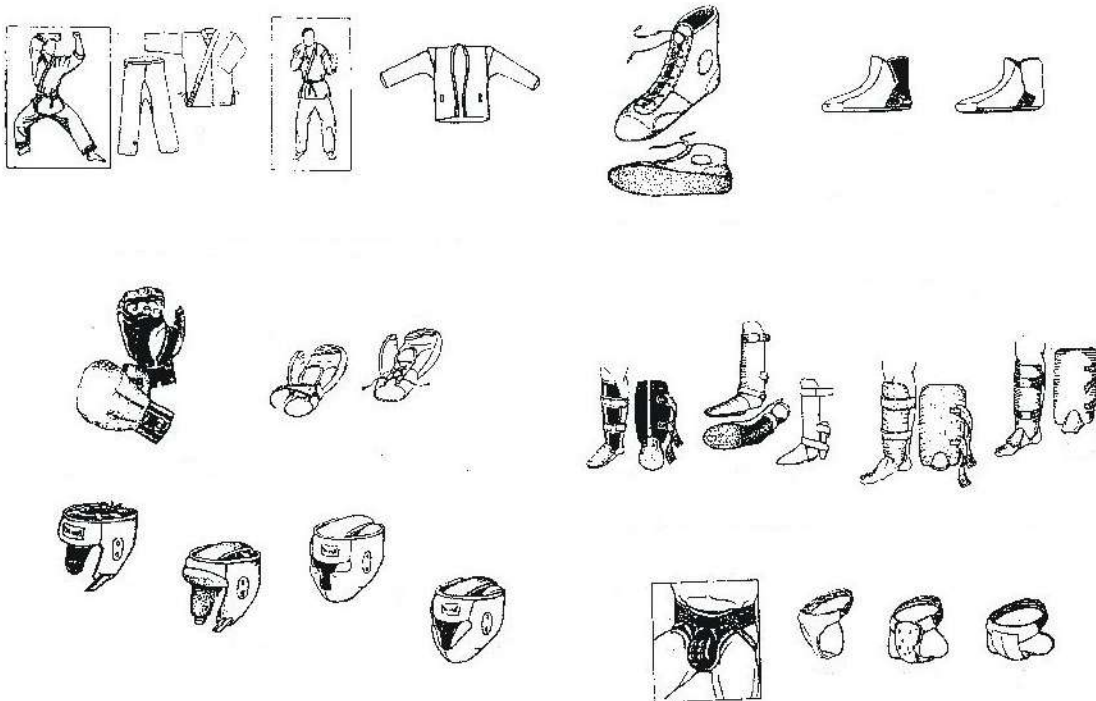
When carrying out the competitions for children of 8-11 years old kimono and sports shoes (at the obstacle strip) are used, and shoes with a soft flexible sole are used on tatami.

While effecting the competitions among girls, junior girls and women the combats in the rings are to be made with special breastplates and protecting helmets.

In team competitions members of one team should have identical sports wear, which may include a logo of the team or the emblem of their country of origin.

It is forbidden to wear rings, bracelets, earrings, chains and other jewellery, and to have long hair, a beard, or a moustache, as these could cause injuries.

Hands' wrists are not bandaged.



#### Article 8. Duties and rights of the team representative

1. The official representative of the team acts as an intermediary between the referee board and the participants put forwards by a certain organisation. He leads the team and is in charge of the discipline and the behaviour of participants. If a team does not have an official representative, his duties are performed by a coach or a team captain.

2. The team representative must:

a) know the current rules, the contents of the Regulations and the programme of a competition

b) provide on time an application to the credentials committee for the participation of a team in a competition as well as all other necessary documents

c) be present at joint meetings of the referees board and representatives of teams

d) inform his team members about the decisions taken by the referees board

e) ensure that the team members arrive at the competition on time

f) be at a special representative place throughout the time when his team members are competing and to leave it only with the chief referee's permission.

3. The representative has the right:

a) to present reconsidered claims in accordance with the Regulations, but not later than 1 hour before the competitions start;

b) to be present at the weighing and the draw;

c) to have all the information concerning the carrying out and results of the competition;

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

e) put applications (disagreements) based on the present regulations, with the obligatory reference to the paragraphs of the regulations that were violated.

4. The team representative must not:

a) interfere with the work of the referees and organizers of the competition

- b) be a referee at the same time
  - c) to give instructions to participants during a match, being close to the ring
5. The team doctor is its representative in terms of medical questions and he bears responsibility for the provision of medical service to all the members of the team. He is entitled to apply to chief doctor for the removal of team members from the competition because of health reasons.
6. A representative can be dismissed from leading the team if he violates the Regulations or neglects his duties. The organisation of which team that he represents is a part must be informed of his dismissal.
- A representative (coach, captain, doctor) of a team can be disqualified and removed from the competition for disrespect to any member of the referees board.

#### Article 9. Seconds

1. During a match seconds (but not more than 2 persons) must be next to the ring, stay there and assist the fighter during contact time.
2. Seconds must also grant help to the fighter during a round
  - a) in case of injuries, following the instructions of a doctor
  - b) to fix the equipment of the fighter, following the instructions of a referee
3. One of the seconds is entitled to be in the ring during contact time before the second measurer commands: "Seconds – out of the ring!"
4. A second is entitled to present a fighter's refusal to participate in a match at any stage, except when the referee starts to count.
5. It is forbidden for a second to give advice, to help or to encourage the fighter during a match. If the second violates the rules, he may first be reprimanded, and then, if he offends again, he may be suspended. If the fighter has only one second, the fighter himself can be reprimanded.
6. A second who has gone away from the ring may not be a second for the rest of that day. If he leaves the ring more than once then he may no longer play any part in the competition.

### **Part III. What universal fight involves**

#### Article 10 A. The obstacle strip

1. The obstacle strip consists of 7-10 stages depending on the age group and level of the tournament. It must include stages and which require demonstration of strength agility and speed shooting, skills and ability to throw knives, and overcoming hurdles. Juniors instead of shooting and throwing tennis balls.
2. The elements of the obstacle strip are decided on the suggestions of members of the Federation and confirmed by the Presidium of the Federation with consideration of the age group of participants. All elements of the obstacle strip must be precisely described and meet the safety requirements.
3. The exact elements (stages) of the obstacle strip and their arrangement in a hall depend on the level of the competitions, abilities of the sports facilities and category of the participants (adults, juniors, children).
4. The obstacle strip consists of: Distance length must be up to 60m long and includes:
  - a start line (1);
  - labyrinth (2);
  - gymnastic beam or its analogous (3);
  - fence H=2m, width 2-3m, for juniors and intermediate youths with support – beam 5 x 5 cm on the height 0,5m above floor level or ground level (4);
  - horizontal ladder H=2,5 m, L= 4m (for 12-13 years old to cover 2m,

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- Shoot at the target (pneumatic gun or paint ball gun) (6). Weapon is at the shooting range. Two shots from the paint ball gun (till the first hit of the target) and one shot from the pneumatic gun.
- Throw a knife at a target (7) from a distance of 3m. (Throwing tennis ball for junior youths 12 – 13 years old). Two throws (till the first hit).
- Cross the beam (8): run up the slope on the beam, run along the beam, jump off the end of the beam.
- Cross the sloping net (9) in any way.
- Go through into the opening of the net, go down the 6m high vertical cable (10), by the way of running ones' arms over the half of the cable middle up to the point of 2 meters. Jump down. Run to the ring.
- Finish at the ring touching the ring podium or upper rope of the ring with hand if the ring is installed on the same level with hurdles.

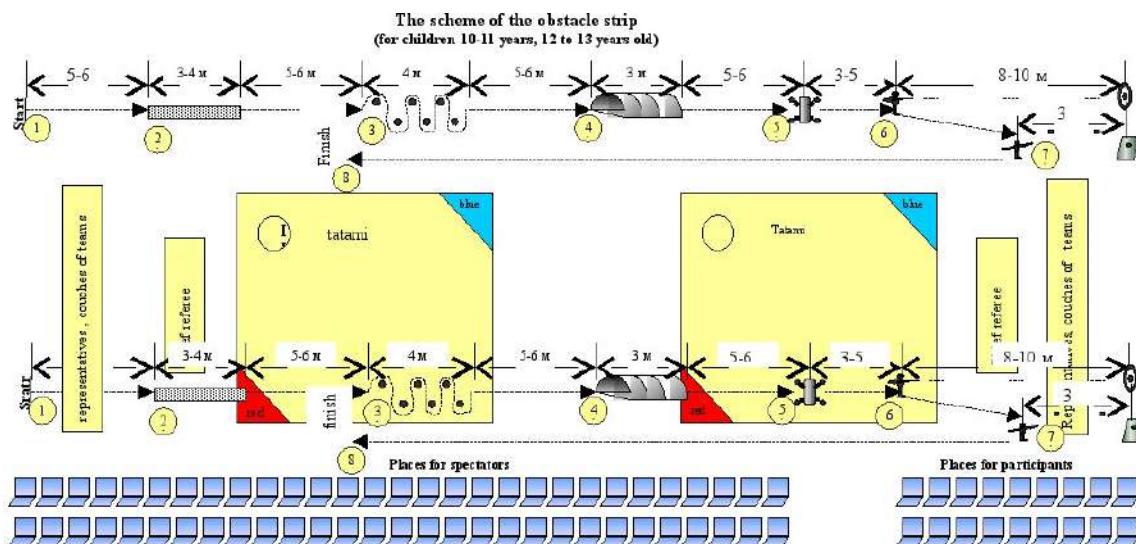
Participants may have no more than 3 attempts at crossing each obstacle. If the athlete fails to clear the hurdles he loses.

For failure to hit a target when shooting and throwing a knife (throwing of the tennis ball for junior youths) the athlete is given additional crossing of an obstacle which preceding the strip of shooting (throwing) and one penalty point (each of the elements) which is given to the opponent before the beginning of the fight (in the second round).

The athlete who finishes first with 10 to 15 seconds time difference gets point, which is added to the second round. For each consequent 5 seconds of advantage athlete is given 1 point.

ARTICLE 10B. The obstacle strip for children of 8 to 13 years old. General demands.

1. Obstacle strips for children of 8 till 13 years old can be equipped with different obstacles (elements) in variety of their combinations at the distance of and consist of 6 to 10 elements (obstacles).



2. Depending on the size of the sports hall or open air site (at gymnastic-sports gorodki (kind of skittles)) a fixed or as a rule transforming obstacle strips with the space for pneumatic guns shooting and tennis balls throwing into the target is equipped.

3. The contents of the obstacle strip include obstacles and elements which could develop and improve different physical qualities (quickness, strength, fortitude) and moving skills (in climbing, climbing over obstacles, crawling, special skills in shooting, objects throwing etc.).

4. The variant of equipping the obstacle strip for children from 8 to 13 years old and the way of overcoming its elements:

№1. – start line – width 5-7cm. length =1m. At the signal (command) of the referee-starter to run 5-8m.

№2 – gymnastic bench (typical) or plank – width =20cm, length= 4-5m. Thickness =5 cm. From the running start to run on the bench (plank) and run it through till the opposite end, jump down the floor and run 5-8 meters till the next element.

№3 – snake (labyrinth) – marked with handstands in a form of heavy stuffed balls or plastics cones, pyramids and other analogous objects meeting the requirements of the traumatic safety for children which are put at the distance creating equilateral triangles with sides = 1m (ac. to scheme), 5 handstands. Overcoming this obstacle participants overrun all the handstands snake-like from left to the right without touching them.

№4 –tunnel (horizontal tube) – length=3 m, height= 0,8m. Construction is made from wire framework and covered with a net, installed on the floor or special pedestal. It is overcome by crawling.

№5 – gymnastic vaulting horse (fence) – typical «gymnastic vaulting horse» is installed at the maximum height of 120-130cm across the way of movement. Instead of «horse» there can be installed a steady wooden fence, width= 2m, height=130cm, thickness= 5cm (planks – 50mm). Overcoming the obstacles above by means of any method of crawling to run farther till the area of shooting.

№6 – pneumatic guns shooting like «paintball» from the starting point «lie-down», at the distance of = 8-10m, with two shots (till 1 hit) hit the target (circle with diameter of 40cm, red or blue color) or when shooting from the pneumatic pistol in the falling-down target of 210x297mm or blown balls input into a hole of the same diameter. There is only 1 shot given. After hitting the target run to the throwing area. Distance of 3-5m.

№7 – balls throwing – from the standing point at the distance of 3m, into the special target – hole of 210x297mm in the stand with net – basket for balls gathering, hit the target with one of 2 balls (until the first hit).

In case of missing the target when shooting or ball throwing a participant is punished with a penalty in a way of double overcoming of the previous obstacle as a rule this is a tunnel (horizontal tube).

№8 finish – run the distance =15m until the finish line and continue with tatami to combat.

Note: in case of limited number of participants and extra time the organizers (acc.to the Regulations) can include overcoming the obstacle strip in the reverse way with getting over the obstacles by the same means or by changing them, for example:

- «horse» - overcome by crawling under it
- «tunnel» - overcome by crawling with legs forward (reverse movement)
- «snake» (labyrinth) – overcome by running around (360 degrees) 3 handstands

standing in one row

- «bench» - overcome by jumping over the bench with both legs from one side to another.

Organizers of the child competitions are entitled to propose other variants of equipping the obstacle strip but all of this must be included into the Regulations of the competition.

5. Participants of 2 people at one time (according to the draw) go through all the stages at the parallel strips. Participants finish by running marked finish line.

6. The rules for adults is used in the part describing children age groups.

#### ARTICLE 10C. The match in the ring or on tatami

1. After overcoming the obstacle strip and appropriate preparation (within not more than 1 minute) children of 8-9 and 10-11 years old carry out the match on tatami by using the throwing techniques, making painful methods (up to 5 seconds) following article 15 of the rules and article 18 points 3, 6, 7 (in the part of fighting, subparagraph "c" – more than 10 seconds, subparagraph "e" – crossing the boarder of tatami) and points 8, 9, 10.

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Hitting techniques for children of this age group are forbidden.

2. Junior youths of 12-13 years old carry out the matches on tatami or in a ring by using the whole arsenal of technical methods, used in "Universal fight" except for kicks in the head which are forbidden for this age group of youths.

#### Article 11. Universal fight techniques

1. During the ring fight fighters are only allowed to use controlled hits, body slams, inducing pain and suffocating methods in certain positions.

2. During the matches on tatami and in the ring children of 8-9 and 10-11 years old use the throwing techniques and while parterre match use passages for painful methods or suffocating hold.

Junior youth of 12-13 years old use all techniques of the «Universal fight» methods during the matches but with limits indicated in article 10B point 2.

#### Article 12. The position of a fighter

1. Standing - the fighter touches the ring only with his feet

2. Lying - the fighter touches the ring with some part(s) of his body other than his feet

3. Fighting when standing - both fighters are standing

4. Fighting when lying - both fighters are lying

5. Fighters are considered to be "outside the ring" if:

a) during the match when standing part of one of the fighters is caught between the ropes, or leaning over the ropes the upper part of his body goes beyond the ropes.

b) during the fighting when lying part of one of the fighters is caught between the ropes, and also if the shoulders or both legs (up to the knees) of one of the fighters is caught under the ropes.

When lying and also when falling after body slams or during the transition to fighting when lying the fighter can find himself in the following positions:

a) on the back - when the fighter touches the surface of the ring with both shoulder blades or does a "non-stop roll" on his back (from one shoulder blade onto another or diagonally from a buttock to a shoulder-blade). The "bow" position, when the fighter has his back to the ring and touches it only with the soles of his feet and his head, is equal to the "back" position.

b) on the side - when the fighter touches the surface of the ring with one shoulder-blade, and his back at the level of his shoulder-blade creates an angle of up to 90° with the ring. The "semi bow" position - when the fighter is turned with his back to the ring and touches it only with his feet, head and shoulder - is equal to the "side" position.

Notice: for children of 8-13 years old regulations of article 12 are used for tatami matches without using hitting techniques by hands and legs but the painful methods are made until they become obvious (seizure to the method).

#### Article 13. The condition of a fighter

1. As a result of a hit, body slam, or pain inducing or suffocating attack, a fighter may find himself in one of the following positions:

a) "knock out" - cannot defend himself any more; at that moment the referee stops the match and starts to count; before the count of 10 the competitor cannot come to and stand up

b) "out" - cannot defend himself any more because of a successful pain-inducing or suffocating attack, and confirms this by surrendering

c) "knock down" - temporary loss of the ability of protect himself; the referee stops the match and starts to count, and before he reaches 8 the competitor recovers completely and stands up

#### Article 14. Hits

1. Features that define a controlled hit:
  - a) it must be made to the permitted area
  - b) it must be correct technique
2. Permitted areas for attack:
  - a) front and side of the head
  - b) trunk of the body (except the spine, kidney area and groin)
  - c) arms (except the elbow of an outstretched arm)
  - d) legs, including the outer part of the hips.
3. A hand-hit or kick is considered correct if it does not hit any of the forbidden areas.
4. Permitted degree of contact: in a fight hits with full contact to the attacked area are allowed, as long as they are not in forbidden positions.
5. An effective hit is strong, concentrated, precise punch (or kick) in the permitted area of the body.

#### Article 15. Body slams

1. A body slam is an action of a standing fighter in grip, which results in his competitor losing his balance and falling touching the surface of the ring with some part of his body other than the soles of his feet.
2. The beginning of the body slam is the beginning of the fall and off-balance of the attacker.
3. A body slam without a fall (standing) is a body slam during which (from the beginning till the end) the attacker remains standing.
4. A body slam with a fall is a body slam in which the attacker is initially standing but then gradually changes his position and ends up lying or leaning over the lying competitor to keep his balance.
5. A standing body slam of a competitor is made standing. It is equal to body slams where the attacker transfers his competitor from the horizontal position to standing or completely takes him off the floor, raises him above the belt line level and then throws him down, turning him around a horizontal axis.
6. A counter body slam is one in which the defending fighter takes the initiative from the attacker and throws him, changing the nature or direction of the attacker's fall.
7. A controlled body slam is one where the attacker, without doing anything which is forbidden, gives his opponent protection or allows his opponent to protect himself.
8. When carrying out the matches on tatami (carpet) the body slam is counted if the sportsman making it touches the boarder of tatami (carpet) with any part of his body at the end of the slam.

#### Article 16. Pain-inducing strokes

1. A pain-inducing stroke is a grip of a hand or a leg of a competitor during the fighting while lying which allows the following actions to be performed: bending (lever), turning in the joint (knot), muscle and sinew strangulation, and makes the man admit defeat.
2. The beginning of the pain-inducing stroke is considered to take place when the attacker holds an extremity of his opponent so that he causes him pain or overcomes his protective grip.

3. When in pain or suffocation a competitor can signal his readiness to surrender by shouting loudly "Enough" (or anything else), or by clapping twice with a hand or a foot on the floor or the attacker's body.
4. Pain-inducing strokes are only allowed when the competitor (the one who is attacked) remains lying. The attacker may remain standing.
5. Pain-inducing strokes must be stopped:
  - a) if the fighters are outside the ring
  - b) if the attacked fighter pulls himself into a standing position and pushes the body (or shoulders) of the attacker outside the ring
  - c) if the attacked fighter uses his leg to achieve a firm standing position.
6. A controlled pain-inducing stroke is one during which the attacker smoothly (not abruptly) increases the pressure applied, using permitted techniques and leaving the competitor a chance to surrender.

#### Article 17. Suffocating strokes

1. A suffocating stroke occurs when a fighter presses the carotid arteries or throat of his opponent with the flaps of his jacket, his forearm, shoulder or shin. As a result the attacked man surrenders or loses consciousness.
2. The beginning of a suffocating stroke is considered to take place at the moment of a grip, which starts this suffocating stroke or overcomes a protective grip.
3. Suffocating strokes are only allowed when the attacked man is lying. The attacker can remain standing.
4. The suffocating stroke must be stopped immediately if the attacked man achieves a stable standing position or if both competitors are out of the ring.
5. A controlled suffocating stroke is one in which the attacker, using the permitted grips and actions, smoothly (not abruptly) increases the effort and leaves the competitor a chance to surrender.

#### Article 18. Forbidden techniques and technical actions

1. During a fight it is forbidden to use techniques which:
  - a) which are dangerous for health (pp.2, 3, 4, 5, 6,).
  - b) create impediments to the normal running of a fight (p.7).
  - c) which violate discipline and ethical standards of the sport (pp.8,9).
2. The following are forbidden:
  - a) punches to a competitor who is lying down
  - b) punches with a head, knee, elbow, forearm, fist, palm (open or closed), fingers
  - c) punches to the forbidden areas: neck, back of the head, top of the head, spine, kidneys, groin or inside hip, below the belt, shin, arm and leg joints, instep
  - d) punches from above to the head with a foot or heel
  - e) punches from above to the part of the head not covered by the helmet

Leg movements like knee-wheels, grape which are applied during corresponding body slams are not considered punches and are not forbidden.
3. During a match it is forbidden to perform the following body slams:
  - a) to the head
  - b) with a grip of the competitor to carry out a pain-inducing stroke
  - c) deliberately to fall on the competitor with one's whole body
4. During a match it is forbidden to use the following pain-inducing strokes:
  - a) if the attacked man is standing
  - b) abruptly
  - c) to the backbone and neck twist
  - d) bending an arm behind the back and also pain-inducing strokes applied to hands

- e) a knee lever, which is made not in the normal bending area, twisting of a leg, knots to the foot.
5. During a match it is forbidden to use the following suffocating strokes:
- if the attacked man is standing
  - abruptly
  - using fingers
  - squeezing the competitor's nose and mouth
  - crossing legs on the competitor's neck
  - stretching out the crossed legs on the swimming ribs.
6. During a match it is forbidden, for safety reasons:
- to attack and counter attack with non-controlled actions and techniques and also neglecting self protection and security
  - to turn one's back or the back of one's head to the competitor
  - to continue fighting after the gong and a clear command from the referee to stop
  - to squeeze the head of the competitor, to press it against the ring, to put your palm of the hand on the competitor's face, to scratch and to bite the competitor
  - to stamp on the competitor's feet, to press the elbow or a knee against any part of the competitor's body.
  - to grip separate fingers on the feet or hands of the competitor
  - to move the mouthpiece into the opponent's mouth or deliberately throw it off
  - to perform any other actions which may result in injuries.
7. The actions which create impediments to a normal running of the match are as follows:
- gripping the rope; deliberating creating an "out of the ring" situation
  - getting onto the floor without warning to interrupt the attacker's actions
  - gripping the competitor while standing for more than 5 seconds without applying any body slam or punch attack
  - for the children of 8-13 years old – more than 10 seconds
  - constant violation of the distance by stepping back without attempting to continue the attack or counter-attack
  - prolonging break times during the match
8. The following are considered violations of ethical standards:
- to try to injure the adversary with illegal actions
  - simulation of an injury
  - loss of self-control: rude and incorrect behaviour towards the adversary, participants, referees or spectators.
9. The following are considered violations of discipline:
- the fighter does not appear at the competition
  - the fighter is late to appear in the ring
  - the fighter appears in the ring in an unprepared state
  - speaking in the ring
  - non-subordination to the commands or indications of the referee.
10. If referees do not notice that one of the fighters has done something, which is forbidden, the adversary is entitled to signal about it making a gesture or saying something.  
If false signal is forbidden and is punished like other forbidden actions.

#### **Part IV. Assessment of techniques**

Article 19. An assessment of techniques of fighters in the ring

1. Advantage is established on the basis of the state of the adversary after the attack or counter attack.

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2. A "clear victory" is declared when a fighter causes the following to his adversary:

- a) knock out
- b) Pain-inducing stroke
- c) Suffocating stroke
- d) Knock down (twice in the round)
- e) Knock down (three times in the match).

For the children of 8-11 years old:

- having the priority of 10 points in a round after the competitor gets the 3-d warning, for sprint on the back with a fall and hold of the competitor on his back for more than 10 seconds

3. 3 points are given to the fighter for the following:

- Knock down
- A body slam onto the back without falling.

For the children of 8-11 years old:

- sprint on the back without a fall  
- sprint on the back with a fall and the following passage to making a painful mode (suffocating mode) within not less than 5seconds fixed by the referee

4. 2 points are given to a fighter who makes:

- a) a body slam onto the back with a fall
- b) a body slam on the side without a fall
- c) kicks his opponent's head.

For children 8-11 years old:

- sprint on the back with a fall;
- sprint on the back without a fall

5. 1 point is given to a fighter who makes:

- a) strikes his opponent's body or head with his hand
- b) kicks his opponent's body or outer hip
- c) body slams at his opponent's abdomen or buttocks or a body slam on the side with himself falling
- d) unbalancing with support on the third point

For children of 8-11 years old:

- sprint on abdomen (belly) and buttocks;
- sprint on a side with a fall

Notice: other paragraphs of article 19, as well as other parts of the Regulations are fully used with limits indicated in the present rules for children of 8-13 years old.

6. Where competitors have equal opportunities they do not receive points for technical actions (equal opportunities).

7. Fighters only receive points for body slams, which they carry out starting from a standing position.

8. If neither of the fighters gains points in a round then the board of referees declares "AR" and decides, by means of a vote, which fighter has been more active in the round, and accords him the victory.

Table 1. Assessment of the techniques of fighters



Technique or the result	M a r k s				
	X	3	2	1	AR
1.Knock out	X				
2.Pain-inducing stroke	X				
3.Suffocating stroke	X				
4.Knock down (2 in a round or 3 in a match)	X				
5.Knock down		3			
6.Body slams onto the back without falling with a big amplitude		3			
7.Body slams onto the back with falling, body slams on the back without falling with a small amplitude			2		
8.Body slams onto the side without falling			2		
9.Kicking the head			2		
10.Punch with the hand to the body (trunk) or head				1	
11.Kicking the body (trunk) or outer hip				1	
12.Body slams onto the abdomen or buttocks or on the side with falling				1	
13.Throwing the opponent down while losing one's balance and leaning on something				1	
14.Activeness according to the decision of the board of referees					AR

#### Article 20. Assessment of forbidden moves and actions during ring fights

1. An assessment of forbidden strokes and actions in the ring is made as follows:
  - a) if a fighter uses a pain-inducing stroke or an action for the first time (see article18), he is reprimanded (1);
  - b) if the fighter violates the Regulations for the second time, he is reprimanded once again and his adversary gets 1 point (P1);
  - c) if there are further violations the fighter is reprimanded for the second time and his adversary gets 2 points (P2);
  - d) in the case of third warning, it's a normal practice to announce his defeat in the match and a clear victory is conferred to his adversary (PX);
2. A fighter can obtain up to 3 official reprimands during a fight.
3. All the points received by the fighter for the reprimands to his adversary are not considered to be technical.
4. For late appearance on the obstacle strip up to 1min - 1min 20sec after the second call notice is given to the athlete, more than 1min 20sec – the first warning, more than 1min 40sec – the second warning, more than 2min – non appearance and disqualification.  
For late appearance in the ring up to 20sec after the second call notice is given to the athlete, more then 20sec – first warning, more than 40 sec – the second warning, more than 1min – non-appearance and disqualification.  
In the case of retreating during 20sec notice is given, another 10sec – the first warning, another 10sec – the second warning, another 10sec – the fighter loses.
5. If a fighter commits other forbidden actions, listed in Article 18, then depending on the degree of seriousness of the violation, the fighter may immediately receive a first reprimand.
6. If a fighter is carrying out a technical action and at the same time his adversary is violating the Regulation, the actions of the fighter are assessed, and his adversary is punished depending on the degree of the violation of the Regulations.
7. Injuries during the match:

a) the doctor of the competition establishes the presence and seriousness of an injury and whether or not the competitor is able to continue with the competition. The referee decides who is guilty for injuring his adversary.

b) the fighter, who has injured his adversary in such a way that he is not able to continue the match, is withdrawn from the match (as per the decision of the board of referees). If he has clearly violated the Regulations, he is withdrawn from the competition and his adversary is announced the clear winner.

c) if a fighter is injured so badly that he cannot continue the match, but not through the fault of his adversary, then he is declared to be defeated and his adversary is announced the winner of the competition.

d) if both participants receive injuries which prevent them from continuing the competition, and if this is nobody's fault, the victory is conferred according to the points previously received by the participants or at the decision of the referees.

Table 2. Assessment of forbidden strokes and actions

Violation of the rules	X	2	1
Warning			
1 <sup>st</sup> reprimand			*
2 <sup>nd</sup> reprimand		*	
3 <sup>rd</sup> reprimand	*		

## Part V. Referees board

### Article 21. Composition of the referees board

1. Referees board is formed in accordance with recommendations of the corresponding federation of Universal fight and is affirmed of the organisation, which is in charge of the competition. This should be done no later than 20 days before the beginning of the competition.

2. The referees board consists of the chief referee and his deputy, heads of referees teams of the 1st and 2nd types of the double event, the chief secretary and his deputy, referees teams of the obstacles line and ring matches, an information officer, a doctor and the manager of the competition. A calculation of the number of referees needed is given in appendix 8. An inspector of the competitions can be appointed out of the national or international referee's board by the national or international federations in special cases.

3. A referee's team of the obstacle strip includes referees of the start and finish, 2 referees for the obstacle strip (one for each direction), 2 referees to be at the edge of the firearms shooting and 2 for the edge of the knife-throwing area (1 for each direction), and participants' referees.

4. Referees team for ring matches includes a referee, 3 side referees, a timekeeper, technical secretary, and a referee, who seats at the score board.

5. Each referee must have a uniform, a referee card, and a copy of the competition rules. He must also know the rules.

6. The referees' uniform consists of dark trousers, white shirt with short sleeves reaching to the elbow, a red armband on his left arm and a blue one on his right arm, a black bow-tie, soft, flat black sports shoes without heels and black socks. On the left side of his shirt there should be a logo indicating the referee's category.

Notes:

1. At the international competition, championships, cups and championships of Russia the senior judges and supervisor can be international referees of extra class or A-class.

2. Referees who have been through a traineeship can be admitted to work at the competition, but they should comprise no more than 30% of the total amount of referees.

#### Article 22. Chief referee and deputy chief referee

1. The chief referee manages the running of the competition and is responsible before the organisation which is in charge of the competition and the corresponding federation of Universal fight for ensuring that it takes place in accordance with the present rules and the Regulations.

2. The deputy chief referee is appointed by the chief referee from the referee's board. He only obeys the chief referee and acts in accordance with his orders. If the chief referee is absent at the competition then his deputy acts on his behalf.

3. The chief referee is responsible for:

a) checking that the premises and equipment are ready for the competition and correspondent to the demands of the present Rules, complete the quality control report of the premises (see appendix 9), and making sure that all the necessary certificates and record forms are available;

b) appointing the referees teams which are in charge of weighing;

c) carrying out of the draw of the participants, and also for allocating the strongest fighters into sub-groups;

d) allocating the referees into teams;

e) confirming the schedule of the competition;

f) taking all possible measures to avoid mistakes being made by the referees, and, where necessary, correcting mistakes;

g) taking a decision according to the team representatives' requests in accordance with Article 37 (in the absence of supervisor);

h) holding meetings of the referees board, with the participation of team representatives, before the competition (to announce the programme and order of work for the referees board) and at the end of each day (to discuss the progress of the competition and the day's results, and also in situations throughout the competition if the need arises;

i) allocating fighters into pairs for holding the finals, and appointing teams of referees for the finals;

j) assessing the activity of each member of referees board (taking into account the opinion of his immediate superior), the assessment should be made on the basis of the 5 point system;

k) handing in a report (see appendix 10.1) to the organisation which is in charge of the competition, at the required time.

4. The chief referee has the right:

a) to postpone the competition if the equipment or premises do not meet the requirements of the Rules;

b) to interrupt match, to announce a break and to stop the competition if something creates impediments to the normal running of the competition;

c) if necessary, to change the programme and the schedule of the competition, and to change the order of the fighters' performance;

d) to change referees' duties during the competition;

e) to suspend from duties those referees who make serious mistakes or who are not fulfilling their responsibilities;

f) to disqualify from the match or the competition those participants which are indicated in Article 19;

g) to reprimand, to warn or to suspend from their duties team representatives (captains) and seconds who are rude, argue with referees, or make unfounded declarations;

h) to withhold the declaration of the assessment of the obstacle strip, technical actions or results of a fight, if referees differ in their views or if he disagrees with their decision. This allows for further discussion before the final decision.

5. It is mandatory for fighters, referees, seconds, representatives and coaches to obey to the orders of chief referee.

6. The supervisor makes the decisions on the protest by the team representatives, evaluates the quality of the officiating by the board of judges.

Note:

The chief referee is not entitled to bring in any changes into the Regulations of the competition, or to suspend or replace a referee while fighters are clearing obstacles strip or fighting in the ring.

#### Article 23. The chief secretary and deputy chief secretary

1. The chief secretary supervises the working of the secretariat, which prepares and arranges all the necessary documentation for the competition. Upon his orders or when he is absent, the deputy chief secretary acts on his behalf.

2. The chief secretary is responsible for the following:

a) participating in the work of the mandatory committee and a referees team responsible for weighing in of fighters

b) participating in the draw of fighters

c) making a competition schedule

d) arranging the order of rounds

e) making reports of matches

f) controlling the performance of the records

g) performing orders and instructions of the chief referee

h) recording the results of matches and presents them to chief referee to be signed

i) upon permission of the chief referee, giving information to team representatives, information officers and journalists

j) checking the results of matches in fighters' ID, where their positions should be indicated, and making notes about knock-outs received

k) assessing the working of referees of the secretariat on a 5 point scale

l) giving all the necessary data to the chief referee for the final report

#### Article 24. The chief of the ring

1. The chief of the referee team working on the ring (chief of the ring) performs the functions of chief referee in his ring if the competition takes place in 2 or more rings.

2. During the competition chief of the ring is sits at the referee desk and directs the working of the referee team of the ring.

3. The duties of the chief referee are as follows:

a) he forms referees teams for each match, trying to preserve objectivity (e.g. a referee cannot come from a team which has members participating in the competition, and there cannot be two referees belonging to the same team)

b) he calls participants to the ring and presents them to the spectators (if an information officer is not available)

c) taking into account the opinion of the referees, he announces the assessment of the wrestlers' actions given by the referees. To make the announcement he uses special terms and gestures (see appendix 11).

d) if there are serious discrepancies in the referees' opinion, he stops the match and announces the final decision after an extra discussion of the situation with the referees

- e) in the absence of the score at the end of the round he organises a vote of the referee board to establish the most active fighter of the competition
- f) if one of the fighters is knocked down on the demand of the referee calls doctor into the ring.
- g) he announces the results of a match (in the absence of the information officer)
- h) he registers the presence of referees at the competition and records results of their work
- i) he assesses the work of each referee working at the ring on the basis of 5 grades.

#### Article 25. The referee

1. During matches in the ring before the beginning of a match the referee should be inside the ring at the ropes on the side of the ring opposite to the one where there is a referees' desk. While in the ring the referee directs the strip of a match and checks that the Rules are strictly observed. To do so, the referee uses established terms and gestures (see appendix 11).
2. The referee's duties are as follows:
  - a) he gives a signal for the beginning of a match (or round) and for the resumption of the match in the middle of the ring after a break
  - b) he takes part in announcing the results of a fight
3. The referee interrupts the match by saying "Stop" in the following cases:
  - The fighters find themselves "out of the ring".
  - 5 seconds after gripping his opponent while standing, a fighter performs no technical actions
    - a) when fighting in a lying position, for 5 seconds neither competitor initiates a suffocating or pain-inducing stroke.
    - b) 20 seconds after the grip to perform a pain-inducing or suffocating stroke these technical actions do not bring about the surrender of the adversary.
    - c) after a controlled punch from the adversary one of the fighters loses the ability to defend and to continue the match (knock down or a possible knock down). This is accompanied by the referee's beginning to count the seconds necessary for the fighter to restore his ability to fight (he counts out loud from 1 to 8).
    - d) one of the fighters needs medical assistance or there is a problem with the fighters' outfit or equipment. This is accompanied by the gesture meaning "hold up the time". If there are injuries he must call the doctor to the ring and be next to the injured fighter while the doctor tends the fighter.
    - e) a fighter violates the rules or he performs a forbidden stroke and needs to be reprimanded or warned.
    - f) there is a gong signal announcing that the time has come for the end of the match. Additionally the referee interrupts the fight by command "stop".
    - g) the chief of the ring asks him to say "stop".
    - h) the side referee asks him to say "stop", and the referee considers it possible.
    - i) a fighter asks him to say "stop", and the referee considers it possible.
    - j) he needs advice about cases not mentioned in the regulations.
4. The referee stops the match in the following cases:
  - a) when there is a gong signal stating the end of the match
  - b) when there is a signal announcing the surrender of a fighter who is caught in a painful or suffocating stroke
  - c) when there was fixed an knock-out, if after a controlled punch the fighter lost his ability to protect himself and to continue the match and he never managed to recover after the referee had counted up to 10
  - d) when there is a technical "knock-out"
  - e) if he considers that during a match between juniors and adults below the first rank one of the fighters was defeated by means of a suffocating or a pain-inducing

stroke (if the the grip was made correctly, but it is not possible to get out of and its continuation will result in injuries).

5. As soon as one of the fighters starts a painful or suffocating stroke the referee must announce "Pain" ("suffocation")! and accompany it by an appropriate gesture.

When a fighter is carrying out a painful or a suffocation technique, which takes more than 20 seconds, the referee repeats the announcements of the timekeeper for the fighters. If the attacker does not reach the result aims at in 20 seconds, the referee announces "Not considered pain (or suffocation)!" and asks the fighters to resume a standing position in the middle of the of the ring. He must do the same if the defender assumes a position in which the stroke of the attacker cannot be effective.

6. If during fighting while lying the defender uses a forbidden move, the referee asks him to stop the move and announces a warning without stopping the match. If the fighter does not obey him, the procedure repeats. If a third warning is necessary, the referee interrupts the match and disqualifies the fighter from the match, with the decision of the chief referee.

#### Article 26. The side referee

1. Before the beginning of the match side referees take their places behind the ropes on the sides of the ring, opposite each other. During the match they, together with the referee, completely run the fight.

2. A side referee individually assesses the actions of fighters, signalling his opinion with the help of special gestures (see appendix 11). He participates in the decision, taken by the chief of the ring at the end of the round, about who was the most active fighter.

3. If the side referee considers that the match needs to be interrupted, he attracts the referee's attention pointing and indicates the problem.

#### Article 27. The timekeeper

1. The timekeeper times how long competitors take to complete the obstacle strip, and how much, if any, time was spent on giving them medical assistance.

2. During the match in the ring the timekeeper sits at the referees' desk and times the rounds. Upon the referee's command "Fight!" he starts his stop-clock. When a minute passes he informs the referees and the fighters about the time of the fighting, and when half of the match time expires, he informs the chief of the ring. He signals the end of the match by striking a gong.

3. The timekeeper records the following upon the stop-clock:

a) if the fighter is late to appear in the ring he records the time when he arrives after the second (after 1 min) call and announces the amount of time by which the fighter is late after 20 seconds, 40 seconds and 1 minute

b) time of the match (between the commands "fight" and "stop")

c) time given for painful and suffocating strokes in the lying position (20 seconds)

d) time spent by the fighters during the match on medical assistance and fixing equipment (see article 6 p2'e')

e) time of breaks between the rounds; 5sec before the end of the break he gives a signal "Seconds – out of the ring!"

4. If the fighting was interrupted because of an injury, upon the referee's signal, "Hold up the time" the timekeeper starts another stop-clock and announces the time used by the fighter after each minute expired.

5. As soon as the referee announces "Pain ("suffocation")!", the timekeeper starts another stop-clock and announces the duration of the move every 5 seconds. When 20 seconds are up, the timekeeper announces "End of pain/suffocation!".

6. The stop-clock is reset at the end of the match only on the chief of the ring's command.

## Article 28. The technical secretary

1. The technical secretary records in the appropriate tables of the "Obstacle strip" record (see appendix 2.3) the results of the different stages of the obstacle strip, provided by the referees as those stages.
2. During the ring fight the technical secretary sits at the referees desk next to chief of the ring and records in the appropriate tables in the "Ring fight" section of the referees' records the points given to the participants for technical actions, warnings and points for the reprimands announced by chief of the ring during the match.
3. All points given to the participants during the match, e.g. points for violation of the rules, warnings, etc. have special definitions used for the records:
  - X – clear victory
  - 3 – 3 points
  - 2 – 2 points
  - 1 – 1 point
  - AR – activity according to the referees' decision
  - P1 – 1 point for the 1st warning to the adversary
  - P2 – 2 points for the 2nd warning to the adversary
  - WX – withdrawal of the participant from the match for violation of the rules
  - W – withdrawal of the participant from the competition for violation of the rules

The sign "+" is written before the first points for technical actions.

A clear victory is indicated by "X" with a clarification: pain-inducing stroke, knock out, knock down (2 or 3 knockdowns).

If the competitor does not appear in the ring, then either "n/a" (non-appearance) or "w/d" (withdrawn on the doctor's advice) is written against his name.

4. When the round is over, the technical secretary:

Adds up the points received by each fighters for technical actions and warnings during the round and puts results in the record;

Hands over the match records to chief of the ring to establish and announce the winner of the round;

Puts the result in the register.

5. When the match ends the technical secretary adds up in the records all the points that fighters have gained for winning rounds and hands over the records to chief of the ring, who establishes and announces the results of the match.

If the match finishes early, the result and time are recorded in the records. To the left of the fighters' surnames a note is made of the time which was spent by the fighters on receiving medical aid and fixing equipment.

6. The technical secretary then adds up all the points received by each fighter when clearing obstacles and during the match in the ring, records it in the records and hands it over to the chief of the ring, who establishes and announces the result of the match.

The name of the winner is circled. It is forbidden to make any other notes in the records.

## Article 29. The board referee and the information officer

1. The board referee records on the board all the points for technical actions and violations of rules, which are announced by the chief of the ring in the course of the match.

If the referee at the board doubts whether he heard an announced point correctly, he must check it with chief of the ring.

All points on the board at the end of the match are erased only at the order of the chief of the ring.

2. The information officer is responsible for arranging radio information for the participants, representatives and spectators about the conditions, course and preliminary

results of the competition. He must know the rules of the competition, and know about the sporting achievements of the teams and participants.

The information officer:

a) in due time announces the programme and the schedule of the competition, and the instructions of the board of referees in the course of the competition

b) presents the participants at the beginning of matches, with a description of their sporting achievements, announces the results of matches, explains competition rules when necessary, and announces the best results in the course of the competition

c) upon chief referee's permission, announces the official results of a competition

3. Depending on the nature of the information equipment, the functions of the referee at the board may be combined with the functions of the timekeeper or the technical secretary.

4. If the absence of the information officer, the chief of the ring presents the referee team, issues calls to the ring and presents pairs of fighters, and announces technical points during the match and the final results at the end of the match.

#### Article 30. The participants' referee

1. The participants' referee arranges the appearance of the participants at the place of competition and the award ceremony, forms sportsmen into a line for the parade, duly informs them about their order of appearance at matches, checks the surnames of participants in the records, checks that their equipment meets the requirements of the Regulations, and informs the chief secretary about all failures to appear, resignations and dismissals of sportsmen from the competition.

#### Article 31. The doctor at the competition

1. The doctor at the competition is a member of the referee board and takes part in its work. He is considered the deputy chief referee in medical questions.

2. The duties of the doctor at the competition include:

a) checking applications, including the doctor's certificate confirming that a fighter is fit to participate in the competition

b) arranging the external examination of the participants during the weighing procedure

c) checking that hygiene standards are observed during competitions

d) arranging medical check ups and observation of the fighters' health during the competition

e) granting help immediately in the ring, stating whether a participant is able to continue with the fight and the competition, and immediately informing the chief referee about it and providing him with a corresponding certificate, which should be then passed to the secretariat

f) at the end of the competition he presents a report about the medical service during the competition indicating all cases of illness and injury (see appendix 10.2)

3. The medical personnel and the place where they are should be clearly indicated by signs.

#### Article 32. The manager of the competition

The manager of the competition is responsible for:

- preparing and registering the competition's place

- ensuring that the necessary sports equipment is available and in good condition

- ensuring that the premises are equipped with a radio system

- ensuring that the participants and the spectators are safe, shown to their correct places, and provided with the services they require, maintaining order during the



competition, and making arrangements when instructed to do so by the chief referee and the representative of the organisation which is in charge of the competition

## **Part VI. The rules of refereeing**

### Article 33. Refereeing at the obstacle strip

1. The work of the referees team at the obstacle strip:
  - 1 referee near the participants
  - 1 referee at the start and finish
  - 2 referees (1 in each direction) at the obstacle strip (checking that it is properly completed)
  - 2 referees (1 in each direction) at the firing range (checking that safety is observed during shooting and knife-throwing)
2. The obstacle strip is made up of 7-10 stages. Participants start at the signal from the referee-starter, and each one goes through the strip in own lane passing all the stages and finishes at the ring.
3. If a competitor commits any serious violation of the rules, which obstructs his opponent or threatens his (the opponent's) health, he may be disqualified from the competition.
4. At the knife-throwing section, participants must use knives, which meet the standard requirements. The organisation, which is running the competition must provide the firearms used for shooting.
5. Participants may have 3 attempts at clearing each obstacle, but if they fail all of these they have lost. Competitors who miss the target when throwing the knife or shooting are punished according to article 10 (p6) of the regulations.

### Article 34. Results of the obstacle strip

1. The competitor who finishes first wins the obstacle strip. He receives 1 point for this.
2. If a participant leaves the strip part way through, or fails to appear at the ring after the strip, then he is considered to have lost the obstacle strip, and the match finishes early, and a clear victory, in the relevant amount of time, is declared for his opponent.
3. If the gap between the first and the second participants on the obstacle strip is more than half of the time the winner needed to cover the distance, the loser is disqualified and the opponent is given the clear victory.

### Article 35. Refereeing in the ring

1. The competition in the ring is refereed by a team of referees including: the chief of the ring, a referee, 3 side referees, a timekeeper, a technical secretary, the referee at the score-board and the participants' referee.
2. The referee runs the fight in the ring. He is responsible for the health of the fighters and for ensuring that the fight takes place according to the regulations. Fighters' actions are assessed by 3 referees - 3 side referees (hereafter referred to as "the 3 referees").  
The timekeeper, technical secretary, the referee at the scoreboard and the participants' referee oversee the technical arrangement of the competition.  
The chief of the ring controls the working of the referee board and resolves any disputes, which arise during the match.
3. The initial position of the referee is facing the referees' desk. The initial position of the side referees is behind the ropes of the ring, on both sides of the ring. The other members of the referee board sit behind the referees' desk.
4. The beginning and the end of the match:
  - a) before the match all referees take their position

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b) at the chief of the ring's call fighters take the corners in the ring corresponding to the colour of their belts

c) a round starts at the referee's command "Fight" and stops at the gong's signal (a sound signal), accompanied by the referee's command "Stop"

5. The match is interrupted if:

a) the fighters are "out of the ring"

b) the situation may bring about dangerous injuries

c) fighting in this situation is ineffective

d) there is an injury or one of the fighters has a problem with his sports suit

e) one of the fighters is in knock-down or knock-out

f) one of the fighters receives a repeated reprimand

g) the chief of the ring demands the match to be interrupted

h) one of the fighters asks for the match to be interrupted

i) the referees need to consult with each other about a controversial situation

If any of these situations arises then the referee on his own, taking into account all circumstances, decides on the moment at which the fight is interrupted, and aims to do so without damage to the attacker. After the problem is resolved, the fighting must be resumed in the middle of the ring.

If there is a knock-out or a knock-down then the referee sends the attacker to the neutral corner and begins counting, and the leader of the ring calls a doctor to the ring.

After the count of 8, the referee checks whether a fighter is able to continue the match, assessing his condition by the reactions of his eyes, his ability to stand, and his reaction to glove contact from the referee. According to the result of the checks, the referee gives the fighter the command "fight" or counts to 10 and declares "knock-out".

If necessary, the doctor can stop the fight "for the inability of a fighter to continue the fight" and immediately provide medical assistance.

6. The limit of the time to grant medical assistance to the fighter is defined in article 6 p. 2'e'. If a fighter is not restored to fighting ability in this time then he loses the match (as a result of his inability to continue fighting) and a clear victory in the ring fight is conferred on his adversary.

The assessment of the fighters' actions during the match. The 3 side referees assess each of the fighters' actions during the match, taking into account the condition of the fighters after the attack and all their technical moves. The referees use the established terms and gestures, and each one does this independently. Violations of the Regulations, except for going outside the limits of the ring, are also noted after the "Stop" command.

If a technical action is made before the end of the round and leads to a knock-down the referee open the score and technical action is evaluated depending on the athlete condition.

If the referees differ in their opinion or there is the possibility of a mistake, which would affect the course or outcome of the match, then the chief of the ring must stop the fight and make a final decision after extra discussion the situation by the team of referees.

If at the end of the round no points have been scored by either fighter except warnings, then the chief of the ring, if he has the majority opinion of the 3 referees, states which fighter was most active. (Active by the judges decision is indicated by "AR".)

This decision of the three referees is final and cannot be challenged by the main judge.

When punishing fighters for violations of the rules, the referee:

a) is entitled to reprimand the fighters without the agreement of the side referees

b) when announcing a reprimand, must say what action the fighter is being punished for

c) is entitled to reprimand a second, and even to dismiss him, if his behaviour is hindering the normal running of the fight. In this case the referee may eject the second and give his fighter a warning.

The fight should be stopped if:

a) the time of the fight has expired

b) one of the fighters gets a clear victory as a result of one of the following reasons:

The fighter attacked with a painful or suffocating stroke surrenders

There is a knock-out or "technical knock-out"








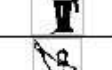



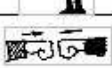

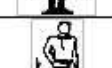

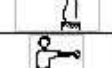
A painful or suffocating stroke is taken into consideration by the referee even if there was no surrender in matches between adult fighters ranking below 1 and between juniors (according to art 25 p.4'e')

One of the fighters cannot continue the match

One of the fighters is withdrawn from the match or competition.

The timekeeper starts and stops the timekeeper in accordance with the commands and gestures of the referee, timing the match, breaks between rounds, the time used by the fighters to receive medical assistance and to resolve problems in their clothes, and the time taken by painful and suffocating strokes.

The match ends early if one of the fighters achieves a "clear victory".

Nº	Term	Gestures of referee	Description of gestures
1	Clear victory		Stretch up the hand with your palm forward
2	3 points		Raise your hand bent at the elbow showing 3 fingers - thumb, middle and forefinger
3	2 points		Raise your hand bent at the elbow showing 2 fingers – thumb and forefinger
4	1 point		Raise your hand bent at the elbow showing a thumb
5	Activeness according to judges' decision		Raise your hand bent at the elbow, make a fist
6	Forbidden technique		Grip the wrist at chest level
7	Reprimand		Point upwards with the forefinger of the arm bent at the elbow
8	First warning		Point up to the side with the forefinger of the arm stretched from behind the head
9	Second warning		Point up to the side with the forefinger and the middle finger of the arm stretched from behind the head
10	Withdrawal from the match		Point horizontally to the side with a forefinger of the arms stretched from the opposite shoulder
11	Equal possibilities		Raise your arms to the chest level and move fists to meet each other
12	Ineffective		Move your arms to the sides, palms facing the floor
13	Below beltline		Move your hand below belt line with the palm down
14	Note the time		One hand horizontally with the palm down at face level, the other vertically moved from below with the edge forward
15	Consider painful (suffocating)		Stretch the arm forward at shoulder level, make a fist and hold it palm-down
16	Result of the match		Move your arm to the winner's side, palm upwards

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## Article 36. The results of the round, the fight and the match

1. The match in the ring can be ended by a clear victory, a victory in accordance with the number of points received or a defeat of both fighters.
2. A clear victory is conferred to the fighter in the following cases:
  - a) he performs technical actions which are considered a clear victory(art.19 item2)
  - b) a "technical knock-out", when a fighter finds himself in a knock-down twice during the round or 3 times during the match
  - c) one of the fighters is unable to continue the match
  - d) one of the fighters is withdrawn from the fight (or the competition) or is disqualified for breaking the rules or for being technically unprepared
  - e) one of the fighters fails to appear at the ring upon the call
3. When a victory is conferred for the greatest number of points, it is calculated by looking at which fighter has won the greatest number of rounds.  
In this case the victory in the round is conferred to the fighter who:  
has the greatest number of points for technical moves  
in case of equal number of points the victory in the round is given to the fighter who made the first evaluated technical action  
was declared by the referees to be the most active fighter in the round (AR)  
Fighters receive 1 point for each round that they win. The points gained by each fighter for winning rounds made up the total for the ring fight.
4. The fight ends in a draw if the fighters have won an equal number of rounds.
5. The fight ends in the defeat of both fighters if they have both been withdrawn at the same time for breaking rules or sustain injuries not allowing continue the fight.
6. A victory in a match can be clear or on the basis of points.  
A clear victory is given to the fighter who:
  - wins a clear victory in the obstacle strip
  - wins a clear victory in the match in the ringThe winner receives 5 points and the loser 0.
7. A victory on the basis of points is given to the fighter who in both events (the obstacle strip and the ring fight) gained the greatest number of points.

## Article 37. Appeals

1. A written appeal can be offered in connection with a severe violation of the Regulations or in an unusual situation.
2. The procedure of making the appeal is as follows:
  - a) an appeal is made by a representative (a coach or captain) of the team to the chief referee of the competition (in the case of the absence of supervisor).
  - b) an appeal about the results of the obstacle strip, fight or match is made no later than in 10 minutes after they have been announced, so the representative must immediately warn the person in charge of the event that he intends to present a written appeal.
  - c) an appeal about an unusual situation (a violation of the Regulations, the order of weighing or of the draw, composing pairs of the participants, misinformation by officials and so on) is made not later than 10 minutes after the situation becomes known. So that the chief referee (supervisor) has time to take an immediate decision with minimum damage to the course of the competition.
  - d) the appeal must describe the reason why it is being made and refer to the article of the Regulations, which has been violated.
  - e) a sum of money established by the Federation for the particular rank of the competition must be included with the appeal.  
world championship: US \$300  
continental championship: US \$200

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nationwide championship: US \$100  
international competition (tournament): US \$50  
regional competition: US\$10

3. Considering an appeal:

a) an appeal is considered by the main referee (supervisor) with the involvement of the referees and people who have made the appeal about a violation of the rules. People of both sides of the argument thus take part in the discussion, but do not have the authority to make a decision.

b) a decision about the appeal is given on the day on which the appeal is made:  
- in the obstacle strip and the ring fight, it happens before the next stage or round

- in team matches, it happens before the next individual match of the team in question

- in other circumstances, the decision is taken in the periods of time allowed for correcting mistakes, so as to affect the running and results of the competition as little as possible.

c) if the chief referee (supervisor) deems it necessary, a video of the situation under consideration may be shown to the referees.

d) the chief referee (supervisor) makes a final decision, issues it in a written form and informs the affected parties of it.

e) if the appeal is accepted, the sum of money is returned to the appealing party.

f) in the case of the negative decision on the protest, the monetary deposit remains on the account of the Federation.

## **Part VII. Equipment of competition premises**

### Article 38. The ring

1. The competition should be held on a ground, which is no less than 8x8 metres, with a flat surface, which will not cause injuries during a match.

2. On this ground a standard boxing ring should be installed, each side of which is no less than 6 metres.

The area of the ring is marked by 3 or 4 ropes which are 3-5 cm thick, held tightly between 4 corner posts and fastened by two cross pieces made of dense cloth 3-4 cm thick.

The cross pieces should not slide along the ropes. The distance between the corner posts and the ropes of the ring should be no less than 50 cm. All the metal wires should be covered with a soft coating.

The ropes should be wrapped in a soft white cloth and fastened together in each corner with the help of bolsters, which are 20 cm wide and 5-7 cm thick.

The bolsters and the ropes (for the length of 0.5 - 1 metre) should be red and blue in two opposite corners of the ring.

The red corner should be near and to the right of the referees' desk.

The first rope from the bottom is tightened 40 cm above the floor, the second one - 80 cm, and the top one - 130 cm. With 4 ropes the lower is tightened 40 cm above the floor, the second - 70 cm. The third - 100 cm, the fourth - 132 cm.

The ring floor should be flat and well fixed. It should be covered with an elastic cover no less than 5 cm thick (this could consist in wrestling cover mats, tatami, etc.) which is covered by a coat of stretched plastic (or any other suitable material).

The floor surface of the ring should be in one piece with the surface of the attached surface, which should be no less than 0.5 m wide.

The limits of the working part of the ring surface should be marked with a white stripe 10 cm wide, which represents a horizontal projection of its side ropes.

3. If the ring is installed on a podium, then the size of the podium should be such that the distance from the ropes to the edge of the podium is no less than 1.0 metre. On the

opposite sides of the podium there should be steps for the fighters and their seconds, and in a neutral corner there should be steps for the doctor and the referee.

4. In the red and blue corners of the ring there should be no less than 1 stool, vessels with water, glasses and bins. Plastic bags should be fixed to the posts of the neutral corner on the outer side of the ring, for wads used by the doctor and the referee.

5. Next to the ground but no closer than 2 metres to the ring there should be a referee's desk. On the desk there must be a gong or some sound signal device and 2 stop-clocks.

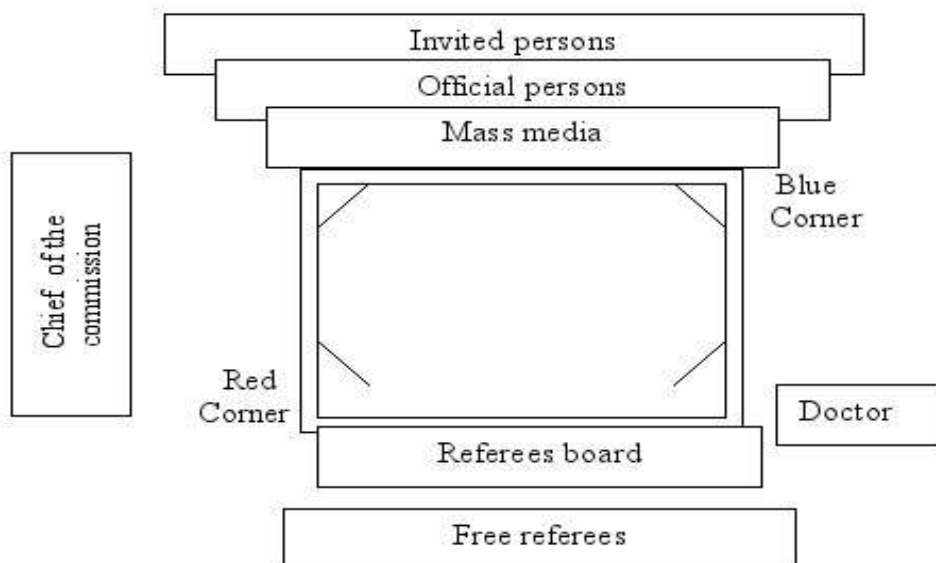
6. During competitions indoors, the distances between the ropes of the ring and the walls or other objects should be no less than 2 metres.

7. The degree of lighting in the ring should be 1000 lux. The ring must be lit from above. Side lighting is not allowed.

8. Spectators must be no closer than 3 metres to the ropes of the ring.

9. The chief referee must check that the ring is suitable for competitions.

### **SCHEME of the ring for the universal fight competition**



#### Article 39. The obstacle strip

1. Start.
2. Labyrinth: L=4-2m, width – 2m, passages of the labyrinth – 0,5m.
3. Fence: H=2m, L=3m.
4. Horizontal tube: L=3m, d=0.8m.
5. Hand ladder: H=2.5m, L=4m, width=0.5-0.6m.
6. Reserve space for another obstacle.
7. Shooting (pneumatic, paintball).
8. Throwing knife (throwing tennis ball).
9. Beam: H=0.9-1.0m, L=5m, sloping board =1.3m, width of top=0.2-0.25m.
10. Sloping net: H=6m, L=10m, sloping at 60° angle, hole d=0.7m.
11. Rope: H=6m.
12. Ring 6x6m.

#### Article 40. Requirements for the competition premises

1. The factor of the natural lighting of the hall should be 1:5, 1:6, artificial lighting - no less than 600 lux. The ring should be lighted from above with the help of the reflected or disperse light lamps with a protective netting.
2. During the competition the temperature in the hall should be between +15 and +25°C and humidity should be no less than 60%. Ventilation should change the air three times each hour.
3. For competitions in the open air the temperature should be between +15 and +25°C. The ground should be protected from direct sunlight. The distance from the ropes to the walls or any other objects should be no less than 2.0 metres. Spectators should be no closer than 3.0 metres to the sports ground. The chief referee, representatives of the sports building, and the main doctor of the competition check that the premises are suitable for the competition and record their decision in a special document (see appendix 9).

#### Article 41. Sound signal, scales, stop-clocks

1. A sound signal (gong) can be of any type, but with a good sound.
2. The scales for weighing the participants should be in order and properly tuned. The number of scales for weighing the participants is established by referees the board.
3. Stop-clocks, electrical or not, should have a device for stopping and starting without taking off the minute and second showings before the end of the match.

#### Article 42. The score-board

1. A score-board (and electrical score-board) which indicates match results and the number of points received by each fighter during the competition is installed for the information of spectators about the development of the match as well as for the referees board.
2. The surface of the score-board should be white, where pink and light blue circles with dark red and dark blue figures on them can be clearly seen.
3. Figures and letters are shown on the circles in accordance with article 27 which correspond to the points given for the technical actions of wrestlers and warnings received by them during the match.

"3", "2", "1" - points for technical actions

"AR" - activeness, based on the judgement of the referees

"P1", "P2" - points for the 1st and 2nd warnings to the adversary

4. The circles, which have a diameter of 9 cm, are made of cardboard, veneer (or plywood) or plastic. They are fixed on the board in lines, 5 circles in each line, with an interval of 12cm so that the upper line is occupied by the circles with marks "2" and "3", and the next two lines are taken up by the circles with a mark "1" and "AR". The distance between these rows is 12cm. The bottom row serves to indicate points for warnings and is 15cm away from the upper ones.

A blue stripe approx. 1,5cm wide is drawn along the contour of the score-board and vertically in the middle. Pink circles with red figures are placed on the left half of the score-board and light blue circles with dark blue figures are placed on the right half of the score-board.

The score-board is 150cm x 100cm. It should be installed vertically so that its lower edge is 1.0 metre above the floor.