



UNIVERSAL FIGHT

Rules of Competitions

According to the Versions
"LIGHT UNIVERSAL FIGHT" and "SEMI-LIGHT UNIVERSAL FIGHT"

Approved by Federation International Amateurs «Unifight» (F.I.A.U.)
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Section I. TYPE AND SYSTEM OF COMPETITION

Article 1. Type of Competition

1. The universal fight held according to light universal fight and semi-light universal fight rules shall be a comprehensive double-event sport. The first event shall involve overcoming a special obstacle course. The second event immediately following the first one shall be a contest on the tatami or on the wrestling mat applying various fighting techniques.
2. The competition shall be of the following types:
 - a) individual;
 - b) team;
 - c) team and individual.
3. The type of competition shall be defined by the Regulations on the Competition in any single case (see Appendix 1).
4. In an individual competition only individual places of contestants shall be determined.
5. In a team competition teams will compete and team placing shall be determined based on the results of the contests between teams.
6. In a team and individual competition individual places of contestants shall be determined, and a team placing shall be determined based on individual results of the members of the corresponding team in compliance with the Regulations on the Competition.

Article 2. System of Competition

1. A competition shall be conducted in a single-elimination format (the Olympic system). The winner of the final contest shall be awarded the first place and the loser of the final contest shall be awarded the second place. Competitors defeated in a semi-final shall be placed third. Under certain conditions and in certain weight categories, a competition may be held in a round robin or a combined format.
2. Scheduling of contests between competitors (teams) shall be determined by the draw. The seeding of the highest rated competitors and members of one team may be applied during the draw, provided it is stipulated in the Regulations.
3. Individual Competition Formula.
The participants shall start with competing in overcoming a special obstacle course (by parallel courses).
The contestant having finished first shall be announced the winner of the 1st event (the 1st round).
4. One minute after the finish on the obstacle course, the contestants shall be called to the tatami or the wrestling mat, where the second event – the contest on the tatami – shall start.
The number and the duration of rounds shall depend on the age and qualification of contestants, as well as on the stage and rank of a competition (Art. 3), which is provided for in the Regulations.
The victory in a round may be clear, in which case the fight on the tatami and the contest shall be stopped before the end of time allotted for the contest. Otherwise, a contestant shall be awarded 1 point for each won round.
5. The overall victory in the double event shall be awarded to the contestant having gained victory ahead of time on the obstacle course or in the contest on the tatami, and if this were not the case, the overall victory shall be awarded to the winner of 2 rounds out of 3.
If a contestant wins 2 first rounds: a round on the obstacle course and the first round on the tatami, the contest shall be stopped and this contestant shall be declared the winner.

6. Team Competition Formula.

A team competition shall consist of consecutive individual contests (one per each weight category starting with the light weight categories), for which teams shall place eligible contestants having passed the weigh-in.

The following criteria shall be consequently considered for determining the winner of a team competition: the number and the quality of wins in individual contests, and in case the number of wins is even, the win in the heaviest weight category (see Appendix 3, I).

Section II. CONTESTANTS

Article 3. Age Groups of Contestants. Weight Categories. Contest Formula. Round Duration. Number of Contests

Contestants' category	Youths, male and female (14-15 years)	Youths, male and female (16-17 years)	Juniors, male (18-20 years) * Adults, male (18 years and over) *	Juniors, female (18-20 years) * Adults, female (18 years and over) *
Weight Categories (kg)	up to 45/32 up to 50/37 up to 55/42 up to 60/47 up to 65/52 up to 70/+52 up to 75 +75	up to 50 up to 55/37 up to 60/42 up to 65/47 up to 70/52 up to 75/57 up to 80/62 up to 85/+62 +85	up to 60 up to 65 up to 70 up to 75 up to 80 up to 85 up to 90 up to 95 +95	up to 45/48 up to 48/52 up to 52/57 up to 57/63 up to 62/70 up to 70/78 +70/+78
Round duration (min)	2.0/1.5	2.0/1.5	2.0/1.5	2.0/2.0

* For juniors, male and female adults

1. The age of contestants shall be established as of the date of the competition.
2. All-around championship shall be held only for adults.
3. The time limit of a contest shall always be the real contest time.

Article 4. Weigh-in of Contestants

1. The procedure of and the time limit for the weigh-in shall be specified in the Regulations.
2. The weigh-in shall take place once on the first day of the competition in a given weight category, or on the previous day, and shall continue for 1 hour.
In case the weigh-in takes place on the day of the competition, it shall end no less than 3 hours before the scheduled starting time for the competition.
Contestants shall be allowed to check their weight on the weigh-in scales that will be used for the official weigh-in during 1 hour before the commencement of the official weigh-in.
3. Contestants shall weigh-in naked or wearing only swimming trunks (bathing suits for females).
4. Each contestant shall bring to the weigh-in a document with a photograph proving his identity.
5. The weigh-in shall be carried out by a refereeing team appointed by the Chief Referee, which team shall consist of the Deputy Chief Referee, the Doctor, the Secretary and two Referees. The results of the weigh-in shall be recorded in the Record (see Appendix 6).
6. The contestant having been late or having failed to arrive at the weigh-in shall be withdrawn from the competition.

Article 5. Admission of Contestants to Competition

1. Terms of admission of contestants to the competition, their sports membership, qualification and age as well as the list of documents to be presented to the Credentials Committee shall be stipulated by the Regulations.

Obligatory documents shall include as follows:

- competitor's passport (see Appendix 11),
- insurance policy against accidents and injuries received in the universal fight competition.

2. Application of an organization for participation of its members in the competition shall be executed in due form (see Appendix 5) and must contain certified by the seal signatures of the head of the organization sending a team to participate in the competition, of the coach and the doctor attesting proper preparation of the contestants. The note of the doctor shall contain as follows: "Admitted. Doctor: (signature)" and a stamp, and this note shall certify each entry regarding the admitted contestant. The seal of the health center for sportsmen shall be attached at the end of the application.

Note – paragraph 2 shall apply to holding national competitions, wherein it is required by corresponding legislative acts.

3. Contestants shall be admitted by the Credentials Committee (which composition shall be approved by the organization holding the competition) consisting of the Chairman of the organization, the Chief Referee, or the Deputy Chief Referee, the Chief Secretary, or the Deputy Chief Secretary, the Chief Doctor and members of the Committee, who will examine applications and documents of the contestants for compliance with the requirements of the Regulations. In controversial cases a representative of the hosting organization shall bear responsibility for admission of contestants to the competition.

4. A contestant shall have the right to compete only in the weight category in which he is entered during the weigh-in.

5. Admission of youths having attained the age of 17 to the junior competition shall require permission of the organization holding the competition. In such a case, an additional separate certificate, signed by a doctor, one of the parents and a coach, attesting that the level of training of the said sportsman allows him to participate in the said competition, shall be required.

6. Admission of sportsmen of a lower class to the competition for immediate higher class shall be provided for in the Regulations. In such cases Rules of the Competition for sportsmen of higher category shall apply. Adult first-class sportsmen shall be admitted to the competition for Masters of Sport.

7. Organizers of the competition shall bear no responsibility for injuries or accidents, which may occur in the course of the competition, subject to compliance with all requirements of these Rules.

Article 6. Rights and Obligations of Contestants

1. A contestant shall be obliged:

- a) to pass the Credentials Committee and the official weigh-in;
- b) to strictly observe the Rules and the competition program;
- c) to meet the requirements of the Referees;
- d) to have a cornerman;
- e) to immediately arrive at the competition area on call of the Refereeing Commission;
- f) to notify the Secretariat through a representative in case of inability to continue participation in the competition for some reason or other;
- g) to be civil towards other contestants, the refereeing officials, personnel holding and servicing the competition as well as towards the spectators;
- h) to shake hands with the opponent before and after the contest;
- i) to compete with nails cut short, wearing clean sports uniform, red or blue depending on the contestant's number, wearing any foreign objects (rings, earrings, studs, etc.) shall not be permitted.

2. A contestant shall have the right:

- a) to check his weight on the official weigh-in scales during 1 hour before the commencement of the official weigh-in;

b) to receive in due time information regarding the course of the competition, pairing off for the next round, changes in the competition program, etc. through the coach or the representative;

c) to use services of a cornerman during the contact time (before the contest, after the contest and during a break between rounds);

d) to have time available for receiving medical aid:

- no more than 2 min. while overcoming the obstacle course or during a pause before the contest on the tatami, totally no more than 3 min. in the course of the contest on the tatami (no more than 5 min. in case of 4 rounds);

e) in the course of the contest, to spend totally no more than 2 min. for eliminating disorder in the uniform by himself or with the assistance of the cornerman without lengthening the time for the break (no more than 3 min. in case of 4 rounds);

f) to refuse to continue the contest at any stage;

g) to refer to the Refereeing Commission:

- between contests via the team representative, and in person in the absence of the representative;

- during breaks between rounds via the cornerman.

Article 7. Contestant's Uniform

1. The contestant's uniform shall consist of the following: the sports costume and personal protective equipment.

2. The contestant's costume shall consist of the loose sports jacket (kimono-type) with a belt, trousers of a special cut and the special footwear.

The contestant's costume and the belt shall be made of a strong self-coloured red or blue cotton fabric in compliance with the universal fight rules.

The jacket sleeves should reach the fist, the sleeve width should allow for an opening no less than 10 cm between the arm and the fabric along the entire length of the sleeve.

The belt should be long enough to go twice round and tightly fit the body, and be tied in front with a square reef knot fastening both belt loops. Ends of the tied belt should be no longer than 20-25 cm. The length of flaps of the jacket below the belt should not exceed 20-25 cm.

Footwear shall be made from soft skin with a soft sole without any stiff protruding parts. All seams shall be stitched inward. The ankle and the sole of the foot in the area of the big toe joint shall be protected by small felt inserts covered in leather.

Contestants may wear sneakers while overcoming the obstacle course.

3. The costume and personal protective equipment shall correspond with the samples specified in Appendix 7.

During competitions for female youths, juniors and adults, a strong, white, long T-shirt with short sleeves, which should be contained within the trousers, or a strong white or off-white durable with short sleeves must be worn.

4. For team competition, all members of a team shall have identical contestant's uniform, which may bear a team, a municipal or national emblem.

5. A contestant shall be prohibited to wear, rings, bracelets, earrings, studs, chains or other items that may cause an injury.

Article 8. Rights and Obligations of Team Representative

1. The official team representative shall be an intermediary between the Refereeing Commission and the contestants having been entered by the said organization. The team representative shall direct the team and shall be responsible for the behaviour and discipline of the team members. In case a team has no official representative, the coach or the team captain shall perform these duties.

2. The team representative shall be obliged:

a) to have good knowledge of these Rules, the Regulations and the program of the particular competition;

b) to submit in due time an application for participation in the competition and other documents provided for in the Regulations to the Credentials Committee;

c) to be present at the joint meetings of the Refereeing Commission with the team representatives;

d) to inform the team members about the decisions of the Refereeing Commission;

e) to ensure timely appearance of the contestants to the competition venue;

f) to stay at the area designated for the team representatives throughout the time the members of the team are competing, and to leave the said area only with consent of the Chief Referee of the competition.

g) to be civil to the utmost and to bear responsibility for the behaviour of the members of the team which he represents.

3. The team representative shall have the right:

a) to submit alterations to the application in compliance with the Regulations, but not later than 1 hour prior to the start of the competition;

b) to attend the weigh-in and the draw;

c) to have information available on all issues regarding holding and the results of the competition;

d) to make remarks during summarizing the results of the competition day and to participate in discussions at the joint meetings of the Refereeing Commission and the team representatives;

e) to submit applications (appeals) substantiated by these Rules containing obligatory reference to the paragraphs of these Rules which have been violated.

4. The team representative shall be prohibited:

a) to interfere with the work of the refereeing officials and organizers of the competition;

b) to be simultaneously the Referee or the Judge of the competition;

c) to give instructions to contestants during the contest being in the area close to the tatami.

5. The team doctor shall be its representative on medical issues and shall bear responsibility for providing medical support to members of the team. He shall have the right to petition the Chief Doctor for withdrawal of the members of his team from the competition on medical indications.

6. The team representative may be removed from the management of the team for violation of the Rules and failure to perform duties. The organization (team) he represents shall be notified to that effect.

7. The team representative (coach, captain or doctor) having showed disrespect to any member of the Refereeing Commission, may be disqualified and excluded from the competition.

Article 9. Cornermen

1. The cornerman (1-2 persons) must stay near the tatami without leaving his place throughout the contest, and to assist the contestant during breaks between rounds.

2. The cornerman must render necessary assistance to the contestant during a round:

- by order of the Doctor of the competition, in case of an injury of the contestant;

- by order of the Referee for eliminating disorder in the contestant's uniform.

3. The cornerman shall have the right to stay on the edge of the tatami during breaks between rounds till the Timekeeper announces "Cornermen, out of the tatami!".

4. The cornerman shall have the right to withdraw from the fight on behalf of the contestant at any time of the contest.

5. The cornermen shall be prohibited to give advice, assist or encourage the contestant during the contest.

The cornerman may be given a verbal warning for infringement of these Rules, and a warning may be announced to the contestant for repeated violation. Assistance of 2 cornermen is allowed during breaks between rounds. The cornerman shall be of age and shall be attired in a sports costume.

Section III. CONTENT OF UNIVERSAL FIGHT. REFEREEING RULES

Article 10 . Obstacle Course

1. The obstacle course shall consist of 7-10 stages depending on the age group of the contestants. It shall include the stages and obstacles, which would require from the contestants to show such physical qualities as strength, agility and speed, small-arms weapon skills, skills in throwing sports apparatus (throwing objects at the target), overcoming technically difficult obstacles. In certain cases the complete set of elements of the obstacle course for female contestants may be facilitated and be compiled on the grounds of the suggestions of the authorized team representatives and approved by the general meeting of representatives taking into account age group and weight category of the contestants. Exact description of each element of the obstacle course must be available, and each element must meet the requirements of injury prevention.

2. The particular set of elements (stages) of the obstacle course and their arrangement in the room shall depend on the rank of competition, opportunities provided by the sports facilities and categories of the contestants (male and female adults, male and female youths, children).

3. Composition of the obstacle course. Distance length – up to 60 m, including:

- the start line (1);
- the labyrinth (2);
- the boom (the standard balance beam or an analogue) (3);
- the fence H = 2 m, width 2-3 m, for youths, male and female (14-15 years), it shall be completed with a support – a board 5x5 cm placed 0.5 m high above the floor (ground) level (4);

- the horizontal manual ladder H = 2.5 m, L = 4 m (3 m for youths of 14-15 years) (5);

- the place for air pistol shooting at the target of the size 210x297 mm (may be a drop-type target), or for a paintball gun shooting at the round target (red or blue), diameter 40 cm, for male and female adults, male and female juniors - from the distance up to S = 15 m, for male and female youths (16-17 years) - up to S = 12 m, for male and female youths (14-15 years) - up to S = 10 m (7);

- the place for throwing objects at the target: for male and female adults, male and female juniors, male and female youths (16-17 years) and male and female youths (14-15 years) – throwing of a certified sports knife, approved by the Federation, from the distance of 3 m (8);

- the horizontal tube (the tunnel) L = 3 m, arch height = 0.8 m (9);

- the inclined net with the slope angle 60° , H = 6-8 m, width 4-5 m at the top of the net, the hole 0.7 m diameter for climbing over on the rope (10);

- the rope H = 5-6 m (11).

4. The contestants shall start simultaneously, pass all the stages moving by parallel courses and shall finish on the tatami by touching with the hand on the line, which colour corresponds with the colour of the contestant's costume.

5. The obstacle course shall be overcome in the following sequence:

- Start (1) upon the command "March!" or at the shot of a starting gun – run 5-7 meters.

- Unthread the labyrinth (2).

- Get over the fence (3) by applying the method "gripping" or "by the strong hand", utilization of an additional support for youths (14-15 years) is allowed.

- Pass the horizontal manual ladder hand over hand (4), starting from the first rung, jump to the ground from the last rung. For youths (14-15 years) jumping on the ladder may be assisted by another person.

- Pass the horizontal tube (the tunnel) (5).

- Shooting at the target (paintball gun or air pistol) (6). Weapon is placed at the firing line. Two shots from the paintball gun (till the first target hit) and 1 shot from the air pistol.

- Throwing of the knife at the target (7) from the distance of 3 m. Two throws are allowed (till the first target hit).

- Pass the boom (8): run up the inclined board to the boom, run along the boom, jump off at the end of the boom (not earlier than the marked line).
- Climb the inclined net (9) applying optional methods.
- Get out through the hole in the net, climb down half of the rope (10) using hand under hand method to the 2-meter mark. Jump to the ground. Run to the finishing mark.
- Finish near the tatami - touch the marked line.

No more than 3 attempts shall be allowed for overcoming each obstacle. In case of failure to fulfill this requirement, the contestant shall be declared loser of the contest.

Missing the target while shooting and throwing the knife shall be penalized an additional passing of the obstacle preceding the firing (throwing) line, and shall as well be penalized one point (per each element), which will be awarded to the opponent in the contest (in the second round).

The contestant having finished first with the time difference between 10 and 15 seconds as compared to the opponent shall receive an additional bonus point, scored to him in the 2nd round. Bonus points shall be scored for each subsequent 5 seconds.

The contestant having finished second with the time difference with the first contestant exceeding 50% shall be declared loser, whose opponent shall be awarded a clear win.

Article 11. Contest on the Tatami (the Wrestling Mat)

1. After overcoming the obstacle course, the contestants shall conduct the contest on the tatami.

2. Throws, pinning holds, pain compliance techniques applied to arms and legs of the opponent and strangling (choking) techniques with a jacket lapel or the forearm shall be applied at competitions held according to the semi-light universal fight rules.

3. Contestants shall conduct the contest only in the standing position at competitions held according to the light universal fight rules. Throws of the opponents onto their buttocks, side, stomach, back, shoulder, ground fighting excluded, shall be judged as valid. Throws on the knees and arms shall not be judged as valid.

After execution of an ineffective throw, the contestants shall be returned to the fighting stance, and the round shall be continued.

Article 12. Positions of Contestants

1. Standing position shall be the position of the contestant when he touches the tatami only with the soles of his feet (stands on his feet).

2. Lying position shall be the position of the contestant when he touches the tatami with any part of his body other than the soles of his feet.

While in a lying position as well as after falling to the ground following application of the throwing techniques, or while shifting to the ground fighting, the contestant may find himself in the following positions:

a) on the back – in the position when he touches the tatami with both shoulder blades or rolls over on the back moving with speed (without stopping); in the „bridge“ position, when the contestant’s back is towards the tatami and he touches it only with the head and the soles of his feet;

b) on the side – in the position when he touches the tatami with a single shoulder blade, and his back at the level of shoulder blades makes an angle of up to 90 degrees with the tatami; in the „semi-bridge“ position, when the contestant’s back is towards the tatami and he touches it with the soles of his feet, the head and the shoulder;

c) on the chest and on the stomach – in the position when he touches the tatami with the chest and the stomach, and his back at the level of shoulder blades makes an obtuse angle with the tatami;

d) on the buttocks or on the small of the back – in the position when the contestant touches the tatami with one or both buttocks or with the small of the back;

e) on the shoulder – in the position when the contestant touches the tatami with the shoulder joint or the shoulder pressed to the body;

f) on the knees (knee) – in the position when the contestant touches the tatami with the knees (knee), and he may sit on his calf muscles without touching the surface of the tatami with his buttocks;

g) on the hands (hand) – in the position when the contestant touches the tatami with the hands (hand).

3. Stand-up fighting (in the fighting stance) – both contestants are in the „standing“ position.

4. Ground fighting – one or both contestants are in the „lying“ position.

Article 13. Refereeing during Competition on the Obstacle Course

1. Acts hindering an opponent or constituting a threat to an opponent's health shall be considered grave infringements of the Rules, for which the contestant may be excluded from the competition.

2. At the knife throwing stage, a contestant shall use the knife meeting standard requirements for knife throwing and the small arms weapon provided by the organization holding the competition.

3. Three attempts shall be allowed for overcoming each obstacle. In case a contestant fails to overcome the obstacle after 3 attempts, the contestant shall be declared loser of the contest. Missing the target while throwing the knife or shooting shall be penalized in compliance with the requirements of Article 10 (paragraph 6) herein above.

Article 14. Results of Competition on the Obstacle Course

1. The contestant having finished first shall win the competition on the obstacle course. The contestant shall be given 1 point for the win of the first event.

2. In case a contestant has fallen out of the race or failed to appear at the match on the tatami following the passing of the obstacle course, he shall be considered to lose the competition on the obstacle course with decisive inferiority, the contest shall finish before the end of time allotted for the contest, and his opponent shall be awarded clear win in this contest with the corresponding time.

3. In case the time gap between the first contestant and the contestant having finished second is more than a half of the time the winner spent for overcoming the course, the second contestant shall be declared loser and his opponent shall be awarded a clear win.

Article 15. Throws

1. A throw shall be considered a grapple action of the contestant, which results in off-balancing the opponent and his fall on the ground, touching the surface of the tatami with any part of his body other than the soles of his feet, i.e. he appears in one of the „lying“ positions.

A counter-throw shall be considered a throw where the attacked contestant seizes the initiative in response to the attacking actions of the opponent and throws the opponent himself thus changing the character and the direction of the fall of the attacker.

2. Throws executed by the contestant while he is in the „standing“ position before the throw (before the start of the fall of the opponent) and throws from knees performed with the speed from the „standing“ position shall be judged as valid.

A throw shall be considered executed by the attacker without falling, if he retains his „standing“ position during the throw (from the start to the moment of completion).

A throw shall be considered executed with the fall of the attacker, if he shifts to one of „lying“ positions while executing the throw, or if he rests upon the lying opponent to keep the balance.

Any type of rolling over in ground fighting as well as throws performed by the contestant while being in the „lying“ position shall not be judged as valid.

3. The following throws shall be distinguished depending on the initial position of the attacker:

a) throwing the opponent being in the fighting stance; the throws shall be considered equivalent to the first mentioned, where the attacker in the process of a

throw changes the position of the opponent from one of „lying“ position to the standing position or completely takes an opponent off the tatami, lifts him above the belt line and throws him turning around horizontal axis;

b) throwing the opponent being in the position „on the knees“ or „on the hands“, accompanied by his complete lifting off the tatami, but below the belt line, and turning around horizontal axis.

Lifting the opponent being in the „lying“ position off the tatami and bringing him down again to the same position without turning shall not be judged as valid.

In any case, throws ending by the fall of the opponent to the position „on the hands“ or „on the knees“ shall not be judged as valid.

Article 16. Pain Compliance Techniques (only in Semi-Light Fight)

1. A pain compliance technique shall be considered an armlock or a leglock applied against the opponent and used in ground fighting, which enables to perform the following actions: bending (a lever), leveraging of a joint (a knot), entrapment of tendons and muscles (an entrapment), with the purpose of forcing the opponent to submit.

The beginning of a pain compliance technique shall be considered the beginning of actions following execution of a hold of the attacked area of a limb of the opponent by the attacker with the purpose of causing pain sense or of overcoming his defensive hold. These actions shall be maintained for 20 seconds.

2. Pain compliance techniques shall be allowed to apply only when the attacked is in the „lying“ position, and the attacker may be in the fighting stance.

3. Application of an armlock or a leglock shall be discontinued, in case the attacked transits to the „standing“ position.

Article 17. Pinning Hold (only in Semi-Light Fight)

1. A pinning hold shall be considered a technique where the contestant forces the opponent to lie with his back on the tatami for a definite period of time by pressing his body to the body of the opponent (or to the arms of the opponent pressed to the opponent's body).

2. The hold time reading shall start from the moment when the attacker presses his body (chest, side or back) to the body of the opponent and holds him in the position „on the shoulder blades“.

3. A pinning hold shall be discontinued, if the contestant being pinned shall transit to the position „on the chest“, „on the stomach“ or „on the buttocks“ (with the exception of the position „on the small of the back“), where an angle between his back at the level of shoulder blades and the surface of the tatami exceeds 90 degrees, if he pushes the attacker from himself, or if the attacker starts exercising a pain compliance technique.

Article 18. Strangling (Choking) Techniques (only in Semi-Light Fight)

1. Strangling (choking) techniques shall be exercised by compressing carotid arteries or the throat of the opponent.

2. It shall be prohibited to exercise strangling techniques with fingers.

3. Strangling techniques shall be allowed to apply in the contest only when the attacked is in the „lying“ position, and the attacker may be in the fighting stance.

A strangling technique shall be maintained for 20 seconds.

4. Application of the strangling technique shall be considered successful, when the attacked pronounces the word „Score!“, and repeatedly taps the tatami with his hand (hands) or feet.

Article 19. Start and End of the Contest

1. The contestants shall be called to the tatami to conduct the contest.

2. Before the start of the contest the contestant having been called first (attired in the red uniform) shall take place at the red corner of the tatami, and his opponent (attired in the blue uniform) shall take place at the blue corner of the tatami. After introduction the

contestants following the gesture of the Referee shall meet in the middle of the tatami and shake hands. Then they shall make a step backwards and start the contest on the signal given by the Referee.

3. The end of the time allotted for the contest shall be indicated by the gong (an audible signal).

4. Once the contest is over, the contestants shall take the same places on the tatami as before the beginning of the contest. To announce the result, the Referee shall call the contestants to the middle and having taken both contestants by wrists shall raise the hand of the winner, after which both contestants shall shake hands and leave the tatami.

Article 20. Result and Scoring of the Contest

1. A contest may result in the victory of one contestant and the defeat of the other contestant as well as in the defeat of both contestants.

2. In the competitions held according to the light universal fight rules, the contestants shall conduct a contest only in the standing position, ground fighting excluded.

Victory shall be awarded to the contestant, who has first managed to execute a neat throw of the opponent on the back or has been awarded more points for throws on the side, stomach, chest or buttocks. Throws on the knees, knee, hands, hand shall not be judged as valid. After execution of a throw, the contestants shall be returned to the fighting stance, and the round shall be continued. If the contestant is awarded 10 or more points as compared to the opponent, the round shall be stopped before the end of the time allotted for the contest, and the mentioned contestant shall be declared winner of the round.

If the contestant executes a neat throw of the opponent - any throw on the back, the contest shall be stopped, and the contestant shall be awarded clear win in the contest.

In case the contestants have not managed to execute scored throws from the standing position during the time allotted for the contest in rounds, and if both contestants while trying to apply throws simultaneously fall on the tatami (the mat) onto the stomach, side or other parts of their body provided for in the Rules, the Referee having consulted the Judges shall determine more active contestant and shall award him victory by decision of the refereeing officials.

3. Throws, pinning holds, pain compliance techniques on arms and legs of the opponent (armlocks and leglocks) and strangling techniques with a jacket lapel or the forearm shall be applied during contests on the tatami in competitions held according to the semi-light universal fight rules.

If the contestant executes a neat throw of the opponent - any throw on the back without falling himself, an effective pain compliance technique, a strangling technique, or maintains a pinning hold for 30 seconds, the contest shall be stopped, and the contestant shall be awarded clear win in the contest.

If the contestant is awarded 10 or more points as compared to the opponent, the round shall be stopped before the end of the time allotted for the contest, and the mentioned contestant shall be declared winner of the round.

4. In case for the first 25 seconds of the round at competitions held according to the light universal fight and semi-light universal fight rules, there have been no techniques or no attacking actions on the part of both contestants, the Referee shall stop the contest and shall give a verbal warning for non-combativity to one or both contestants.

In case for the next 15 seconds of the round the contestants continue non-combative way of fighting, the Referee having consulted one of the Corner Judges without stopping the contest shall declare the first warning for non-combativity to one or both contestants.

In case for the next 15 seconds of the round following the announcement of the first warning the contestants continue non-combative way of fighting, the second warning for non-combativity shall be declared to one or both contestants.

In case for the next 15 seconds of the round following the announcement of the second warning the contestants continue non-combative way of fighting, and the third warning

should be announced, the Referee shall stop the contest and one or both contestants shall be excluded from the contest by the decision of the Three-Person Refereeing Team.

If only one contestant is excluded from the contest, his opponent shall be declared winner before the end of the time allotted for the contest.

Article 21. Clear Win

1. Clear win shall be awarded:

- a) for a clear throw;
- b) for a pain compliance technique (only in semi-light fight);
- c) for a strangling technique (only in semi-light fight);
- d) for maintaining a pinning hold for 30 seconds (only in semi-light fight);
- e) in case of a decisive superiority of one of the contestants;
- f) in case of the exclusion of the opponent from the contest;
- g) in case of the exclusion of the opponent from the competition in the process of the contest.

2. A clear throw shall be considered a throw not accompanied by the fall of the attacker, as a result of which the opponent, having been in the „standing“ position, falls on the back or rolls over on the back moving with speed (without stopping). In the competition held according to the „light“ rules, a throw of an opponent on the back even accompanied by the fall of the attacker shall be considered a clear throw.

3. A pain compliance or a strangling technique shall be judged as valid in case one of the competitors gives the sign of surrender.

The sign of submission shall be given by a loud shout „Score!“ or by a double tap with the hand or foot of the attacked on the tatami (the mat) or on the body of the attacker.

Any shout of a contestant to whom a pain compliance or a strangling technique has been applied shall be considered as the sign of submission.

4. If the contestant is awarded 10 (or more) points as compared to the opponent, the contest shall be stopped, and the mentioned contestant shall be declared winner by a decisive superiority.

Article 22. Exclusion and Disqualification

1. The contestant shall be excluded from the contest by the decision of the Chief Referee, and the opponent shall be awarded a clear win in the following cases:

- a) in case of the repeated attempt to apply a prohibited technique;
- b) in case the contestant exceeds the allotted time (See sub-paragraphs „2 d“ and „2 e“, Art. 6 herein above), the contest shall be considered stopped before the end of the time allotted for the contest, and the time of the contest shall be recorded in the contest sheet.

2. The contestant shall be excluded from the contest by the decision of the Chief Referee in case the third warning should be announced after two warnings for non-combative way of fighting, if the Three-Person Refereeing Team is unanimous in the opinion, or if the decision made on the basis of the majority of three is supported by the Chief Referee. Meanwhile the opponent of the excluded contestant shall be awarded a clear win before the end of the time allotted for the contest.

3. The contestant shall be excluded from the competition by the decision of the Chief Referee, in case, according to the Doctor's decision, the contestant is unable to continue competing due to illness or injury received during the contest. During ranking he shall be placed in compliance with his results as of the time of exclusion.

4. The contestant shall be excluded from the competition by the decision of the Chief Referee (disqualified) for the following:

- a) non-appearance on the tatami within 1.5 min. after the first call;
- b) for rough or unethical behavior to the opponent, competitors, refereeing officials and spectators, for the refusal to shake hands with the opponent or misbehavior while shaking hands;

- c) for performing a prohibited technique due to which the opponent receives an injury and, according to the Doctor's decision, is unable to continue competing;
- d) for deceiving the refereeing officials.

In this case the contestant excluded from the competition shall get 0 ranking points (during ranking he shall get neither individual, not team place).

Article 23. Scoring of Techniques

1. Techniques of the attacking contestant, which have not resulted in a clear win, shall be scored in points. The quality and correspondingly the scoring of a throw shall depend on the following:

- the starting position of the attacker before the throw;
- whether the throw is accompanied by the fall of the attacker or not;
- the starting position of the attacked before the throw;
- the body part on which the attacked has fallen as the result of the throw by the opponent.

2. Three points shall be scored:

- a) for the throw from the standing position accompanied by the fall of the attacker, as a result of which the opponent falls onto the back (in semi-light fight);
- b) for the throw from the standing position not accompanied by the fall of the attacker, as a result of which the opponent falls onto the side;
- c) for maintaining a pinning hold for 25 seconds (only in semi-light fight).

3. Two points shall be scored:

- a) for the throw from the standing position accompanied by the fall of the attacker, as a result of which the opponent falls onto the side;
- b) for the throw from the standing position not accompanied by the fall of the attacker, as a result of which the opponent falls onto the chest, stomach, buttocks, small of the back or shoulder;
- c) for the throw not accompanied by the fall of the attacker, as a result of which the opponent having been in the position on the knees or on the hands before the throw falls onto the back (only in semi-light fight);
- d) for an unfinished pinning hold maintained for more than 20 seconds (only in semi-light fight);
- e) for the second warning announced to the opponent.

4. One point shall be scored:

- a) for the throw from the standing position accompanied by the fall of the attacker, as a result of which the opponent falls onto the chest, stomach, buttocks, small of the back or shoulder;
- b) for the throw accompanied by the fall of the attacker, as a result of which the opponent having been in the position on the knees or on the hands before the throw falls onto the back (only in semi-light fight);
- c) for the throw not accompanied by the fall of the attacker, as a result of which the opponent having been in the position on the knees or on the hands before the throw falls onto the side (only in semi-light fight);
- d) for an unfinished pinning hold maintained for more than 15 seconds (only in semi-light);
- e) for the first warning announced to the opponent.

5. "Activity" ("Ar") shall be awarded (with the exception of the light universal fight rules):

- a) for the throw from the standing position not accompanied by the fall of the attacker, as a result of which the opponent falls onto the knee (knees);
- b) for an unfinished pinning hold maintained for more than 10 seconds (only in semi-light fight).

The attacked falls	Starting position of the attacked			
	Standing		On the knees or hands	
	The attacker executes the throw from the fighting stance			
	Without fall	With fall	Without fall	With fall
Onto the back	Clear throw	Clear throw (only in light fight) 3 points (only in semi-light fight)	2 points	1 point
Onto the side	3 points	2 points	1 point	-
Onto the chest, stomach, buttocks, small of the back or shoulder	2 points	1 point	-	-
Onto the knee (knees)	Ar	-	-	-

6. For an ineffective throw of the attacker accompanied by the fall of the attacker onto the buttocks, chest, small of the back, side or back, the opponent shall not be awarded any points, provided he has not applied a counter-attack

In case the defending contestant applying a counter-attack has failed to change the character and the direction of the fall of the attacker and has fallen himself in the direction of the throw of the attacker, the throw of the attacker shall be considered executed.

7. Pinning holds performed by a contestant during one contest shall not be scored in the aggregate for more than 6 points.

8. In case of halting the contest at request of the contestant to whom a pinning hold is being applied, his opponent shall be awarded a clear win, provided the opponent has not infringed the Rules.

Article 24. Non-Combativity

The following actions shall be considered as non-combativity:

- a) to deliberately go outside the tatami (the mat) in the fighting stance, or to crawl outside the tatami (the mat) in the ground fight;
- b) to avoid any genuine attempts to apply techniques in the stand-up fight;
- c) to imitate attacking actions (false attack);
- d) to avoid a hold in the stand-up fight;
- e) to move to the "lying" position without any genuine attempts to apply techniques;
- f) to distinctly push the opponent outside of the tatami (the mat).

Article 25. Fight on the Edge of the Tatami (the Mat)

1. The following shall be considered as the position "outside the tatami" (outside the edge of the tatami):

- a) if one of the contestants has stepped outside the tatami (the mat) during the stand-up fight;
- b) if one of the contestants has half of his body at the belt line, or shoulder blades or buttocks outside the tatami (the mat) during the ground fight.

2. In the course of the contest the position "outside the tatami" shall be judged by the Referee, and controversial decisions and judgements shall be made on the basis of the majority of three.

3. If the contestants appear in the position "outside the tatami", they shall return to the center of the tatami (the mat) at the signal of the Referee and resume the contest in the fighting stance. A contestant shall not stop the contest near the edge of the tatami (the mat) and call the opponent to the centre of the tatami (the mat) without the signal of

the Referee. The opponent shall have the right to apply a technique in the absence of the signal.

4. The throw (the counter-throw), started on the tatami (the mat) shall be considered for point scoring purposes, if it ends outside the tatami (the mat) at the safety area. The throw started in the position "outside the tatami" shall not be judged as valid.

5. The pinning hold and the pain compliance technique (the strangling technique) started on the tatami (the mat) shall be allowed to maintain till one of the contestants has a contact with the working area of the tatami (the mat).

Article 26. Prohibited Techniques and Acts

1. The following acts and techniques shall be prohibited in the Universal Fight competition:

a) to throw the opponent onto the head, to throw the opponent applying hold for performing a pain compliance technique ("a knot", "a lever"), to throw the opponent falling onto him with all body weight;

b) to hold the opponent's mouth and nose obstructing breathing;

c) to strike at, scratch, bite the opponent;

d) to apply any technique to the opponent's spinal vertebrae, to wring his neck, to squeeze the head of the opponent with the hands or legs, or to press it down to the mat, to apply squeezing scissors with the legs to the opponent's body;

e) to put a hand, arm, foot, leg or head on the opponent's face;

f) to press any part of the opponent's body from above with the elbow or the knee;

g) to intertwine the opponent's fingers or toes;

h) to twist the opponent's arm behind the back, to apply pain compliance techniques on the hand;

i) to twist the opponent's foot by the heel and apply the "knot" technique on the opponent's foot;

j) to apply the "lever" technique to the knee, bending the leg on the plane other than the natural bend;

k) to apply pain compliance techniques, strangling techniques during stand-up fight;

l) to apply pain compliance techniques with a jerk.

2. In case the refereeing officials fail to notice that one of contestants has applied a prohibited technique, the disadvantaged contestant shall be allowed to make a vocal or a gesture signal. Giving a false signal shall be judged and penalized as a prohibited action.

3. The following actions shall be prohibited as well:

- to hold trousers, flaps of the jacket, ends of the belt, the jacket sleeve from inside;

- to hold the edge or the surface of the tatami (the mat);

- to intentionally disarrange the uniform (to take the hand out of the jacket sleeve, to roll up the sleeves of the jacket, etc.).

Article 27. Verbal Warnings and Warnings

1. The infringements of the Rules, for which a contestant may be given a verbal warning or a warning, or for which he may be excluded from one contest or from the competition shall be as follows:

a) not to arrive in time to the tatami (the mat);

b) to apply a prohibited technique;

c) to contest in a rough manner;

d) to misconduct;

e) to speak on the tatami (the mat);

f) to fight in non-combative way and to commit other prohibited acts;

g) to leave the tatami (the mat) without the permission of the Referee, including the leave to get medical attention;

h) verbal assistance accompanied by unethical behaviour of the representative, the coach or other members of the team that are near the tatami (the mat) (for violation of paragraph 4, Article 8 herein above).

2. No more than one verbal warning may be given to a contestant during the contest. The Referee shall have the right to make a verbal warning to a contestant without conferring with the other members of the Three-Person Refereeing Team.

3. A contestant shall be given a verbal warning for not appearing on the tatami (the mat) within 30 seconds after the first call, and the first warning for being late for more than 1 minute.

4. A verbal warning shall be given in the first instance of the infringement of the requirements referred to in sub-paragraphs "1e", "1f" and "1g", but any subsequent infringements shall be penalized by the warning.

5. If a contestant, to whom a pain compliance technique, a strangling technique or a pinning hold has been applied, moves outside the edge of the tatami (the mat), the latest penalty shall be awarded against him for intentional escape outside the edge of the tatami (the mat): the first, the second warning or exclusion from the contest.

6. In case of infringements referred to in sub-paragraphs "1b", "1c" and "1d", a warning shall be awarded without the previous verbal warning.

7. No more than one warning may be given to a contestant for applying a prohibited technique during the contest. No more than two warnings may be given to each of the contestants during the contest.

Article 28. Judgement and Announcement of Contest Result

1. A clear win shall be awarded:

a) in case a technical action of the contestant is judged as a clear throw on the basis of the majority of three;

b) in case of a successful application of a pain compliance technique by the contestant;

c) in case of a successful application of a strangling technique by the contestant;

d) for maintaining a pinning hold for 30 seconds by the contestant.

2. Win by decisive superiority, win by superiority, win on points or technical win shall be determined by the Mat Chairman on the grounds of the records of the contest sheet entered in conformity with the judgements of the contestants' actions announced during the contest.

3. A contestant (both contestants) shall be excluded from the contest by a unanimous decision of the Three-Person Refereeing Team or on the basis of the majority of three with consent of the Chief Referee (or Deputy Chief Referee).

The announcement regarding the exclusion of a contestant from the contest or the competition shall be made following the approval of the Chief Referee (or Deputy Chief Referee).

4. The result shall be announced as follows:

a) in case of a clear win or a win by decisive superiority: „During ... minutes ... seconds (the surname and the team of the winner) won in the ... round by a clear throw (by a pain compliance technique, a strangling technique, by decisive superiority)“;

b) in case of absence of a clear win: „(the surname and the team of the winner) won by superiority (on points)“;

c) in case of exclusion of a contestant: „During ... minutes ... seconds win by withdrawal is awarded to (the surname and the team of the winner)“;

d) in case of exclusion of both contestants from the contest or the competition: „Both contestants are excluded from the contest (the competition) and are announced defeat with the time of ... minutes ... seconds“.

Article 29. Applications (Appeals)

1. A written application may be lodged in connection with a grave infringement of the Rules or an unconventional situation.

2. The procedure on lodging an application shall be as follows:

a) an application shall be lodged by the team representative (coach, captain) to the Chief Referee (in the absence of the Inspector) of the competition;

b) an application regarding the results of an obstacle course event, a contest or a contest shall be lodged no later than within 10 minutes after the announcement of the results, moreover, the representative must promptly notify the Manager of the Event about the intention to lodge a written application;

c) an application regarding an unconventional situation (violation of the Regulations, procedures of weigh-in, the draw and pairing of contestants, disinformation on the part of the officials, etc.) shall be lodged no later than within 10 minutes after the occurrence of such situation to allow the Chief Referee (the Inspector) to make a prompt decision with the minimal damage for the course and results of the competition;

d) an application shall state the reason for lodging the same and shall contain the obligatory reference to the infringed paragraphs of the Rules;

e) an amount of money shall be enclosed to the application fixed by the Federation taking into account the rating of the competition:

- | | |
|--|------------|
| - World Championship | - 500 USD; |
| - Continent Championships | - 400 USD; |
| - National Championships | - 300 USD; |
| - International Competitions (Tournaments) | - 200 USD; |
| - Regional Competitions | - 100 USD. |

3. Consideration of an application:

a) an application shall be considered by the Chief Referee (the Inspector) engaging refereeing officials and persons having committed the infringement of the Rules specified in the application with participation of representatives of the interested parties, but without the right to have a deliberative vote;

b) the decision concerning an application shall be made on the date of submission:

- in competition on the obstacle course, in contests on the tatami – before the beginning of the next round of the competition;

- in a team competition – before the beginning of the next individual contest of the said team competition;

- on other occasions – in terms ensuring the possibility to rectify errors with the minimal damage for the course and results of the competition;

c) in case the Chief Referee (the Inspector) thinks it necessary while considering an application, viewing by refereeing officials of a video record of the situation stated in the application shall be possible;

d) the Chief Referee (the Inspector) shall make the final decision, state it in writing and notify the interested parties to that effect;

e) in case the application is satisfied, the previously deposited amount of money shall be returned to the appealing party;

f) in case an application is not satisfied, the previously deposited amount of money shall be transferred to the benefit of the Federation and shall be entered in accordance with the established procedure.

Section IV. REFEREEING COMMISSION

Article 30. Composition of the Refereeing Commission

1. Composition of the Refereeing Commission shall be recommended by the corresponding federation of the universal fight and shall be approved by the organization holding the competition not later than 20 days prior to the start of the competition.

2. The Refereeing Commission shall include: the Chief Referee and the Deputy Chief Referee, heads of the Refereeing Teams for the first and the second events of the double event, the Chief Secretary and the Deputy Chief Secretary, the Refereeing Teams of the obstacle course and contests on the tatami, the Information Officer, the Doctor and the Competition Manager. Calculation of the number of refereeing officials is provided in Appendix 8. In certain cases a member of the national or international refereeing

commission may be appointed the Inspector of the competition by a National or International Federation.

3. The Refereeing Team of the obstacle course shall include:

- 1 Referee on the start and finish,
- 2 Referees on the obstacle course (1 Referee for each direction),
- 2 Referees at the firing line and at the knife throwing line (1 Referee for each direction),
- the Administrative Referee.

4. The Refereeing Team of the contests on the tatami shall include: the Referee, two Corner Judges, the Timekeeper, the Technical Secretary and the Scoreboard Keeper.

5. The refereeing official must be attired in the referee's uniform, must hold a referee's card, have the Rules available and have good knowledge of these Rules.

6. The referee's uniform shall consist of black trousers, white shirt with short sleeves coming down to the elbow joint and the red armband (on the left arm) and the blue armband (on the right arm), black bowtie, black soft flat sports footwear and black socks. The official badge of the referee of the corresponding category shall be worn on the left side of the shirt.

Notes:

1. International Category, Extra-Category and „A“ Category Referees may act as the Chief Referees and the Inspectors of international competitions, national championships, cups and competitions.

2. Referees on probation may be admitted to officiating at the competition, but they shall comprise not more than 30 per cent of the total number of the members of the Refereeing Commission.

Article 31. Inspector, Chief Referee, Deputy Chief Referee

1. The Chief Referee shall manage the competition and shall be accountable for conducting the competition in compliance with these Rules and the Regulations to the organization holding the competition and the corresponding federation of the universal fight.

2. The Deputy Chief Referee shall be appointed by the Chief Referee from among the heads of the Refereeing Teams and shall be accountable to and shall discharge commissions of the Chief Referee.

The Deputy Chief Referee shall exercise functions of the Chief Referee in his absence at the competition venue.

3. The Chief Referee shall be bound:

a) to check readiness for the competition of the premises, facilities, equipment, their compliance with the requirements of these Rules, to draw up the Competition Venue Acceptance Report (see Appendix 9), and to check the availability of the requisite documentation and contest sheet forms;

b) to appoint the Refereeing Teams for the weigh-in;

c) to carry out the draw and seeding of the contestants in different sub-groups;

d) to appoint Referees to the Refereeing Teams;

e) to approve the schedule of the competition;

f) to make all arrangements for excluding and in case of necessity for eliminating errors made by refereeing officials;

g) to make decisions regarding applications lodged by the team representatives in conformity with Art. 29 herein above (in the absence of the Inspector at the competition);

h) to conduct meetings of the Refereeing Commission involving the team representatives before the start of the competition (for announcing the schedule and procedure of work of the Refereeing Commission) and daily meetings after the end of the competition day (for discussing the progress of the competition and the results of the day), as well as in other cases when it is required in the course of the competition;

i) to approve composition of pairs for the finals and to appoint the Refereeing Teams for the final contests;

j) to assess refereeing of each member of the Refereeing Commission (taking into consideration the opinion of his immediate superior) on the basis of a five-point system;

k) to submit the Report (see Appendix 10.1) to the organization holding the competition in due time.

4. The Chief Referee shall have the right:

a) to adjourn the competition, provided the competition venue, the facilities or the equipment appear not to comply with the Rules prior to the start of the competition;

b) to halt a contest, to make a break and even to stop the competition, if unfavourable conditions hinder the proper running of the competition;

c) to introduce alterations in the program and schedule of the competition, to change the order of contests in case of extreme necessity;

d) to change the responsibilities of refereeing officials in the course of the competition;

e) to remove from officiating duties refereeing officials having committed rough errors or failing to perform duties assigned to them;

f) to exclude contestants from the contest or the competition in compliance with the Art. 19 herein above;

g) to give a verbal warning, a warning, to remove from their duties representatives (captains) and cornermen of the teams for roughing, starting an argument with the refereeing officials, or for lodging ungrounded applications;

h) to suspend the announcement of the judgement of the result of overcoming the obstacle course, a technical action, or the result of a contest, in case the refereeing officials hold different opinions, or the Chief Referee disagrees with the decision of the refereeing officials, for additional discussion and awarding the final judgement.

5. Orders of the Chief Referee shall be binding for the contestants, the refereeing officials, cornermen, representatives and coaches of teams.

6. The Inspector of the competition shall make decisions regarding applications (appeals) of the team representatives, assess the quality of officiating and organization of the competition by the Chief Refereeing Commission.

Note:

The Chief Referee shall not be entitled to alter the Regulations of the Competition, to remove from refereeing duties or to replace refereeing officials during passing of the obstacle course by contestants or during a contest.

Article 32. Chief Secretary, Deputy Chief Secretary

1. The Chief Secretary shall manage operation of the Secretariat, which shall ensure preparation and execution of all documents of the competition. The Deputy Chief Secretary shall exercise functions of the Chief Secretary on the instructions of the Chief Secretary or in his absence.

2. In discharge of his duties the Chief Secretary shall:

a) be a member of the Credentials Committee and the Refereeing Team at the weigh-in;

b) participate at the draw;

c) work out the schedule of the competition;

d) work out the order of contests by rounds;

e) keep the official records and scores of the competition;

f) superintend execution of the contest sheets;

g) draw up instructions and decisions of the Chief Referee;

h) draw up results of the competition and submit to the Chief Referee for approval;

i) by authority of the Chief Referee, provide information to the representatives, Information Officers and the press;

j) certify the results of contests and places won by contestants in the competitor's passports;

k) assess work of Referees - members of the Secretariat on the basis of a five-point system;

- l) provide the Chief Referee information necessary for the Final Report.

Article 33. Mat Chairman

1. The head of the Refereeing Team shall discharge functions of the Chief Referee on his tatami (mat), should the contests be held on two or more tatami.
2. During the contest, the Mat Chairman shall take position at the referee table and manage the work of the Refereeing Team.
3. In discharge of his duties the Mat Chairman shall:
 - a) form Refereeing Teams for contests aiming for observing the requirement for neutrality of the refereeing officials (the Referee or the Judge shall not be the member of the same team with the contestant, whose contest he is officiating, and there shall not be two Referees or Judges being members of the same team);
 - b) call to the tatami and introduce the contestants (in the absence of the Information Officer);
 - c) taking into consideration the opinion of the majority of three, announce the decision regarding judgement of the actions of the contestants and the situation, accompanying the same with the established terms and gestures (see Appendix 11);
 - d) in case of necessity and of significant difference of opinions of the Refereeing Team, halt the contest and make the final decision following additional discussion of the controversial issue with the Refereeing Team;
 - e) in absence of the score at the end of a round, organize a vote of the Refereeing Team to determine the more active contestant;
 - f) by request of the Referee, call the Doctor to the tatami in case of injury of one of the contestants;
 - g) announce the result of the contest (in the absence of the Information Officer);
 - h) assess refereeing of each Referee or Judge assigned to his tatami on the basis of a five-point system.

Article 34. Referee

1. Before the contest on the tatami, the Referee shall stay in the centre. The Referee, staying in the centre of the tatami, shall conduct the contest and shall ensure that the contest is held in strict compliance with the Rules. For the purpose, the Referee shall make use of prescribed terms and gestures (see Appendix 11).
2. In discharge of his duties the Referee shall:
 - a) make command to start the contest (round) or to resume the contest in the fighting stance in the middle of the tatami after a break in the contest;
 - b) take part in the announcement of the result of the contest.
3. The Referee shall halt the contest by the command "Stop" in the following cases:
 - a) the contestants appeared in the position "outside the tatami";
 - b) the competitor does not perform any technical acts within 5 seconds after applying a hold in the fighting stance;
 - c) a hold has not been made for applying a pain compliance technique or a strangling technique within 5 seconds during the ground fight;
 - d) after 20 seconds following a hold for applying a pain compliance technique or a strangling technique, if these technical acts has not resulted in the surrender of the opponent;
 - e) one of the contestants needs medical assistance, or disarrangement of the contestant's uniform has been noticed, accompanied by the signal "Record the time"; in case of injury the Referee shall call the Doctor to the tatami and stay nearby while medical assistance is rendered;
 - f) a contestant has infringed the Rules or is attempting to commit a prohibited act, and it is necessary to announce him a verbal warning or a warning;
 - g) a gong signal has been given to indicate the end of the round. Besides, the Referee shall halt the contest by the command "Stop";
 - h) on demand of the Mat Chairman;

- i) on demand of the Corner Judge, if the Referee considers this possible at the moment;
 - j) at request of a contestant, if the Referee considers this possible at the moment;
 - k) the Referee requires consultation in cases not provided for by the Rules.
4. The Referee shall halt the contest in the following cases:
- a) according to the gong signal, when the time allotted for the contest expires;
 - b) according to the surrender signal shown by the contestant, to whom a pain compliance technique or a strangling technique has been applied;
 - c) if the Referee considers that one of the contestants has been won by a pain compliance technique or a strangling technique during contests between youths and not lower than first-class adult contestants (i.e. the hold has been executed properly, it is impossible to escape, and it is apparent that the further execution of the technique may result in an injury).
5. As soon as one of the contestants start applying a pain compliance (a strangling) technique, the Referee must loudly announce "Pain hold (strangling)", accompanying it with a corresponding gesture.
- While a pain compliance (a strangling) technique is being applied, for which 20 seconds are allotted, the Referee shall repeat audibly for the contestants announcements of the Timekeeper. If the attacker fails to reach the corresponding result, upon completion of the time allotted for the technique the Referee shall halt the contest announcing: "Pain hold (strangling) not valid!", and shall resume it in the fighting stance in the middle of the tatami. The Referee shall behave in the stated manner in case the attacked shall adopt the position, which makes execution of the technique by the attacker ineffective.
6. If during the ground fight the defending contestant makes a prohibited technique, the Referee, without halting the contest, shall require from him to stop applying the prohibited technique and shall give him the next warning. In case the contestant disobeys, the procedure shall be repeated. If the third warning is to be announced to the same contestant, the Referee shall halt the contest and exclude the said contestant from the contest by the decision of the Chief Referee.

Article 38. Corner Judge

1. Before the start of the contest on the tatami, the Corner Judges shall place themselves outside the tatami at the corners of the tatami opposite each other. During the contest they together with the Referee shall exert complete control over the situation on the tatami.
2. The Corner Judge shall at his own discretion assess actions of contestants, indicating his scorings by the established gestures (see Appendix 11). He shall participate in evaluation of the more active contestant.
3. In case, in the Corner Judge's opinion, it is necessary to halt the contest, he shall attract the Referee's attention and point out to him one or another moment of the contest.

Article 39. Timekeeper

1. During the competition on the obstacle course, the Timekeeper shall register the time of passing the obstacle course by the contestants and the time spent for rendering medical assistance.
2. During the contest on the tatami, the Timekeeper shall take position at the referee table and shall register the contest time.
Upon command of the Referee „Fight!“, the Timekeeper shall start the timing device; upon expiry of the succeeding minute, the Timekeeper shall inform the Referees, Judges and the contestants about the elapsed time of the contest, upon expiry of half of the time allotted for the round, the Timekeeper shall inform the Mat Chairman; the Timekeeper shall inform about the end of the round by banging a gong.
3. The Timekeeper shall record by means of a timing device as follows:

a) delay in appearing of the contestant at the starting line of the obstacle course or on the tatami after the repeated call (after 1 min.), the Timekeeper shall announce the time of delay: 20 seconds, 40 seconds, 1 minute;

b) real contest time (between commands of the Referee „Fight!“ and „Stop!“);

c) time allotted for the application of pain compliance and strangling techniques in the ground fight (up to 20 sec.);

d) time spent by the contestants during the contest for getting medical assistance and for re-adjustment of the contestant's uniform (see Art. 6 sub-paragraph 2 "e");

e) time of breaks between the rounds; the Timekeeper shall give the command "Cornermen, out of the tatami!" 5 seconds before the end of the break.

4. In case the contest is halted due to an injury of a contestant, upon command of the Referee „Record the time“, the Timekeeper shall start another timing device and shall announce the time used by the contestant upon expiry of each minute.

5. As soon as the Referee announces "Pain hold (strangling)!", the Timekeeper shall start the second timing device and shall count the time announcing the time allotted for the application of the technique every 5 sec. Upon expiry of 20 minutes, the Timekeeper shall announce: "End of pain hold (strangling)!".

6. Resetting of the timing devices after the end of a contest shall be carried out by the Timekeeper only on demand of the Mat Chairman.

Article 40. Technical Secretary

1. The Technical Secretary shall enter in the corresponding columns of the section "Obstacle Course" of the contest sheet (see Appendix 2.3) the results of passing stages of the course by contestants based on the data provided by the Referees officiating these stages.

2. During the contest on the tatami, the Technical Secretary shall take position at the referee table next to the Mat Chairman and shall enter in the corresponding columns of the section "Contest on the Tatami" of the contest sheet the scores given for technical acts, verbal warnings and points awarded for warnings, which the Mat Chairman shall announce in the course of the contest.

3. Scores given for techniques in order of execution by the contestants, as well as verbal warnings and points awarded to a contestant for warnings given to the opponent for infringement of the Rules shall be entered into the contest sheet as the following conventional symbols:

X – clear win,

3 – three points,

2 – two points,

1 – one point,

Ar – activity by the decision of the Referees,

P1 – one point awarded for the 1st warning given to the opponent,

P2 – two points awarded for the 2nd warning given to the opponent,

EX – exclusion of the opponent from the contest for infringement of the Rules,

EC – exclusion of the opponent from the competition for infringement of the

Rules.

The symbol "+" shall be placed before the first scores given for technical acts. Clear win shall be recorded by the symbol "X" with an explanation: pain compliance technique, strangling.

The symbol "n/a" (not arrived) or "ebd" (excluded by the Doctor) shall be entered beside the surname of a contestant in case of his non-appearance to the contest.

4. After the end of a round, the Technical Secretary shall:

- summarize points for technical actions and warnings scored by each contestant and enter them into the contest sheet;

- submit the contest sheet to the Mat Chairman for determination and announcement of the winner of the round;

- enter the said result to the contest sheet.

5. After the end of the contest, the Technical Secretary shall enter into the contest sheet total points scored by each contestant for the rounds won, and shall submit the contest sheet to the Mat Chairman for determination and announcement of the winner of the contest on the tatami.

In case the contest is stopped before the end of the allotted time, the result and the real time of the contest shall be registered in the contest sheet. The time spent by the contestants for getting medical assistance and re-adjustment of the contestant's uniform shall be noted to the left from the surnames of the contestants.

6. Then the Technical Secretary shall summarize points scored by each contestant on the obstacle course and during the contest on the tatami, shall enter them into the contest sheet and shall submit the contest sheet to the Mat Chairman for determination and announcement of the overall result of the contest.

The surname of the winner shall be circled. It is prohibited to enter other records into the contest sheet.

Article 41. Scoreboard Keeper. Information Officer

1. The Scoreboard Keeper shall record on the scoreboard all points scored for technical actions of the contestants and infringements of the Rules, which have been announced by the Mat Chairman in the course of the contest.

The Scoreboard Keeper shall check up with the Mat Chairman in case of any doubt whether he has heard the announced score correctly.

The Scoreboard Keeper shall reset the scoreboard after the end of a contest only on demand of the Mat Chairman.

2. The Information Officer shall be responsible for the arrangement of radio information about the conditions, the course and the preliminary score of the competition for the contestants, representatives and the spectators. He must have good knowledge of the Regulations on the Competition, track records of teams and contestants.

The Information Officer shall:

a) in due time announce the program and order of the competition, instructions and suggestions of the Refereeing Commission given in the course of the competition;

b) introduce participants of the next contest, announce their track records, announce results of contests and clarify separate provisions of the Rules of the Competition notifying on the best results achieved in the course of the competition;

c) upon authorization of the Chief Referee, announce the final (official) results of the competition.

3. Depending on the type of information equipment, functions of the Scoreboard Keeper and the Timekeeper or the Technical Secretary are allowed to be combined.

4. In the absence of the Information Officer, the Mat Chairman shall introduce the Refereeing Team of the tatami, shall call to the tatami and introduce the next pair of contestants, shall announce the scores given for technical actions in the course of the contest, and shall announce the result after the end of the contest.

Article 42. Administrative Referee

1. The Administrative Referee shall organize the entrance of the contestants to the competition venue and for distribution of awards, shall array the contestants for parade, in due time shall inform the contestants about the order of their arrival to the competition venue, shall check surnames of the contestants according to the contest sheet and the compliance of their uniform with the requirements of these Rules, shall notify the Chief Secretary on non-arrivals, cases of withdrawals from the competition and exclusions of contestants from the competition.

Article 43. Doctor of the Competition

1. The Doctor of the Competition shall be a member of the Refereeing Commission being the Deputy Chief Referee on medical issues, and shall take part in its work.

2. In discharge of his duties the Doctor of the Competition shall:

- a) check correctness of applications, the presence of the doctor's record granting admittance of the contestants to the competition;
 - b) carry out external inspection of the contestants during the weigh-in;
 - c) watch over compliance with the hygiene requirements in the competition venues;
 - d) carry out medical examination and medical supervision of the contestants in the course of the competition;
 - e) directly on the tatami render medical assistance to the contestants, draw conclusion about possibility to continue the contest (competition), promptly reports about it to the Chief Referee of the competition and provide him a corresponding certificate, which afterwards shall be submitted to the secretariat;
 - f) at the end of the competition submit the report regarding health service support of the competition stating cases of disease and injuries (see Appendix 10.2).
3. Medical officers and their location area must have clearly visible distinctive marks.

Article 44. Competition Manager

1. The Competition Manager shall be responsible for the following:

- preparation and arrangement of the competition venues;
- availability and good condition of the necessary equipment;
- installation of the radio broadcast network;
- security, accommodation and servicing of the participants and the spectators, maintaining order during the competition, and ensure all necessary arrangements on demand of the Chief Referee and the representative of the organization holding the competition.

Part V. EQUIPMENT OF COMPETITION VENUES

Article 45. The Tatami (the Wrestling Mat)

1. The tatami or the wrestling mat shall be no less than 11 x 11 metres. The contest area of the tatami or the wrestling mat, where contests are taking place, shall be a rectangle of 6 to 9 metres. The safety area (the other than the contest area part of the tatami or the wrestling mat) shall be a minimum of 2.5 metres wide on all four sides of the contest area.

The tatami, the wrestling mat made of a synthetic material, shall be smooth and no less than 5 centimeters thick. Mats of the tatami or the wrestling mat must be tightly aligned and securely fixed. The joints shall be free of cavities or projections.

The border of the tatami or the wrestling mat (the contest area) must be clearly marked by a line (or the safety area). The border line of the tatami shall be no less than 10 cm wide. This line (or the area) is included into the contest area.

2. In case the contest takes place on the wrestling mat, its surface should be covered by a spread made of a strong soft cloth or a synthetic material without rough stitches. The spread shall be tautened and securely fixed. The spread must be disinfected.

Two opposite corners of the mat (the tatami) shall be marked red and blue (red shall be to the left of the referee table, blue - to the right of the referee table).

3. A soft runner (or gym mats) no less than 1 metre wide and no less than 5 cm thick, but no thicker than the tatami (the mat), should be gaplessly laid down around the tatami (the mat) and fastened to it, for protection against bruises.

4. The ground, on which the tatami (the mat) is to be mounted, shall be broader than the tatami (the mat) no less than 2.5 metres on all four sides of the tatami (the mat).

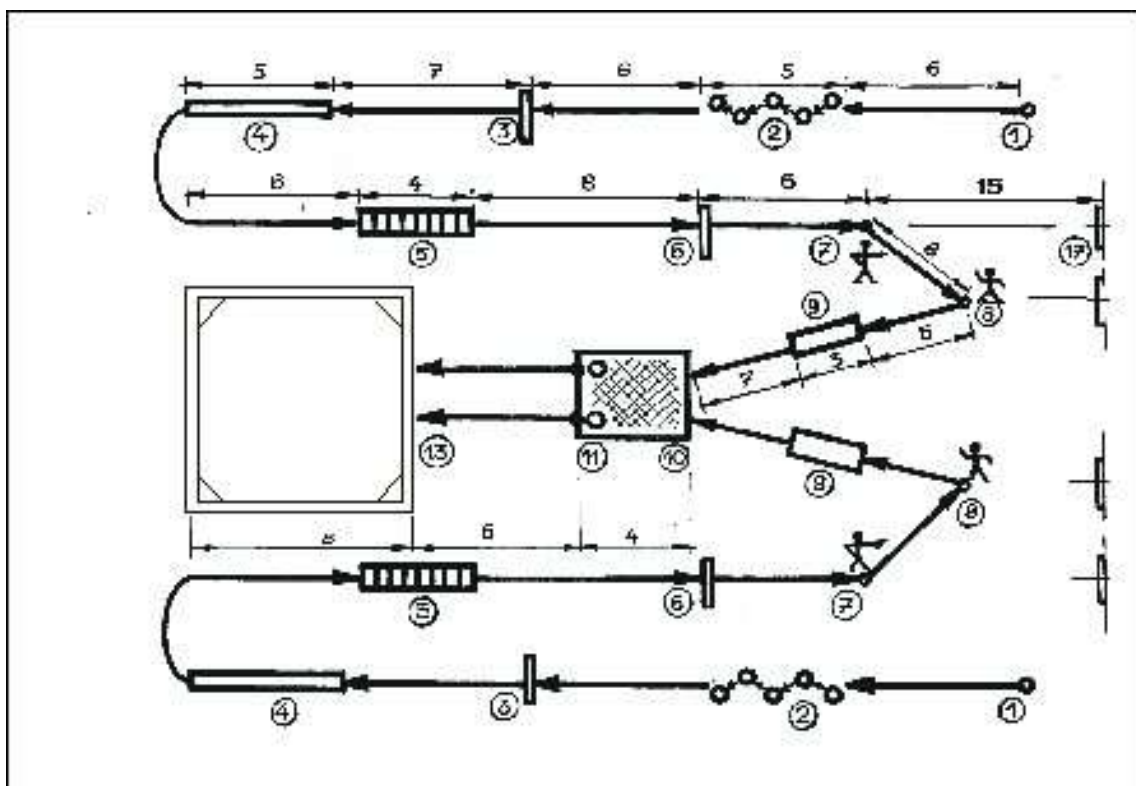
In order to avoid possible injuries, no foreign objects shall be allowed at a distance of 2 metres around the tatami (the mat). Spectators shall not be situated nearer than 3 metres from the tatami (the mat).

5. In case the competition is hold on a platform, it shall be no more than 1 metre in height. Lateral sides of the plaform shall have an outward inclination of 45 degrees.

6. No less than 1 stool (for cornermen) must be available in the red and blue corners of the tatami (the mat).

7. The referee table of the tatami shall be placed near the contest area, but not closer than 2.0 m from the tatami. A gong or an audibly signalling device and two timing devices shall be positioned on the table.

Article 46. Obstacle Course



- 1 – start
- 2 – the labyrinth: L = 4-2 m, width – 2 m, passages in the labyrinth – 0.5 m.
- 3 – the fence: L = 3 m, H = 2 m.
- 4 – the horizontal tube: L = 3 m, d = 0.8 m.
- 5 – the manual ladder: H = 2.5 m, L = 4 m, width – 0.5-0.6 m.
- 6 – the standby space for another obstacle
- 7 – shooting (air pistol, paintball gun)
- 8 – knife throwing
- 9 – the boom (the balance beam): H = 0.9-1.0 m, L = 5 m, the inclined board – 1.3 m, surface width – 0.2-0.25 m.
- 10 – the inclined net: H = 5-6 m, L = 10 m, slope angle - 60°, hole d – 0.7 m.
- 11 – the rope: H = 5-6 m.
- 12 – the tatami 11x11 m.

Article 47. Requirements for the Competition Venues

1. Daylight factor of the hall shall be 1:5, 1:6, artificial lighting – no less than 600 lux. The tatami must be illuminated from above with reflected-light luminaire or diffuse light luminaire equipped with a guard net.

2. In case the competition is held indoors, the temperature should range between +15 and +25 degrees centigrade, air humidity shall be no less than 60 per cent. Ventilation must provide triple air change per hour.

3. In case the competition is held outdoors, the temperature should range between +15 and +25 degrees centigrade. The sports ground should be protected against direct sunlight.

4. The distance between ropes and walls or other objects shall be no less than 2.0 m.
5. Spectators shall not be situated nearer than 3.0 m from the sports ground.
6. Fitness of the tatami for the competition shall be estimated by the Chief Referee, the representative of the sports facilities and the Head Doctor of the competition and shall be recorded in a special report (see Appendix 9).

Article 48. Audible Signalling Device, Weigh-in Scales, Timing Devices

1. The audible signalling device (gong) may be of any type, but should have good audio quality.
2. Weigh-in scales must be in good order and accurately adjusted. The number of weigh-in scales shall be determined by the Refereeing Commission.
3. Timing devices or electronic timing devices shall be capable of stopping and starting without resetting minute (second) readings till the end of the contest.

Article 49. Scoreboard

1. For informing spectators and participants about the contest, a scoreboard (or an electronic scoreboard), indicating scores awarded to the contestants in the course of a contest, shall be positioned in the place most convenient for the Refereeing Commission of the competition and the spectators.
2. The surface of the scoreboard must have a white background, on which pink and blue circles with correspondingly dark red and dark blue digits and letters should be clearly visible.
3. Digits and letters shall be written on the circles as referred to in Art. 27 herein above, which shall correspond with the scores awarded to the contestants for technical actions and warnings:

- "3", "2", "1"	- points awarded for technical actions;
- "Ar"	- activity by the decision of the Referees;
- "P1", "P2"	- points awarded for the first and second warning given to the opponent.
4. Circles 9 cm in diameter shall be made of cardboard, plywood or plastic. They shall be aligned on the scoreboard 5 circles in a line with an interval of 12 cm, circles bearing scores "3" and "2" shall be placed on the upper line, circles bearing scores "1" and "Ar" shall occupy the next two lines. The distance between the lines shall be 12 cm. The lowest line shall serve for indicating points awarded for warnings, and the distance between it and the upper line shall be 15 cm.
5. A blue strip 1.5 cm wide shall be drawn on four sides of the scoreboard and upright in the middle. Pink circles with red symbols shall be placed on the left side of the scoreboard and the blue circles with dark blue symbols – on the right side.
6. The scoreboard shall be 150 cm x 100 cm. It shall be positioned upright in such a way that its bottom edge is 1.0 m above the floor.