



**RULESET
in disciplines:**

**Demo-defense (Shadow-Fights, Attack-Tests, Self-Defense)
Safe-Point**

MMA (Safe-Combat, Light-Combat, Free-Combat, Mix-Combat)

Here are the Rules of the competition in Combat Self-Defense.

The Officials (team managers, coaches, athletes and judges) should their actions be generally guided by the following:

- Understand and follow these rules and regulations on competition;
- To be mature and correct with respect to colleagues and competitors;
- Be of high moral character, strictly observe the ethical principles of sport - honesty, integrity, generosity;
- Do whatever is necessary for the development of «WCSA», worrying about the health of athletes.

DEMO-DEFENSE: «Attack-Tests»

This is a demonstration and application complex consisting of three rounds of 30 seconds. Fighter, accompanied by assistant shows his technical skills.

1 round (punch test) - demonstration of punches on the pads in combination with defense (dodging and bobbing).

2 round (kick test) - demonstration of kicks and knees in combination with defense (dodging and bobbing).

3 round (wrestling test) - demonstration of throwing techniques followed by wrestling (optional).

Results:

Estimated five judges on 10-point system. Higher and lower estimates are discarded.

After first demonstration the judges discuss the assessment criteria. Any further assessments the judge makes independently.

In scorecard should be assessed every round. Final result obtained from the sum of all rounds.

General criteria:

- precision and power of strokes
- level of a kicks and punches series (throws)
- speed and dynamics
- realism and quality.

DEMO-DEFENSE :

Men/ Woman (18+ years):	open category
Junior A(Male/Female) (15-17 years):	open category
Junior B (Male/Female) (12-14 years):	open category
Junior C(Male/Female) (7-11 years):	open category

«Safe-Point»

The rules are similar to the rules of fencing. The fight is stopped after the first precise technical action (punch, kick or throw).

Technical action leading to a knockout is prohibited (except adult category)

The ground:

The thickness of ground (mats or tatami) shall be not less than 4 cm. The ground for fight must be square - 6x6 meters, red zone - 8x8 meters, protection zone (optional) - 10x10 meters.

Equipment:

1. The top of the Kimono and the belt (appropriate rank).
2. Sport trousers that reach the ankles.
3. Helmet with plastic face guard, wide field of view, possibility of hearing.
4. Gloves for MMA with the protection of the thumb.
5. Shin instep guards should fit the foot size.
6. Groin guard required and must be worn under trousers.
7. Soft chest guard (certified, any type).
8. Chains, rings, earrings etc. must be removed from fighters.
9. The side judges must check safety equipment before the match.
10. A fighter came out to the ground without any items of the equipment, or has irregularities in gear get a Warning from referee or side judge (1 point to the opponent). After 1 minute cause of the Warning has to be corrected, otherwise fighter gets a yellow card (3 point to the

opponent).

Allowed actions and targets:

- Kicks and punches, applied to the front, side body and head covered with a helmet.
- Back hills to braking balance.
- Throws during three seconds after clinch (removal of balance with fixation or finishing).

Prohibited actions:

- **Grips for the equipment is strictly prohibited!**
- Attack in the back of body and head in full contact, strikes to the groin, direct strikes to the legs, throat and joints.
- Elbow strikes to the head, forearm strikes, open glove strikes and head butts.
- Avoiding a fight.
- Intentional leaving the ground.

Points:

Punches- 1 point
Backfist- 2 points
Kicks (knee strikes) to the body....- 1 point
Throw (with lift opponent in air)... - 1 (2) point(s)
Kick (knee strike) to the head- 2 points
Finishing immediately after throw.....- 1 point

The winner is the fighter with more points. The fight ends earlier if the difference in score is 5 points or more.

Penalties (warnings):

- first - verbal warning;
- second - warning and 1 point to the opponent;
- third - warning and 2 points to the opponent;
- fourth - yellow card, 3 points to the opponent;
- fifth - red card (disqualification).

In cases of intentional failure to comply the rules the referee has the right to show yellow or red card without warnings.

MMA-Safe: «Safe-Combat»

Safe-Combat is a full contact combat competition that allows to use of both striking and grappling both standing and on the ground with strikes, chokes and joint locks (except class D - no strikes on the ground and class E - no actions on the ground at all).

The ground:

The thickness of ground (mats or tatami) shall be not less than 4 cm. The ground for fight must be square - 6x6 meters, red zone - 8x8 meters, protection zone (optional) - 10x10 meters.

It is possible to use the ring (the thickness of ground not less than 4 cm).

Equipment:

1. The top of the Kimono and the belt (appropriate rank).
 2. Sport trousers that reach the ankles.
 3. Helmet **with** plastic face guard.
 4. Gloves for MMA with the protection of the thumb.
 5. Chest guard (for girls and boys under 12 years).
- Other requirements are the same as for the "Safe-Point".

Allowed actions and targets:

- Throws. Throw is a technical action from a standing position leads to falling the opponent on the ground (on side or back).
 - Wrestling on the ground (strikes).
 - Joint locks. Actions on a joint leading to capitulation of the opponent (10 seconds is given for completion).
 - Chokes forearm, kimono or legs (10 seconds is given).
 - On the ground punches and kicks into body and not more than 3 into head in succession. After a series of strikes to the head from mount position referee shout "stop" and start count, regardless of the fighter state. As the fighters are in stand position and able to continue referee shouts "fight".
1. Kicks and punches, applied to the front, side body and head covered with a helmet.
 2. Allowed kicks applied to the head, front and side of body, inside and outside thigh.
 3. NO points for strikes applied with the violation of the rules.

Prohibited actions:

- Grips for the equipment (helmet, chest guard);
- Strikes forearm, shoulder, elbow to the head, inside of the glove, swinging, to the back, back of the neck, head butt, as well as any action after "Stop";
- Use a dangerous uncontrolled throwing technique;
- Use a dangerous (to themselves) movement of the head;
- To attack an opponent who is knocked down;
- Talk during the fight, except for the surrender or issues with equipment;
- Avoiding a fight;
- Refuse to shake hands with opponent before and after fight.

The duration of the fight:

Junior E-class	2 rounds of 45 sek.
Junior D-class	2 rounds of 1.0 min.
Junior C-class	2 rounds of 1.5 min.
Junior B-class	2 rounds of 1.5 min.
Junior A-class	2 rounds of 2.0 min.
Man and Woman	2 rounds of 2.0 min.

Break between two rounds - 30 seconds.

Points:

-Strikes in a standing position-

- Punches- 1 point
 - Backfist- 2 points
 - Kicks (knee strikes) to the body- 1 point
 - Low kick- 1 point
 - Kick (knee strike) to the head- 2 points
- Attacks downed opponent are allowed only with circular kick in the legs and the body.

-Throws-

Throw with retention of advantage position and control over opponent - 1 point; with lift opponent in air - 2 points.

-On the ground-

- Fixation of advantageous position from the top - 1 point (3 sec. holding)
- Control of the opponent body with a knee - 1 point (3 sec. holding)
- Control of the opponent body from mount positions with two knees - 2 points (3 sec. holding)

-Strikes on the ground-

Elbow and knees strikes are allowed only on leg muscles and body.

Every three punches - 1 point.

Knee or elbow strike to the body - 1 point.

Punch with a separation of the opponent with body weight - 1 point.

-Locks and chokes-

Referee with raised hand counts off 10 seconds for attempt lock or choke and then returns the fighters in the standing position.

Results:

1. In scorecard should be assessed every round. Final result obtained from the sum of all round **points** and two of the three judges agree on the winner.
In case of equal score it held an extra round in which the judges must determine the winner.
2. At the request of fighter or a second (verbal or threw in the towel into the tatami (ring)) on **the refusal of the fight** victory is awarded to the opponent.
3. When an opponent is unable to continue the fight in 10 seconds after allowed technique (kick or punch) awarded the victory by **knockout**.
4. The victory by **technical knockout** awarded a fighter scored a win by submission, after the action, which resulted in the opponent's surrender.
5. Victory **in sight of no-show** opponent is awarded in thy case when, for 2 minutes after second call, the opponent will not come on the ring or not be ready for fight, as well as in cases where the opponent shot a doctor or not passed the weighing.

The scorecard is invalid if:

- No judge signature or;

- Errors in scoring or;
- No marks of penalties, or incorrect marks or;
- There are two or more correction in the scorecard;

MMA-Light: «Light-Combat»

Equipment:

1. Helmet **without** plastic face guard.
2. Shorts, open type gloves with filler (not less than 4 cm);
3. Juniors (under 14 class B and C) T-shirt dressed with shorts and chest guard;
4. Shin and instep guard;
5. Groin guard;
6. Mouthpiece.

The duration of the fight:

2 rounds of 1.5 min with 30 seconds break the same as for "Safe-Combat".

Allowed actions and targets:

- Kicks and punches, applied to all levels, knees only to the body.
- Punches to the head only in **Light** contact.
- Series of more than 3 punches to the head must be stopped by the referee.
- On the ground locks and chokes are allowed (10 seconds for attempt)

Prohibited actions:

- No strikes on the ground!

Penalties (warnings):

- first - verbal warning (example: unintentional excess of contact);
- second - warning and 1 point to the opponent;
- third - warning and yellow card, 3 points to the opponent;
- fourth - red card (disqualification).

In cases of intentional failure to comply the rules the referee has the right to show yellow or red card without

warnings.

Point system is the same as in other sections.



ICLAS/MMA-Full: «Free-Combat»

Equipment:

1. Helmet **without** plastic face guard;
2. Shorts;
3. Open type gloves with filler (not less than 10 oz);
4. Shin and instep guard;

The duration of the fight:

2 rounds of 2-3 min with 60 seconds break (depends on division)

Allowed actions and targets:

- Full-contact kicks and punches, applied to the body and legs.

Wrestling

In clinch (standing position) up to 10 sec inactivity.
On the ground up to 10 sec inactivity.

Prohibited actions:

- No strikes on the ground!

Point system, allowed and prohibited actions are the same as in "Safe-Combat".

ICLAS/MMA: «Mix-Combat»

Mix-Combat is a full contact combat competition that allows to use of both striking and grappling both standing and on the ground with strikes, chokes and joint locks.

The ground:

Competition are held in the ring, octagon (the thickness of cover not less than 4 cm)

It is possible to use common ground (mats or tatami). The ground for fight must be square - 6x6 meters, red zone - 8x8 meters, protection zone (optional) - 10x10 meters.

Equipment:

1. Bare torso, shorts;
2. Gloves for MMA with the protection of the thumb;
3. Helmet **without** plastic face guard;
4. Shin and instep guard;
5. Groin guard;
6. Mouthpiece.

Allowed actions and targets: are the same as in "Safe-Combat"

Features of Mix-Combat

- Kicks and punches in the front, side and top of the head covered by helmet.
- Low-kicks
- Elbow strikes to the body (standing and on the ground)
- Knee strikes (on the ground only to the body)

Prohibited actions:

- Grips for the equipment (helmet, chest guard);
- Strikes forearm, shoulder, elbow to the head, inside of the glove, swinging, to the back, back of the neck, head butt, as well as any action after "Stop";
- Use a dangerous uncontrolled throwing technique;
- Use a dangerous (to themselves) movement of the head, scratching, biting;
- Talk during the fight, except for the surrender or issues with equipment;
- Avoiding a fight;

- Rubbing face and hands with Vaseline or similar, wear a beard or moustache below the upper lip, paint face.
- Move the mouthpiece in mouth or intentionally throw it;
- Refuse to shake hands with opponent before and after fight.

In cases of intentional failure to comply the rules the referee has the right to show yellow or red card without warnings.

The duration of the fight:

2 rounds of 3 min with 60 seconds break.

Final matches 3 rounds.

Point system is the same as in «**Combat Self-Defense**» sections.

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