



Sambo Rules

2nd Edition

Purpose

Though there have been several variations, the most accepted rules for Sambo competition are those used by FIAS, the largest international governing body for Sambo. SESA is beholden to that organization, and because the sport sambo rules have not taken widespread hold in the United States, we feel that this is an opportunity to modify the traditional Sambo rules for the sake of encouraging crossover from other grappling arts. Wrestlers, judoka, brazilian jiu jitsu competitors, sambist, and jujitsu-ka alike will have opportunity to be successful under this rule set, with potential progression to FIAS endorsed events and possible selection to national teams to pursue international competition.



Uniform:

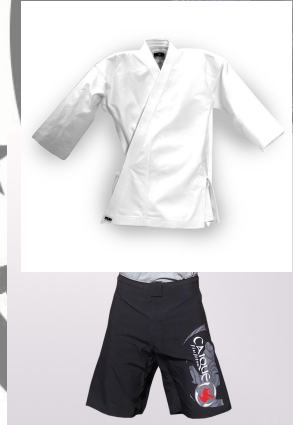
A jacket, belt, and shorts are required.

A Sambo Jacket (kurtka), matching shorts, and Sambo shoes are preferred.

However, to allow for athletes new to Sambo to participate, a gi top, non-matching shorts, and wrestling shoes will be permitted. Each athlete should have a red and blue kurtka whenever possible. If they do not, red and blue belts will be provided for scoring purposes. The wear of gi pants is authorized at the tournament director's discretion. It is acceptable to compete barefooted.



***acceptable at tournament director discretion**



Approved. Kimono style top with fight shorts.



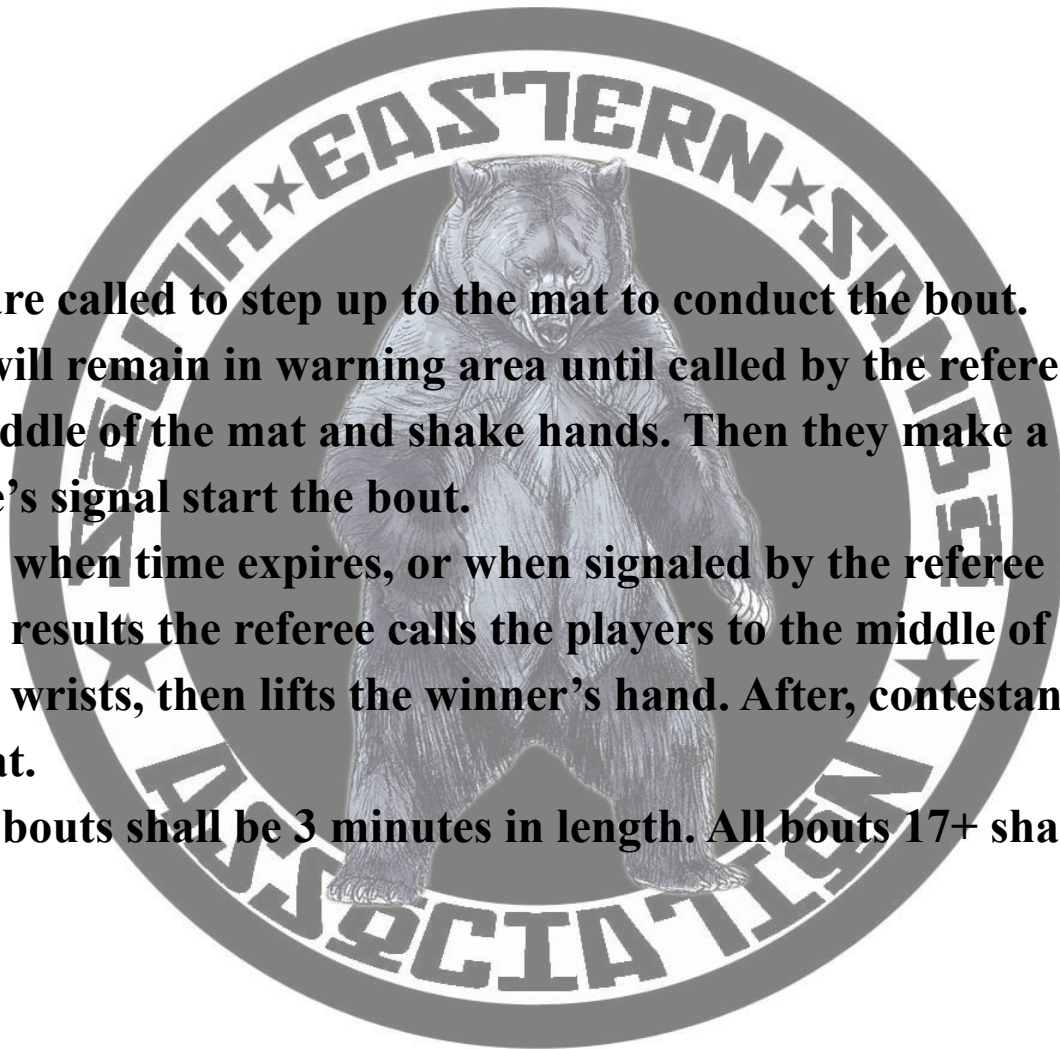
Best*

Bracketing and Divisions

- **Weight Classes shall be determined by Madison bracketing. Meaning, competitors will be weighed in the day of competition and placed within 15% of their bodyweight if available.**
- **Weight classes can be combined at tournament director's discretion. Divisions can be separated by age division as follows, dependent on competitor availability: Cadets & Juniors (ages 16 and below); Seniors (17+); Masters (ages 35+) ; Executive (ages 45+).**
- **Sambo tournaments typically do not divide into skill levels. However, tournament directions may divide into the following skill levels at their discretion: Novice/Beginner <2 years training; Intermediate 3-5 years training; Advanced/Expert 5+ years of training in ANY GRAPPLING ART.**
- **Competitions can be Round Robin style (5 competitors or less), Modified Double Elimination (6 competitors or more) and single elimination for open divisions.**

Process of Bouts

- 1. Competitors are called to step up to the mat to conduct the bout.**
- 2. Competitors will remain in warning area until called by the referee's gesture. They approach the middle of the mat and shake hands. Then they make a step back and await the referee's signal start the bout.**
- 3. The bout ends when time expires, or when signaled by the referee**
- 4. To declare the results the referee calls the players to the middle of the mat, takes both contestants wrists, then lifts the winner's hand. After, contestants shake hands and leave the mat.**
- 5. All cadet/kids bouts shall be 3 minutes in length. All bouts 17+ shall be 4 minutes in length.**



Process of Bouts (cont.)

Counting out the time of the bout begins at the first sound of the referee's whistle. The time of breaks is not included in the actual time of the bout. In extreme situations it is allowed to include the time of breaks, not accompanied by the referee's gesture "Stop the time!". In the course of the bout the contestants shall not leave the mat without the referee's permission. If it is necessary, the contestant may leave the mat with the referee's permission to put his/her uniform in order. In case of an injury the contestant is given not more than 2 minutes in the course of bout. The medical assistance is rendered directly on the mat (edge of the mat)



How to Win

- **Submission.** Forcing an opponent to signal defeat either verbally or by “tapping out” with the application of a painful hold.
- **Total Victory Throw.** A contestant throws an opponent to his/her flat on his/her back with force using a legal technique but retains their standing base.
- **Tech Fall.** A contestant obtains an 8 point lead during the course of the match.
- **Point Victory.** A contestant is ahead on points at the end of the match.

*****In case of a tie, a match will be decided in golden score where the first competitor to score wins.**

THROWING POINTS

Are you still standing?

What part of their body hits the mat?

YES

NO

Their Hip or Shoulder

2 POINTS

1 POINT

Their Side

4 POINTS

2 POINTS

Their Back

8 POINTS

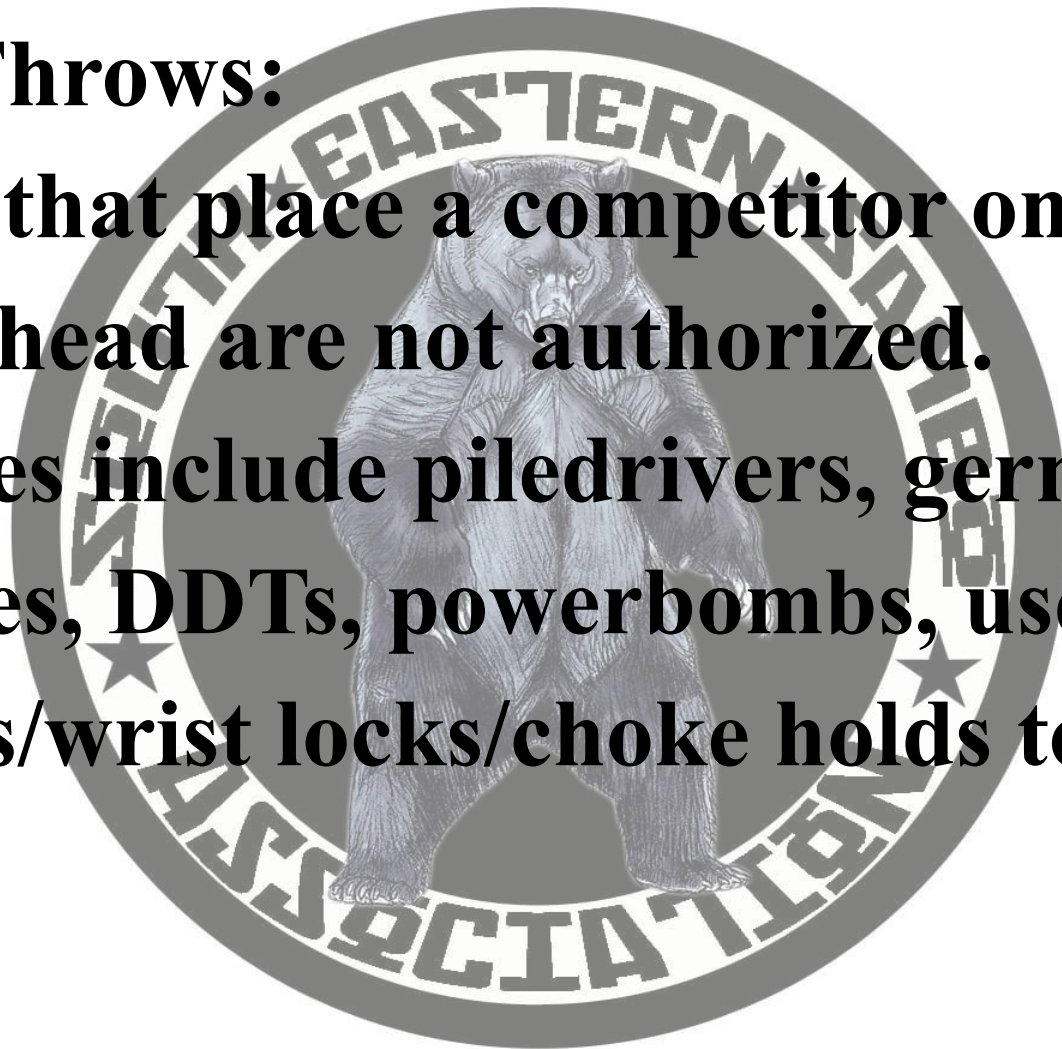
4 POINTS

(Total Victory)

Illegal Throws:

Throws that place a competitor on their neck or head are not authorized.

Examples include piledrivers, german supplexes, DDTs, powerbombs, use of armbars/wrist locks/choke holds to initiate a throw.



Mat Work:

GROUND TIME:

If an athlete has not achieved a pin nor begun a submission within roughly 7 seconds of landing on the ground, both athletes will be returned to their feet.

If an athlete has begun a submission, he/she will be allowed 1 minute to attempt to finish the submission before both athletes are stood up.

PINNING LIMIT:

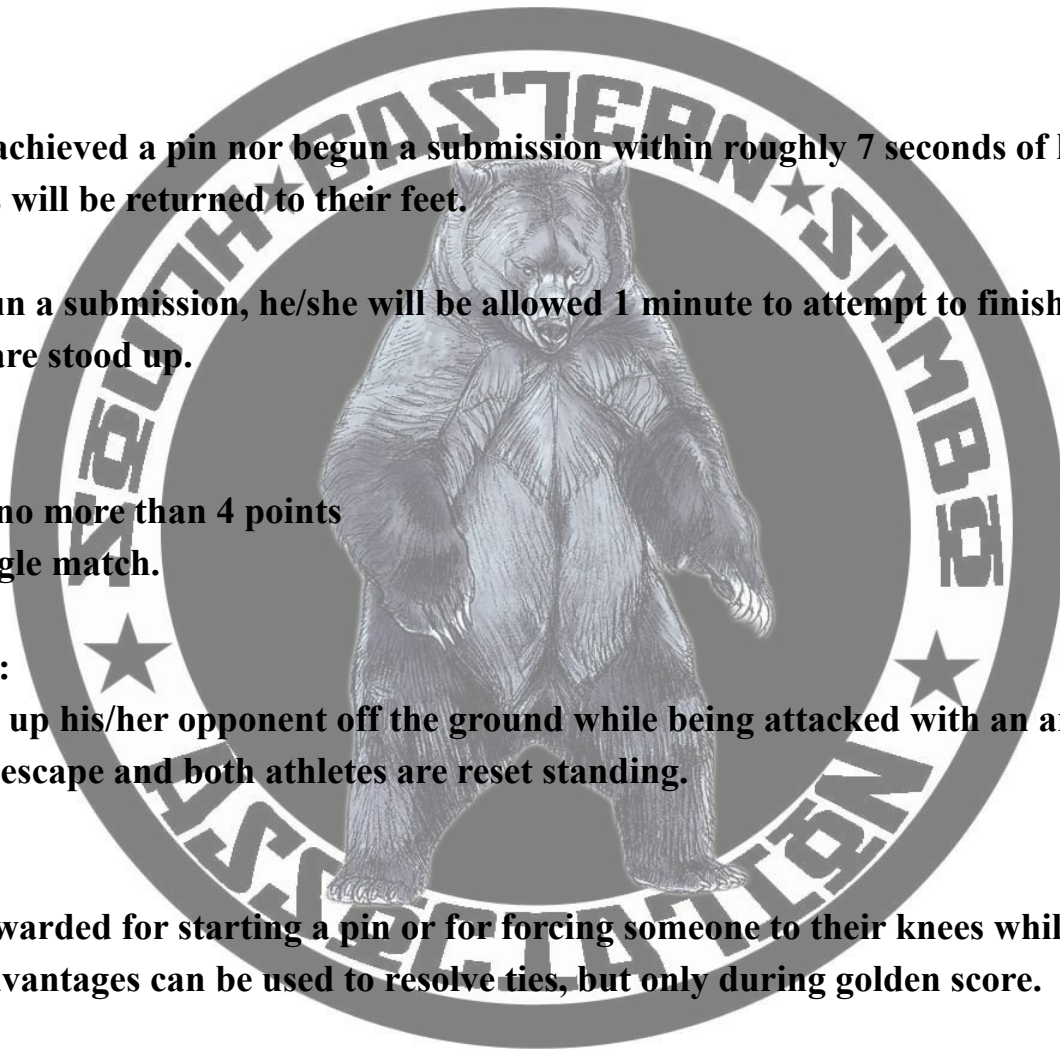
An athlete can score no more than 4 points from pinning in a single match.

LIFTING ESCAPES:

If an athlete can pick up his/her opponent off the ground while being attacked with an arm lock or choke, then that is considered an escape and both athletes are reset standing.

ADVANTAGES:

Advantages will be awarded for starting a pin or for forcing someone to their knees while the attacker remains standing. Advantages can be used to resolve ties, but only during golden score.



Mat Work:

PINNING POINTS

10 SECONDS = 2 POINTS

20 SECONDS = 4 POINTS

TECH FALL:

IF A WRESTLER ACHIEVES AN 8 POINT LEAD OVER AN OPPONENT,
IT IS AN AUTOMATIC WIN.

LEGAL SUBMISSIONS

ALL ARM LOCKS

ALL CHOKES

ALL NON-TWISTING LEG LOCKS

*The use of figure-four toe holds is at the discretion of the tournament director.

Penalties:

- **First Offense - Warning**
- **Second Offense - Warning and 1 Point**
- **Third Offense - Warning and 2 Points**
- **Fourth Offense - Disqualification**

GRIPPING Offenses:

- **Grabbing the skirt of the jacket or the tassels of the belt**
- **Grabbing the shorts**
- **Grabbing inside the sleeve of the opponent**
- **Grabbing the fingers of the opponent**

STALLING Offenses:

- **Taking two steps backward without taking grips on the opponent's jacket**
- **Repeatedly diving to your back with failed flying or sitting submission attempts**
- **Repeatedly diving to knees with failed throw or takedown attempts**
- **Overtly defensive behavior like stiff-arms without throw attempts**
- **'Turtling' up to prevent ground fighting**

***If no athletes have scored within one minute of action, then the referee must call one or both of them for stalling.**

