

FREE STYLE
(Mixed Martial Arts)
RULES

FIRST VERSION
SECOND VERSION

2005

Chapter 1. The Criteria for Free Style competitions.

The competitions are divided into personal, team or mixed competitions which must be stipulated in the Regulations.

In personal competitions only personal results are counted.

In team competitions the members of a one team compete with members of another team; and, the places are awarded based on the collectively results of those bouts.

In the team-personal competitions the places of the teams are determined on base of the personal results of their individual members.

Chapter 2. The Regulations of the competitions.

1. The Regulations and the Rules are the main documents for the Judge Colleague and competitors.
2. The paragraphs must be clear and exclude different interpretations.
3. The Regulations must contain:
 - 3.1. Aims and functions of competitions;
 - 3.2. Time and place;
 - 3.3. The organization responsible for managing the competitions;
 - 3.4. Main Judge and Main Secretary (names);
 - 3.5. Participants and teams (conditions to be admitted, bodyweight categories, age categories, classification, belonging to a team and organization);
 - 3.6. Applicable mode and time limits, list of the documents to be presented to a mandatory commission;
 - 3.7. Organization of the medical control and medical supply;
 - 3.8. The competitions program, date and time of weighing-in of each bodyweight category;
 - 3.9. Character and method of competition management;
 - 3.10. Duration of the bouts;
 - 3.11. Participating conditions and valuating of the personal and team results;
 - 3.12. Valuating system;
 - 3.13. Ceremonial procedure;
 - 3.14. Mode of repeat apply and it's admission;
 - 3.15. The conditions of admission of participants and teams.
4. The changes and additions to the Regulations may be done by the managing organization only; and, no later than one hour before the start of weigh-in and after having informed all the representatives and participants.

Chapter 3. The Judge Colleague

Article 1. Composition

1. The Judge Colleague consists of: the Main Judge Colleague (Main Judge, Main Judge substitute, Main Secretary), Judges (Referee, Side Judges, time keeper Judge, secretaries, participants attaché Judges) and supplying personnel (superintendent, medical personnel, typewriter, radio operator, painters, documents distribution personnel)
2. The Judge Colleague composition is recommended by Free Style Federation and must be formed not later than 20 days before the start of competition.
3. The technical personnel must supply the competitions.
4. The Judge Team consists of: Referee, three side Judges, Secretary, time keeper Judge, Side Judge, and participants' attaché Judge).

5. One more judge team must be pointed in case the competitions last for more than two hours.
6. Every Judge must have the uniform, certificate, and the Rules.
7. The uniform consists of: black trousers, short sleeves white shirt, a tie (Papillion) and comfortable sport shoes.

Article 2. Main Judge and his assistant

1. Main Judge is responsible for the competition managing according to the Regulations and the Rules and is responsible in front of Free Style Federation.
2. The assistant is pointed by the Main Judge. He/she assists the Main Judge and has the responsibility according to the competence. In case of absence of Main Judge (or by his order) he/she acts for him.
3. The Main Judge has to:
 - 3.1 Control the placement, the equipment, inventory, documents and protocols needed according to the Rules;
 - 3.2 Organize meetings of the Judge Colleague and team representatives before, daily after and (if needed) also during the competitions;
 - 3.3 Appoint the Judge team for weighing-in;
 - 3.4 Draw ballots;
 - 3.5 Decide about the applies;
 - 3.6 Point the Judge team for each competition area;
 - 3.7 Approve the competition pattern;
 - 3.8 Take precautions in order to avoid Judges' mistakes;
 - 3.9 Approve the final couples and to appoint the Judges for the final bouts;
 - 3.10 Evaluate each Judge's work.
4. The Main Judge has the right to:
 - 4.1 Delay the competitions in case of equipment, inventory and other lacks according to the Rules;
 - 4.2 Interrupt the bouts and even stop the competitions in case of circumstances that limit the efficiency of the competitions;
 - 4.3 Change program and pattern of the competitions in case of need;
 - 4.4 Change the Judge's function during the competitions;
 - 4.5 Remove the Judge in case of glaring fault;
 - 4.6 Remove competitor from the bout;
 - 4.7 Make admonitions, warnings, remove representatives;
 - 4.8 Delay the announcement of the result in case of different opinions about it for further discussion;
5. The decisions of the Main Judge are compulsory for the participants, other Judges, representatives and coaches.
6. The Main Judge may not change the Regulations, remove or change the Judges during the bout.

Article 3. Main Secretary, his assistant.

1. The Main Secretary must manage the work of the secretary office that organizes all the documentation of the competitions. The Main Secretary chooses the assistant from the secretary office or from one of the Judges. In case of absence of the Main Secretary his assistant will discharge the functions.
2. The Main Secretary has to:
 - 2.1 Be present at weighing-in;
 - 2.2 Participate in organizing the ballot;

- 2.3 Make the pattern of the competitions;
- 2.4 Protocol the competitions;
- 2.5 Prepare the material for information desk;
- 2.6 Formalize the orders of the Main Judge;
- 2.7 Formalize and passes the results of the competitions to the Main Judge for the confirmation;
- 2.8 Makes press releases after the permission of the Min Judge;
- 2.9 Makes annotations and gives certificates to the participants about the results of the competitions;
- 2.10 Prepares the information needed for the final report.

Article 4. Referee

1. Referee manages the bout using the Free Style terminology.
2. Referee must:
 - 2.1 Present the competitors;
 - 2.2 Start the bout;
 - 2.3 Control the competitors' actions and react the side Judge's signals in time;
 - 2.4 Evaluate the situations, actions and attacks;
 - 2.5 Participate the pointing of the active competitor during the bout;
 - 2.6 Participates in the announcement of the winner;
3. Referee uses the gestures to point out:
 - 3.1 The beginning of painful or suffocating holding;
 - 3.2 20 seconds after the signaling of a painful or suffocating hold, starts the addition of another 5 seconds; then ends the suffocating or painful holding;
 - 3.3 The beginning of another type of the attack from leaning or standing position;
4. Referee may interrupt the bout:
 - 4.1 If the participants are out of the competition area;
 - 4.2 In case of trauma or hazardous situation;
 - 4.3 If the bout is inefficient;
 - 4.4 20 seconds after the beginning of a painful or suffocating holding in the leaning position;
 - 4.5 In case of knockout or knockdown situation;
 - 4.6 There is a need for medical assistance or any readjustment of equipment;
 - 4.7 Cases not stipulated in the Rules;
 - 4.8 After the side Judge or the competitor's signal in case it is possible;
 - 4.9 In case of warning or admonition.
5. Referee stops the bout:
 - 5.1 To fix the knockout, knockdown or technical knockout.
 - 5.2 In case of yield after suffocating or painful holding;
 - 5.3 Confirming the winner after the holding even if the attacked participant doesn't give up (kids-juniors age categories);
 - 5.4 After final bell or gong (finish).

EXPLANATION:

1. **Knockout** – a situation where for some seconds due to the controlled attack the sportsmen is not able to continue the bout; Referee in this case must interrupt the bout and start count-down; the restart command shall be given only if the sportsmen can continue (after the second knockout the bout must be finished);

2. **Knockdown** – a situation where due to the controlled attack the sportsmen is not able to continue the bout; Referee must interrupt the bout and start count-down; the Doctor stops the bout in case the sportsmen in not able to continue after the “8” count.

Article 5. Side Judge

1. During the bout, Side Judge must be at his place and control the bout actions.
2. The Side Judge must:
 - 2.1 Evaluate the competitor’s actions;
 - 2.2 Participate in determination of the stronger competitor;
 - 2.3 Vote the solution in case of conflict situations;
3. If possible during the bout, the Side Judge may give the suggestions to Referee in case of unclear moments.

Article 6. Secretary.

1. Secretary registers the results at the end of the bout. He/she must stay at scoring table, take the minutes of the competitions, control the Side Judges’ scorecards and announce the winner of the bout. The time spent for medical assistance and for the equipment readjustment must be written on the left side from the surname of the participant. The victory in points must be signed with “X” and specified “victory by suffocating holding”, “victory by painful holding”, “knockout”, and so on. The letter “A” must be put in protocol in front of the name of more active participant in according to the decision of the Judge Team.
2. In case of absence or excluding of the participant due to doctor’s decision the notes must be taken in the protocol.
If the bout is finished before its normal time, the effective time of the bout must be written on the protocol.
3. The score must be fixed in protocol. The name of the winner has to be circled and adversary’s name is to be scratched out.
4. Other notes are forbidden.
5. The Information attaché must inform sportsmen, representatives and spectators about the competitions. He/she must know the Rules and Regulations perfectly and also be well-informed about competitors, teams, guests.
6. The Information attaché must;
 - 6.1 Inform everybody about the competitions, the orders of the Judge Colleague in time;
 - 6.2 Present the competitors before the bout;
 - 6.3 Announce the results and give information about the Rules.

There must be two information attachés in case the competitions take place in two different places.

Article 7. Time keeper Judge

1. Time keeper Judge sits on the main table of the competition area and must have gong and two timers.
2. Time keeper Judge must fix:
 - 2.1 The delay of competitor to the competition area after the second call;
 - 2.2 The real boat time;
 - 2.3 Painful and/or suffocating holdings time;
 - 2.4 Time for medical assistance and for readjustment of equipment;

- 2.5 Break time between bouts (not more than 10 minutes, and 15 minutes between final bouts).
3. The main timer must be used to fix the whole meeting.
At the end of each minute and in the middle of the bout the Time keeper Judge must inform Judges and competitors about the time remained and give the bell or gong signal to end the bout.
4. At the Referee's command "start count painful holding" the Time keeper Judge starts to count the seconds and announce each 5 seconds and after 20 seconds announces the painful holding.
5. Each 30 seconds must be announced in case of Referee's command "count the time" when medical assistance or readjustment of the equipment is needed.
6. The time counting must end at the competition area managers' command.

Article 8. Doctor

1. The doctor takes part of the Judge Colleague.
2. Doctor must:
 - 2.1 Control the medical documents of the competitors;
 - 2.2 Participate at weighing-in;
 - 2.3 Run the medical control of the competitors;
 - 2.4 Control the sanitary requirements;
 - 2.5 Control the competitors during all the period of the competitions;
 - 2.6 Gives medical assistance and decides about the possibility to continue the bout and competitions;
 - 2.7 Communicates the decision to the Judge immediately and provide necessary certificates which must be passed to the secretary office;
 - 2.8 Take final decisions within medical area;
 - 2.9 Manage the medical teams;
 - 2.10 Provides the report about sanitary situation and traumas by the end of the competitions.

Article 9. The organizer

1. The organizing institution must provide the places for the competitions, security, participants and spectators necessary services, radio, the order during the competitions, and other after the Main Judge' or competition manager request.

Chapter 4. Appeal.

1. The appeal must be written due to the Rules outrage.
2. The procedure of appellation:
 - 2.1 The notice of appeal can be given by the team representative to the Main Judge;
 - 2.2 The intention to appeal the result must given immediately after the bout, the notice of appeal about the bout may be given not later than 10 minutes after the bout and not later;
 - 2.3 The notice of appeal about the weighing-in, ballot, pairing, disinformation and so on must be given immediately in order to let the Judge Colleague to make the right and quick decision about it;
 - 2.4 The reasons must be specified in the appeal, pointing the article of the Rules is compulsory;

- 2.5 The tariff must be paid at the appeal. The tariff is approved by the Free Style Federation for each type of competition.
3. Examination of appeal:
 - 3.1 The appeal will be examined by the Main Judge and other persons involved.
 - 3.2 The problem due to the appeal must be resolved before the beginning of the next bout;
 - 3.3 The video registration may be brought as a proof if it is allowed by the Regulations. The study of the video registration must be authorized by the Main Judge, the representatives are allowed to be present but may not participate in discussion about the proof.
4. The Main Judge has to fix the decision in a written form and inform the persons that could be interested in it.
5. In case of positive decision the tariff is to be given back to appellant.

Chapter 5. Competition area

1. The competition area must be flat, devoid of hazard, and safe.
2. The competition area must be covered with square mattes, with sides of eight meters (measured from the outside) with an additional two meters on all side to guarantee a safety area. A circle competition area in diameter of eight meters with an additional two meters on all sides as a safety area is also allowed. Thus, there will be a safety area of two meters on each side. Attachment 4.
3. For positioning the Referee, it is necessary to draw a half a meter line two meters from the center of the competition area.
4. For positioning the competitors, it is necessary to draw two parallel lines, one meter long each, at the right angles to the Referee's line, one and a half meters away from the center of the competition area.
5. The Judges are placed on a safety area.
6. The Secretary shall be seated at the official score table next to the timekeeper.
7. The coaches, one for each competitor, shall be seated in a safety area on the side of the corresponding participant.
8. The one meter border has to have a different color from the rest of the area.
9. The official score table is positioned next to the competition area, but not closer than three and a half meters far from the carpet. There has to be a gong or any other sound device and two stop-watches on the score table.
10. A place for a medical personnel shall be situated next to a competition area but not closer than three and a half meters far from its border. All the medical staff will have a distinctive signs and though also the places of its position.
11. The spectator's places shall be placed not closer than 3.5 meters far from the competition area.

EXPLANATION:

1. *There must be no advertisement hoardings, walls, pillars, etc within one meter of the safety area's outer perimeter.*
2. *The mats used should be non-slip where they contact the floor proper but have a low coefficient of friction on the upper surface. The Referee must ensure that mat modules do not move apart during the competition, since gaps cause injuries and constitute a hazard.*
3. *For boys and girls of younger age the competition area should be square with the sides of six meters or circle in a diameter six meter with an additional two meters on all sides as a safety area.*
4. *The scheme of the competition areas is configured in Attachment 4.*

Chapter 6. The participants

Article 1. Age groups

I. All the participants are divided into the following age groups:

Kids: 10-11 yr. old

Younger Boys and Girls: 12-13 yr. old

Middle aged Boys and Girls: 14-15 yr. old

Older Boys and Girls: 16-17 yr. old

Juniors: 18-20 yr. old

Men/Women: 21 yr. old and more

II The age is determined at the day of the competition

Article 2. Bodyweight categories

1. The participants are divided on

Num.	Bodyweight categories	Younger Boys	Middle aged Boys	Older Boys	Men and Junior
1.	Lightest	35-40 kg	40-45 kg	45-50 kg	55-60 kg
2.	Mid-light	under 45 kg	under 50 kg	under 55 kg	under 65 kg
3.	Light	under 50 kg	under 55 kg	under 60 kg	under 70 kg
4.	Pre-middle	under 55 kg	under 60 kg	under 65 kg	under 75 kg
5.	Middle	under 60 kg	under 65 kg	under 70 kg	under 80 kg
6.	Mid-heavy	under 65 kg	under 70 kg	under 75 kg	under 85 kg
7.	Heavy	under 70 kg	under 75 kg	under 80 kg	under 90 kg
8.	Super Heavy	over 70 kg	over 75 kg	over 80 kg	over 90 kg
9.	Absolute	-	-	-	over 75 kg
Num.	Bodyweight categories	Younger Girls	Middle Aged Girls	Older Girls	Women and Junior
1.	Lightest	30-35 kg	35-40 kg	40-45 kg	45-50 kg
2.	Mid-light	under 40 kg	under 45 kg	under 50 kg	under 55 kg
3.	Light	under 45 kg	under 50 kg	under 55 kg	under 60 kg
4.	Pre-middle	under 50 kg	under 55 kg	under 60 kg	under 65 kg
5.	Middle	under 55 kg	under 60 kg	under 65 kg	under 70 kg
6.	Mid-heavy	under 60 kg	under 65 kg	under 70 kg	under 75 kg
7.	Heavy	over 60 kg	over 65 kg	over 70 kg	over 75 kg
8.	Absolute	-	-	-	over 60 kg

Article 3. Weighting-in

1. The schedule and the mode of weighting-in of the sportsmen are determined by the Regulation.
2. Weighing of the competitors will be done one time at the first day of the competitions of the bodyweight category on the day before it and it will last for one hour.

3. If the weighing-in is done at the same day of the competition, it must be finished not less than one hour before the beginning of the competitions.
4. The competitors have the right to try their weight on the control weight one hour before the official weighing-in starts.
5. Different weights may be used, but the competitors of the same bodyweight category must be weighed on the same weight.
6. The male competitors shall be weighed only with their under pants on, female participants having only skintight underwear on.
7. During the weighing-in every participant must show his or her identity document with photograph identification.
8. The weighing-in is run by a team of Judges appointed by the Main Judge. This team is composed by: assistant of the Main Judge, doctor, secretary and two Judges.
9. The procedure is organized by the assistant of the Main Judge who is also responsible for the respect of the Regulations.
10. Before being weighed a participant has to be controlled by a doctor (for absence of visible injuries and diseases, etc).
11. One of the Judges will control the document of the competitor and forwards it to the secretary who will control the transcription in the weighing-in protocol. Another Judge will weigh a competitor and communicate the result, which will be put in minutes by a secretary.
12. Any latecomer who misses weigh-in will not be allowed to compete.

Article 4. Admission to compete

1. Conditions to be admitted, the physical condition of the participants, their qualification, age and also the list of documents that have to be presented to the mandatory commission is determined by the Regulations.
2. The request must be issued due to the application form authenticated by a stamp of the organization of contestants, signed by its director, coach and official representative. A permission of a doctor has to be attached to the request.
3. The admission of participants is realized by a mandatory commission that shall consist of the representative of participant's organization, a Main Judge or his substitute, a main secretary or his substitute, a main doctor and other members of commission who verify the conformity of the applications and documents to the Regulations.
4. The admission of the participants will be ended by a weighing-in and a medical examination. Sportsmen who will not pass the weighing-in and medical examination will not be allowed to compete.
5. A sportsmen can participate in a personal and team competition in a bodyweight category established for him at the weighing-in.
6. In team competitions of Men (Women) age category a sportsmen has a right to participate in a weight category established for him during the weighing-in or in a next, heavier category.
7. A competitor can participate in the next (older) age category after a perdition of the organization leading the competitions if he/she is technically and physically ready, that has to be ascertained by a specific personal certificate and signed by a doctor and his coach.
8. Juniors have a right to participate in a Men/Women age category.
9. Participants of a lower grade (belt) can be admitted to competitions of a higher grade due to the Regulations. In that case the rules for a higher grade must be applied.
10. The admission of a single competitor is realized on the base of a grade book and a medical certificate gave to him/her at least five days before a completion starts.

11. The participants have the right to participate in qualification competition with the competitors who have a higher grade (belt), and in a heavier weight category within Men/Women age category.

Article 5. Rights and duties of participants

1. A competitor must:

- pass the mandatory commission and the weighing-in;
- observe the Rules, the Regulations and a program of competitions;
- obey the Judge;
- present himself/herself immediately at the competition area after the call of the Judge Colleague;
- communicate the impossibility to continue the competition immediately through his/her representative to the Secretary office.
- be correct towards other competitors, judges, other personnel and spectators;
- exchange hands shaking before and after a bout;
- compete with nails short cut, in a tidy sport uniform;

2. A competitor has a right to:

- apply the Judges through his/her representative, and in a personal competitions (in absence of representative) - to apply personally the Judge Colleague;
- use the control weight one hour before the weighing-in starts;
- have all the information about the pairs, competitions, pairs of the next circle, changes in competition program in time;
- use 2 minutes for a medical control and readjustment of the equipment during a bout;
- use a break of 10 minutes before each bout, and 15 minutes break before semifinal and final bout.

Article 6. Competitor's uniform

1. Participant's equipment:

- close fight uniform - kimono or other club uniform (long trousers and jacket)
- boxing gloves
- protecting helmet (16-17 yr. old and Man age category helmet it is not obliged)
- shin pads
- box (groin protector)
- gum shields

The equipment for female participants shall be completed with breast protector and white t-shirt.

2. Close fight uniform (jacket and trousers of a particular cut and a belt)

- shall be made of a solid cotton material
- belts - white and red colors
- the length of the sleeves is not important
- the images are allowed to have on a uniform;

- on the right side of breast and on the left sleeve - emblem of federation, sport organization, sport club;
 - on the right sleeve and back - names, emblems of the city (country, region, district).
3. In the team competitions, the participants of the same team must have the same uniform.
 4. A competitor must put a red belt if he/she is called first to the competition area. The belt has to enfold tightly the waist for two times and has to be tied in front. The endings of the tightened belt don't have to be longer than 20-25 sm. The jacket, when tightened doesn't have to be longer than 20-25 sm. under the belt.
 5. It is forbidden to wear rings, bracelets, earrings, chainlets etc. Also long hair, beard and moustache which may cause a hazard are forbidden.

Article 7. Rights and duties of representatives

1. Representative of a team is intermediate between a Judge Colleague and competitors of represented team. He directs the team and is also responsible for behavior and discipline of its members. If a team does not have the representative, a trainer or a captain of the team may carry out its duties.
2. Representative must:
 - know the present Rules and the Regulations;
 - forward the applications to participate and other necessary documents to the mandatory commission in time;
 - assist at the joint meetings of Judge Colleague and inform the members of his team about the decisions took by the Judge Colleague;
 - guarantee the appearance of participants in time;
 - stay in a special place for representatives until the end of the competitions of all his team and leave it only after a permission of the Main Judge.
3. The representative has a right to:
 - appeal the requests in a terms defined by the Regulations
 - be present during the weigh-in and ballot of places
 - have all the information about functioning and result of competition
 - advance remarks and participate in discussions during a joint meetings of Judge Colleague
 - advance valid requests
4. Representative cannot:
 - interfere with work of Judges and personnel of the competition
 - be at the same time a Judge of dated competition
5. The representative can be removed for violation of the Rules; can be disqualified and removed from the competition after disrespect towards any member of the Judge Colleague. This must be communicated to an organization of the team that he/she represents.

Chapter 7. The Rules and Free Style techniques

Article 1. Free Style technique

Controlled attacks, throwing, seizing, painful and suffocating holds in a special positions are allowed.

Article 2. Positions of sportsmen

1. Standing position - a sportsman touches the floor only with his/her feet
2. Leaning position - a sportsman touches the floor with any part of the body except feet
3. Standing bout - both sportsmen are in standing position
4. Leaning bout - both sportsmen are in a leaning position
5. The exit from the competition area must be fixed if:
 - a foot of one of the competitors touches outside of the competition area
 - in a leaning position one of the competitors touches the outside of the competition area with his/her back, shoulder blade or buttock
 - during painful or suffocating hold both competitors are completely out of the competition area

Article 3. Attacks

1. Attack is an impulsive, explosive hand or leg movement.
2. Only controlled attacks are allowed during the bouts
3. A controlled attack is the one:
 - realized within the allowed area;
 - realized with allowed techniques;
 - realized with an allowed degree of contact;

If at least one of those characters is missing the attack will be considered not controlled.
4. Allowed areas for attacks are:
 - head (forehead, cheekbones, chin, front side of face);
 - neck (except throat);
 - corpus;
 - legs;
 - back.
5. The allowed technique of attack is the one executed with the front side of a fist in gloves and also leg attacks with the any part of foot which is not considered forbidden.
6. Allowed degree of contact is:
 - full contact;
 - attacks to inside and outside of shin, knee attacks to corpus, attacks to the inside and outside parts of hips, attacks with elbows into corpus;
 - seizing with subsequent arm and feet attacks in a standing position
 - attack to a back side of a knee.

Article 4. Throwing

1. Throwing is an action of a sportsman that brings his adversary to take leaning position due to loss of balance.

2. The beginning of throwing is when attacked competitor starts falling.
3. Throwing without falling is the throwing where the attacking competitor maintains (from the beginning to the end) standing position.
4. Throwing with falling – the attacking competitor leans on his adversary in order to fix the position with holding.
5. Antithrowing – is the answer of the attacked competitor to the attack where he takes the initiative and executes a throwing changing a character and direction of falling of his adversary.
6. Controlled throwing is the one where the attacking competitor assures the spotting of adversary or lets him/her to assure himself/herself having always a control of the action.
7. The efficiency of throwing is determined by:
 - the beginning position
 - the position of the competitors during the throwing
 - the speed
 - the position of the adversary after the throwing
8. Cases where the adversary touches the floor with one hand or with the knee only due to loss of balance will not count as successful throwing
9. Allowed technical actions are:
 - throwing, undercuts, seizing of hands and legs, seizing of the uniform;
 - mat wrestling but not longer the determined time; suffocating holding without causing traumas to Adam's apple, painful holding of the shoulder articulation, elbow, talocrural and knee articulations, painful holding of the wrist;
 - leg attacks from the leaning position to the allowed zones;
 - pressure to the corpus of adversary with crossed legs;
 - in the leaning position the participants of 16 yr. old age category and older are allowed to do all the attacks that are allowed at the standing position.
 - The participants younger than the 16 yr. old age category are allowed to do only hands and legs attacks to the corpus;
 - pressure to a side of neck with forearm during mat wrestling;
 - head holding with two hands during mat wrestling;
 - suffocating with forearm and shoulder without pressure to the Adam's apple;
 - suffocating with jacket;
 - pressure to the side of the neck (only for preparing of painful holding of a hand)

Article 5. Painful holding

1. Painful holding - holding of a hand or a leg of the adversary which constrains the adversary to admit his lose after a painful force.
2. A painful holding starts with the holding of the limb of the adversary for the purpose of causing a painful sensation or for outdoing his self protecting holding.
3. A signal of giving up must be done loudly with voice or double clap with hand or leg on the back of attacking competitor or on the floor.
4. Painful holdings are allowed only when the adversary is in the leaning position. The attacking competitor can be in the standing position.
5. Painful holding must be finished if:
 - the participants are out of the competition area;
 - during the painful holding the attacked competitor rends his shoulders off the floor;

- during the painful holding of the leg the attacked competitor takes a stable standing position.
6. Controlled painful holding is the one where the attacking competitor using allowed techniques slowly (not striking) increases the pressure leaving the possibility for his/her adversary to give up.
 7. Allowed technical acts are:
 - painful holding of:
 - shoulder
 - elbow
 - talocrural
 - knee articulations
 - painful holding of wrist.

Article 6. Suffocating holdings.

1. Suffocating holding allows executing pressure on the carotid arteries with lapels of jacket, forehead, shoulder, lapel, shin due to which the adversary gives up or loses consciousness.
2. The suffocating holding starts with the beginning of a holding before actual suffocating action.
3. The suffocating holdings are permitted only when the adversary is in the leaning position. The attacking competitor may be in the standing position.
4. The suffocating holding must be finished in case the adversary took the solid standing position or in case both competitors are out of the competition area.
5. Controlled suffocating holding is the one where the attacking competitor using allowed techniques slowly (not striking) increases the pressure leaving the possibility for his/her adversary to give up.

Article 7. Forbidden techniques and actions.

1. Prohibited actions are:
 - dangerous for the health;
 - those which don't let the active running of the bout;
 - breaking the ethic rules of the discipline.
2. The prohibited techniques are:
 - suffocating holding in standing position;
 - painful holding in standing position;
 - straight leg attack on head;
 - straight attack on leg;
 - suffocating the throat with fingers;
 - pushing the neck and throat with elbow;
 - pushing the neck and throat with the knee;
 - pushing the neck when the adversary is in a prone position;
 - twisting the neck;
 - pushing the chin of the adversary from the bottom upwards during mat wrestling when he/she is under the attacking competitor;
 - suffocating holding with crossed legs on the neck;
 - knee attack of head and back;
 - knees attack jumping on the adversary during a mat wrestling;
 - elbow attacks of head;
 - elbow attacks jumping on the adversary during a mat wrestling;

- hand and knees attacks during mat wrestling are prohibited for the participants under 16 yr. old
 - throwing with the head (neck) seizure without seizing a jacket;
 - fingers and head attacks;
 - hand and leg attacks of the neck, nape, hair covered part of the head;
 - painful holding aimed at breaking spinal column and fingers;
 - leg attack of the leaning adversary by a standing competitor;
 - hair seizing, pushing the eye with fingers, mouth tearing, biting and scratching;
 - attacks of the knee articulations (direct and side attacks);
 - painful holding aimed at breaking knee articulations out of the place of its natural inflection;
 - twisting the talocrural articulation;
 - twisting the knee articulation;
 - Footdragging the readjustment of the equipment.
3. Due to trauma hazard it is also prohibited:
- attack and anti-attack with uncontrolled actions and attacks with low degree of self defense;
 - turn back and nape to the adversary;
 - to continue a bout after a gong, Referee's whistle or a Stop command;
 - scratching and biting;
 - to seize fingers and toes of the adversary;
 - to carry any other dangerous actions;
4. Acting against the active running of the bout
- going out of the competition area border;
 - seizing without a subsequent attack or throwing;
 - constant taking distance without any attempt to attack;
 - footdragging the break times during a bout;
5. Breaking the ethic rules are:
- attempt to cause traumas to an adversary;
 - simulation of trauma or its seriousness, cheating of the Judges;
 - attempt of the team representative or of the competitor to influence Judge's decision;
 - lost of self-control, rudeness towards adversary, other competitors, Judges and spectators.
6. Violation of discipline are:
- absence at the bout;
 - tardiness in appearance at the competition area;
 - appearance at the competition area without being ready;
 - talks at the competition area.
7. The competitor injured by a prohibited act may give a voice or gesture signal in case the Judges do not notice the violation.
A false signal will be punished as a violation.
8. Zones prohibited to attack are:
- eyes;
 - nape;
 - head top;
 - temples;
 - neck;
 - throat;

- arm-pits;
- spinal column;
- shoulder bones;
- groin;
- front side of the leg,
- knee articulation (from the front of from the side).

Chapter 8. Scoring

Article 1. Scoring the techniques.

1. In the Free Style bouts there can be liberally combined different phases:
 - attacking, where the competitors exchange the attacks;
 - throwing, where the competitors after seizing try to execute throwing;
 - mat wrestling where the competitors execute painful and suffocating holdings. The bout is divided in sequence of different episodes which consist of attacking, defending or anti-attacking actions. Those episodes are divided by preparatory actions for attack.
2. All the valuable preparatory actions are counted during the entire bout.
3. Only controlled, efficient and started inside the competition area actions are counted (attacks, throws, suffocating and painful holdings).
4. Bout in standing position is considered not efficient if after 5 seconds of seizing there is no following attack or throwing.
5. Mat wrestling is considered not efficient if:
 - 5 seconds after there is no seizing for executing a painful or suffocating holding;
 - 20 seconds after a painful or suffocating holding;
6. Victory by fall (as a technical point) is given when:
 - knockout;
 - two knockdowns;
 - the adversary has given up after a controlled painful or suffocating holding;
 - knockout caused by a controlled attack at legs or corpus;
7. Three points are given for:
 - knockdown.
8. Two points are given for:
 - efficient leg attack to the adversary's head;
9. One point is given for:
 - hand, leg, knee or elbow attack to the allowed areas of head, corpus or legs;
 - throwing with falling;
 - throwing on corpus without falling;
10. When more than a half of the bout time passed and no one of the competitors have technical points but only warnings (the technical score is 0:0) a Judge Colleague can appoint the more active competitor.
 - The Referee can count a painful or suffocating holding even without a signal of an attached competitor in case a holding is technically right, and anti-holding may bring to a trauma only in younger age categories (kids, younger boys/girls, middle aged boys/girls).

Article 2. Valuation of the prohibited techniques and acting.

1. Types of valuation of the prohibited techniques and acting:

- **Verbal warning** - may come before admonition. It is fixed nowhere and can be made to aware probable future violation. It can be made for:
 - attempt to attack after a "Stop" command;
 - large uncontrolled arm movements.
- **Admonition** - may be given to a sportsmen for:
 - crossing the border of the competition area with two feet (crossing the competition area border is not a subject of admonition in case it is done by two competitors during mat wrestling);
 - passive acting during a bout;
 - attack to a forbidden area without causing a trauma;
 - uncontrolled attack able to cause a trauma;
 - attack to a spinal column area, nape (except the case when a adversary was not rotating around himself at the beginning of the attack);
 - kicking the leaning adversary;
 - beating the body of the adversary against tatami;
 - unmotivated appeal to a Referee about his/her equipment or physical state;
 - throwing seizing with both hands of only the neck (or head) and not also the jacket;
 - appearance at the competition area one minute after the call without necessary equipment;
 - finger or helmet seizing;
 - kick at the knee articulation without causing a trauma;
 - direct impact of any attack to the leg without causing a trauma;
 - evident foot-dragging of the bout for the readjustment of the equipment;
 - kicking the competitor during the mat wrestling without causing a trauma;
 - hair seizing, pushing the eye with fingers, mouth tearing, biting, taking out a helmet and scratching;
 - kick at the groin area without causing trauma;
 - suffocating the adversary in a standing position;
 - executing a painful holding in a standing position;
 - direct kick at the head;
 - suffocating with fingers;
 - pushing the neck and throat with elbow;
 - pushing the neck with a knee;
 - pushing with forearm at the neck staying in front or behind the adversary;
 - pushing with a forearm at the neck of the adversary who is in a prone position;
 - twisting a neck;
 - pushing the chin of the adversary from the bottom upwards during mat wrestling;
 - knee kicking to the hips, head, back;
 - the knee kicking during a mat wrestling is prohibited for the participants under 16 yr. old;
 - finger and head attacks;
 - hand and leg attacks of the neck, nape, hair covered part of the head;
 - painful holding aimed at breaking spinal column and fingers;
 - twisting a knee articulations;
 - large uncontrolled arm movements after a verbal warning.
- Warning is given for:
 - violations with taking two remarks;
 - forbidden type of attack (knee, elbow, fingers, head);

- forbidden throws, kicks, suffocating which cause not serious trauma (does not influence the bout which continues);
 - purposeful throw when the adversary falls on his head;
 - repeated kick of the leaning adversary;
 - attack to a knee articulation, groin and other prohibited parts which causes a non serious trauma;
 - appearance without a protection equipment within two minutes after his/her appearance at the competition area.
2. Valuating of the prohibited actions and techniques during a bout.
- warnings for crossing the competition area borders and other warnings for violation of the present Rules have to be counted separately;
 - admonition is announced to a participant after the first violation of the Rules;
 - at the second violation of the Rules a first warning will be announced;
 - at the further violation of the Rules a second warning will be announced;
 - at the third warning the participant must be proclaimed loser and his adversary a winner;
 - if a violation brings a disqualification of a competitor his adversary is a full winner;
 - A warning can be announced to a competitor for the prohibited interference of a team representative into the Judge's work;
3. The valuable technical action will be praised according to the value of the action, the violation of the adversary will be punished according to the Rules.
4. The existence of trauma and the possibility to continue the bout is verified by the doctor of the competition. The fault of causing the trauma is verified by Referee and Judge Colleague.
5. Punishment for causing the trauma:
- a participant guilty for causing the trauma will be disqualified from the competition and his/her adversary will be proclaimed the winner by fall;
 - a participant guilty for causing the trauma which brings to the impossibility to continue the competitions will be disqualified from the competition and his/her adversary is proclaimed a winner by fall;
 - a competitor who gets a trauma without a fault of another competitor is proclaimed a loser and his adversary a winner;
- If both competitors get traumas which bring the impossibility to continue the competitions for both and no one of them is guilty, the winner is proclaimed on the base of the results before the trauma or in according to the decision of Judge Colleague.
6. Disqualification for prohibited actions.
- a sportsman is removed from bout if:
 - he/she got three warnings without existence of a trauma which could bring to impossibility for his adversary to continue the bout;
 - a sportsman will be removed from the competition during the bout after:
 - causing a trauma that brings the impossibility for his/her adversary to continue the competitions;
 - an important violation causing a trauma that brings the impossibility for his/her adversary to continue the bout;
 - absence at the bout;
 - important violation of ethic (refuse of shaking hands, simulation of trauma, etc)
 - a competitor is disqualified (disqualification at the competitions) for:

- important violation of ethic (lying to the Judges, rude behavior out of the competition area, etc)
- Disqualification at the competitions means that the results of the competitor will not be counted and he/she cannot take any place at the competitions.

Chapter 9. Systems and modes of competitions organization.

1. The competitors will participate in one group or will be divided in various subgroups by ballot for places. If the competition is divided into preliminary and final parts, the best competitors will continue and the competition will end for the others.
2. Every grade of the competitions is lead according to one of the principles:
 - round - all the participant compete between each other;
 - elimination system - the participants defeated several times will be eliminated according to the Rules.
3. The system of the competitions organization is a variety of composition of the methods for preliminary and final competitions to verify the strongest sportsmen. The competition system will be appointed in the Regulations and has to correspond the aims and time for the running of competitions.
4. The pairing-off and the order of team competition will be determined by the competition's organization system and the results of the draw. Due to the draw the strongest members of one team may be scattered if this is stipulated in the Regulations.
5. The examples of different organization types of preliminary and final parts and the ways of organizing the team competitions are given in attached 8, 9 and 10.

Robin Round system

1. Pairing-off
 - initially each group must have no more than 6 competitors;
 - to compose the pairs of the first round the numbers of the competitors are written in two columns:
 - first number on the left side, second on the right side. Under the second one the numbers of the half of participants shall be written, another half shall be written on the left side from top downward. In case of odd number of the participants in front of the number without a partner "O" shall be written in order to obtain an even number of participants. The participants whose numbers are in front at the same line will compete with each other.
 - to compose the pairs of the second and following rounds the numbers will be moved: the first number will remain where it is and another numbers will be shifted contra clockwise each round.
2. Placing of the competitors
 - The competitor who received a major quantity of qualification points at the end of all the bouts of his subgroup becomes a winner of this subgroup. The following placing will be made diminishing of qualification points.
 - if two competitors have the same quantity of qualification points the decision will be based on the score of a bout between them.
 - if different competitors have the same quantity of the qualification points the decision will be taken on the base of the quantity of the points taken on the bouts between them.
 - if different competitors have the same quantity of the qualification points and the same quantity of victories the best place will be given successively to a competitor which:

- take more qualification points in the bouts between participants that have the same position;
- better place shall be given to a participant which (successively):
- major number of absolute victories 5:0;
- less summery time for winning;
- get more victories connected with the absence or disqualification of adversary;
- win in points 4:1 and then have more:
 - major number of qualification points in his defeats;
 - less quantity of absolute defeats 5:0;
 - major total time to be defeated;
 - less loses on points 4:1;
 - less warnings.
- No place will be appointed for a participant removed from the competitions by a doctor before his first bout starts.
- *If a competitor won't have at least 50 per cent of the bouts inside his initial group, the points took before the removal will be cancelled and he will take the last place in the initial group.*
- *It is presumed that a competitor removed by a doctor at the final part would loose all the remaining bouts of the final part and his adversaries would win with 5:0 within 00 min. 00 seconds. He/she will in any case take place counting only the points taken before the removal.*
- A participant removed from the competition due to the decision of Judge will not take any place and his/her points will be cancelled.
- If after division into subgroups one of them has one participant more than the other, a competitor which will take the last place will take also the last place in all the bodyweight category (without counting those removed due to the decision of a Judge)

Elimination system with consolation bouts

- Competition organization:
- All the participants are divided into two groups ("A" - odd numbers, "B" - even numbers) due to the draw. The number to each competitor will be given due to the draw which will take place at weighing-in or after it and it is valid during all the competition period.
- The preliminary competitions inside each group will be organized with elimination of a competitor after his first defeat.
 - A winner will pass to the following round.
- When two best competitors remain (A1 and B1) a consolation bouts for appointing two other competitors (A2 and B2) will take place (see the scheme in attachment 9). Only a competitors defeated by two best competitors may take part at consolation bouts.
- Another type of consolation bout is given in attachment 9 which allows participation to the consolation bouts to participants defeated by four semifinalists and defeated semifinalists.
- The consolation bouts may not take place at the presence of big quantity of the participants (Olympic system).
- The organization types described at subpoints 3, 4, 5 must be mentioned at the Regulations.

- The final part of the competitions will be dedicated to the bouts for the first, third and fifth places. The bouts for the third and fifth places may not take place if it is so stipulated in the Regulations.
2. Pairing-off and placing
- The pairing-off at the round of the preliminary part of the competitions will be made due to the scheme detailed in the attachments 9 and 10.
 - At the consolation bouts (subpoint 3) the one defeated by the stronger of the first round will compete with the defeated by the stronger of the second round. The winner of this bout will compete with the defeated by the strongest of the third round and so on. At the final part the winners of the consolation bouts (A2 and B2) will compete for the third place and the defeated at the last consolation bout (A3, B3) will compete for the fifth place.
 - At the consolation bouts (due to the point 4) the defeated by the semifinalists at the first round will compete with the defeated by the same semifinalists at the second round; the winners of those bouts will compete with the ones defeated by the same semifinalists at the third round and so on. The winners of those bouts will compete for the right to bout with the defeated semifinalist of another group. The winners (A2 and B2) will compete for the third place and the ones defeated at the last consolation bout will compete for the fifth place.
 - The competitors who will win all the bouts inside their group will compete for the first place.
 - The places of the competitors defeated inside the groups at the preliminary and consolation bouts will be given on the base of the round when they were definitely defeated.

Chapter 10. Definition of the results of team competition.

Article 1. Mixed team-personal competitions.

1. The places are defined on the base of the personal results of qualifying members of the team. The composition and the quantity of the qualifying members in each bodyweight category is stipulated in the Regulations. If not it is presumed that every bodyweight category must have only one competitor from each team.
2. The team places are defined due to one of the following ways:
 - putting together all the points due the principle: best place - more points;
 - giving the foul points to the participants due to the principle: 1 place - 1 point, 2 place - 2 points and so on. For every missing competitor, a team gets as much foul points as are competitors are at the bodyweight category where a competitor representing the team is missing plus one more foul point.
3. If two or more teams have the same number of points the preference must be given to a team which members have:
 - major number of the first, second, third and so on places
 - in case of equal result: major number of the competitors defeated by the members of the team; major number of victories; major quality of the victories; major number of participants of the bodyweight categories where a member of the team took the second place etc.

If there is only one competitor in a bodyweight category representing a team, the team will get as much points as if he/she took the first place.
4. The results must be fixed in the protocol.

Article 2. Team competitions

1. Team competition may be organized in any way used for the organization of the personal competitions. The system and type of the organization of the competitions, the number of the competitors of each team, the bodyweight categories where they have to be presented and the possibility to change the competitors during the competitions is stipulated by the Regulations.
2. The minimum composition of the team competing must be not less than a half of the total composition of the team presented in the competitions. A competitor missing at the presentation of the team will be removed from the competition.
3. The team will get one point in case of victory of its member and 0 points in case of his/her absence or defeat. In case of absence of the competitor his/her adversary gets an absolute victory 5:0 within 00 min. 00 seconds. A team which will get more points will be considered a winner. In case of the equal number of points the preference is given to a team which has:
 - major number of qualification points taken by the members of the team;
 - major quantity of absolute victories 5:0 included those obtained within 00 min. 00 seconds;
 - less time to obtain the victories;

In case of equal result the preference is given to a team that has more technical points got by its members during the bouts. If the result is still the same the preference is given to a team which has more points in the heavy bodyweight category.
4. The victory gives one point to the team and defeat gives no points.
5. In the round-type team competitions the points got after winning the bouts are counted first.

If two teams have the same number of the points the preference will be given to the winner in the competition between them. The defeated team which has competed in at least 50 per cent of the bouts a place is given due to the points taken. It will be presumed that this team loses all the missing bouts (5:0 within 00 minutes and 00 seconds). A team defeated in a final part the place will be given according the presumption that lost in all the missing bouts with another team (5:0 within 00 minutes and 00 seconds).

In a team competition with elimination and consolation bouts organization type the rules of the attachments 9 and 10 must be applied.
6. The team loses the right for a place in case of disqualification by the Main Judge for violation of the Rules.

Chapter 11. The Main Judge's report.

1. Competition organization:
 - the name of the competitions;
 - the date of the competitions;
 - the city and the place where the competitions are hold;
 - the organization responsible for organizing the competitions;
 - the organization of the competitions, list and the reasons of modifications
2. The participants:
 - number of participants;
 - number of participants admitted to compete;
 - the effective number of participants, also detailed number of the participants within each bodyweight category;
 - the number of participants of each sport organization;
 - the age of the participants;
 - qualification degree (belt) of the competitors;

- the number of the participants removed from the competitions including not presented ones and removed by doctor.
3. Valuation of the competitions:
 - the number of participants that correspond to the qualification grade.
 4. The Judges:
 - the valuation of the judging system, the best judges;
 - the number of the received applies, number of the accepts and refusals.
 5. The documents to be attached:
 - requests for participation;
 - materials of the mandatory commission and forms of participants;
 - weighing-in protocols;
 - competition protocols (double copy);
 - protocols of the team competitions;
 - all meeting protocols;
 - doctor's report.

Chapter 12. Free Style Rules - Second Version

1. The Free Style Rules of the Second Version are the same as Free Style First Version Rules.
2. The judging, valuation of the techniques are the same as for the Free Style First Version
3. Using of the more secure helmets "Super Safe" type permits the more vast use of the attacks to head.
4. The mat wrestling is allowed in all the age categories.
 - allowed techniques;
 - all the hand, leg, elbows and knees attacks are allowed to all the parts of the body from the standing position and with seizing also.
 - The competitors have 20 seconds for executing attacks and allowed techniques during the mat wrestling.
 - The painful and suffocating holdings are allowed.
 - The hand attacks to head, legs, and corpus, knee attacks to corpus and legs of the leaning adversary (the competitor leaning under is allowed to make all types of attacks to all the parts of body of the adversary).
 - Leg protection is allowed due to doctor's recommendation.

Attachment 1

Gestures and commands of Referee

Risunok 1

To announce admonition a Referee stops the bout, commands "Ready", with the finger of one hand points the punished competitor, a finger of another hand pointed to an opposite side and says: "White (or Red) belt – admonition”.

Risunok 2

To announce warning Referee stops the bout, commands "Ready", with a finger of one hand points the punished one, raise a finger of another hand and says: "White (or Red) belt - Warning"

Risunok 3

To announce the second warning Referee stops the bout, commands "Ready", with a finger of one hand points the punished competitor, raise two fingers of another hand and says: "White (or Red) belt - second Warning"

Risunok 4

Disqualification - one hand points the disqualified competitor and another hand fisted shows behind his back.

Risunok 5

Under waist attack (groin attack) - Referee puts both palm horizontally ahead the groin zone, simulates a knee high kick and with another hand points the competitor and says "Warning"

Risunok 6

Prohibited knee attack - Referee simulates a knee attack putting two palms on his knee

Risunok 7

Throwing with seizing head with two hands - Referee imitates a head seizing with two hands

Risunok 8

Prohibited attack to back or nape - Referee raises and inflects one hand and leans a fist of another hand against a palm of the first hand

Risunok 9

Prohibited elbow attack - Referee raises one elbow and leans a palm of another hand against it.

Risunok 10

Crossing the competition area border - Referee shows a tatami line with one hand

Risunok 11

Announcing the winner - Referee raises a hand of the winner.

The main commands of Referee during a bout:

- Invitation with two palm to the competition area (the sportsmen take their places)
- "Shake hands"
- "Get ready"
- "Attack"
- "Stop" - to stop or interrupt a bout
- "counting until 10" - knockdown or knockout