

**AMERICAN SAMBO ASSOCIATION  
AMATEUR COMBAT SAMBO™  
Rules Summary**

**A. REQUIRED UNIFORM AND EQUIPMENT:**

- 1) A red or blue Sambo Kurtka (please contact the event coordinator if you can't obtain a kurtka)
- 2) Matching shorts, wrestling singlet, or strapless trunks
- 3) A solid red AND blue belt (no stripes, colors, or markings of any kind)
- 4) Sambo shoes (bare feet optional)
- 5) Groin protector
- 6) Mouth piece
- 7) Open face headgear
- 8) Shin/instep guards
- 9) Fingerless grappling gloves (min 7oz)
- 10) Knee pads are optional
- 11) No t-shirts are to be worn beneath one's Kurtka. Rash guards are permitted beneath the Kurtka (must be tight fitting).

**B. AGE DIVISIONS:**

- 1) Men's/Women's Division: Ages 18 — 35 yrs.
- 2) Senior Men's/Women's Division: 36+ yrs

**C. MEN'S WEIGHT DIVISIONS:**

- 1) 55kg (121lbs)
- 2) 60kg (132lbs)
- 3) 66kg (145.2lbs)
- 4) 74kg (162.8lbs)
- 5) 84kg (184.8lbs)
- 6) 96kg (211.2lbs)
- 7) +96kg (-211.2lbs)
- 8) Superheavyweight (+250lbs)

**C. DURATION OF THE MATCH AND OTHER TIMING GUIDELINES:**

- 1) 6 minutes
- 2) Competitors will be given 60 seconds on the ground to execute a submission or tapout to strikes subsequent to any takedown. If no submission or tapout is acquired, competitors will be stood up and re-started in the center of the mat. The time clock will be stopped during any repositioning of competitors, or at the referee's discretion. In the event of a tie, a sudden-death overtime will be enacted. The winner will be determined by the first point scored.

**D. WINNING THE MATCH:**

- 1) Submission – A player must clearly tap multiple times or yell "STOP" in the event of a submission. Single, soft taps will not stop a match.
- 2) Knockout
- 3) Three knockdown rule applies
- 4) Point differential at the end of match time or 15 point differential.
- 5) When the referee stops the match.

*There is NO Total Victory by throw (ippon).*

**E. ILLEGAL HOLD/TECHNIQUES**

- 1) While standing:
  - a) Strikes to the groin or back of the head
  - b) Elbow or knee strikes to the head
  - c) Foot stomping
  - d) Strikes directly upon the knees
  - e) Strikes to the windpipe
  - f) Strikes directly upon the spine
  - g) Throws or spikes onto the head
  - h) Throws against any joint
  - i) Slamming from any standing position
  - j) Kicking or kneeing the head of a downed opponent
  - k) Gripping inside your opponent's sleeve to execute a throw or control
  - l) Holding ropes/fence if fighting in a ring/cage
  - m) Throwing out of competition area (if in a ring)
  - n) Use of Vaseline or other similar substances on body
  - o) Fish hooking, eye gouging, biting, scratching, pinching, or other "dirty" techniques
  - p) Disengaging after a throw to play points. After a throw or takedown, a player MUST continue to engage his opponent.
  - q) Biting

- r) Pinching
- s) Scratching
- t) Gripping the skirt of the kurtka or tails of the belt

2) While on the ground:

- a) Direct pressure to the nose
- b) Chokes using the hands
- c) Smothering (hand over mouth)
- d) Elbow or knee strikes to the head
- e) Strikes to the groin or back of the head
- f) Strikes to the spine
- g) Up-kicks to the face or knees of a standing opponent
- h) Standing to slam (slams are allowed from the knees only)
- i) Wrist locks
- j) Pulling hair
- k) Holding your opponent's headgear, shorts, or shin guards.
- l) Gripping inside your opponent's sleeve or gloves (a player may grip inside his/her own sleeve to secure a choke or submission)
- m) Finger or small joint manipulation
- n) Fish hooking, eye gouging, biting, scratching, pinching, or other "dirty" techniques
- o) Use of Vaseline or other similar substances on body
- p) Biting
- q) Pinching
- r) Scratching
- s) Gripping the skirt of the kurtka or tails of the belt
- t) Using an untied belt for a submission

**F. LEGAL TECHNIQUES:**

All strikes or submissions (using or not using the Kurtka) except those mentioned in the Illegal Techniques section (All submissions MUST be applied without sudden force. Malicious application of any submission can lead to a disqualification.)

**G. REFEREE INTERVENTION GUIDELINES:**

- 1) The referee IS REQUIRED to stop any match at any time if he/she feels any fighter is in danger of serious injury.
- 2) The referee is at liberty to pause the match at any time and request examination of any competitor by the event EMT or Doctor. If the match is paused for a medical concern about a player, the maximum time allowed will be three minutes for the doctor to examine the player or for the player to recover from an injury. If after three minutes the doctor/EMT is not finished, the injured player can't continue, and the injury did not occur as a result of a flagrant illegal technique; the uninjured player will be declared winner.
- 3) The referee WILL stop the match and reposition the competitors standing in the center of the mat when one or both competitors are considered out-of-bounds - No Exceptions:
  - a) Out-of-bounds for standing competitors is when ANY two feet are outside the identified boundaries.
  - b) Out-of-bounds for grappling competitors is when more than half of their COLLECTIVE BODY is outside the identified boundaries.
- 4) The referee will stop the match and re-position the competitors standing in the event one of the following escapes occur:
  - a) A player stands completely erect and completely lifts his/her opponent of the ground during an armbar or triangle attempt for 3 seconds.
  - b) A player stands in an erect, balanced position of control over his/her opponent during an ankle lock attempt.
  - c) If jumping guard, flying arm bar, flying triangle does not result in bringing the defender to his knees, action will be stopped and both players will be repositioned standing.
- 5) The referee is required to give a standing 8 count to an athlete knocked down by strike
- 6) The referee is at liberty to eject belligerent coaches or teammates from the mat area or arena.
- 7) The referee is at liberty to stop grappling and reposition the competitors standing in the event of inactivity or stalling.
- 8) The referee is required to enforce all point awards in accordance with the rules.

**H. POINT SCORING**

In the event a match is not won by submission, the following point system has been designed to award to competitors for standing and ground Dominance.

Dominance is defined as: The ability to use technical skill and movement, standing and on the ground, in order to manipulate and control the opponent's actions for the goal of acquiring a knockout, throw or submission.

The following points will be awarded for throws/takedowns:

- 1) **3 points:** Any throws/takedowns in which the attacker remains on both feet during the execution of the throw. An attacker may land on the mat with his opponent. (hip throw, shoulder throw,

fireman carry, pick-ups, sweeps where attacker remains standing, etc).

2) **2 points:** Any throw/takedown in which the attacker drops to one or both knees in order to execute the throw (drop shoulder throws, single legs from the knee, kneeling hooks/trips, etc).

3) **1 point:** Any sacrificial throw/takedown in which the attacker intentionally lands on his back (sacrifice throw, pancakes, trips and sweeps which involve sacrificial falls, etc). No points are awarded for pulling guard.

4) **1 point:** Awarded to any defender who clearly reverses a throw landing in a sustained top position upon the attacker.

The following points will be awarded for ground performance **and can only be scored once per match:** Points are not awarded in correlation to any particular ground position, pass, sweep, or submission attempt - only for maintenance of a pin.

**3 points:** Awarded to any competitor who maintains a pin from top control for 20 seconds (excluding guard and ½ guard). The pin begins once both shoulders of the athlete being pinned touch the mat. From that point on, a pin will continue to be scored as long as the pinned athlete's shoulders do not pass 90 degrees from the mat. Positional changes of the attacker during a pin are legal as long as the pinned opponent's shoulders do not pass 90 degrees from the mat.

The following points will be awarded for striking performance:

**3 Points:** for any knockdown resulting from a strike.

#### I. **WARNINGS**

1) Competitors will only be allowed 2 warnings. After the SECOND warning, 2 points will be deducted.

2) Warnings will be issued for any behavior conflicting with the above stated rules.

3) Warnings for stalling may include inactivity during stand up or mat activity. For example - intentionally evacuating the mat during grappling to escape a submission, failure to engage gripping while standing, failure to strike or press an attack while standing, or any behavior which the referee determines an intentional delay of action.)

4) A fighter CAN receive warnings for the belligerent behavior of his or her coach.

5) Malicious or uncontrolled application of any submission can lead to a disqualification.