

REGULATIONS of the 2020 Rosneft Online SAMBO Cup

1. Competition Objectives

- global popularisation of SAMBO;
- strengthening friendly sports ties;
- mastering the SAMBO terminology in English;
- COVID-19 SAMBO challenge.

2. Dates and Venue

The stages of the 2020 Rosneft SAMBO Cup are held online by continents:

- **Europe** - June 17-19, 2020, the registration deadline is June 14, 2020;
- **Africa** - June 24-26, 2020, the registration deadline is June 21, 2020;
- **Asia** - July 1-3, 2020, the registration deadline is June 28, 2020;
- **Pan-America** - July 8-10, 2020, the registration deadline is July 5, 2020.

The superfinals of the 2020 Rosneft Online SAMBO Cup will be held on July 16-17, 2020.

3. Competition Management

The Competition is prepared and carried out under the general management of the International SAMBO Federation (hereinafter - FIAS).

The direct conduct of the competition is managed by FIAS and the competition officials, approved by the International SAMBO Federation (FIAS).

4. Competitors

Competitions are held in compliance with these Regulations (referred to hereinafter as the Regulations).

The Online SAMBO Cup is held in two stages, preliminary and final. Athletes of national teams representing National SAMBO Federations-members of the FIAS can take part in the Competitions. Upon prior application by the National Federation, athletes of any category (any discipline (men, women, combat SAMBO), any age group, any weight category) are allowed to take part in the Competitions.

Knowledge of English is a prerequisite for participation in the Competitions. During the games, it is desirable to have an assistant who would film an athlete performing physical exercises. The number of participants **shall not exceed 1** (one) athlete per country.

The superfinals of the 2020 Rosneft Online SAMBO Cup are attended by finalists of the continental stages.

5. Competition Rules

- Two SAMBO athletes in red and blue uniforms (in compliance with the tournament draw) sit in front of the computer at home at the scheduled time.
- The Arbiter (who acts as the host as well) is in the studio where the screen with the game is located.
- In the game area, there is a picture of some SAMBO technique (throw, painful hold, hold-down). The picture is covered with colored squares numbered from 1 to 25.
- One by one, athletes open the numbered squares and try to guess the SAMBO technique name *, **. The first is the athlete who is assigned to perform in red, due to the draw held at the technical meeting.
- In their turn, athletes should name the technique in the picture in English (a matrix with figures depicting various SAMBO techniques and terms in English are listed in the document LIST OF SAMBO TERMINOLOGY FOR THE 2020 ROSNEFT ONLINE SAMBO CUP). Each athlete is given 10 seconds to select a card number and make a decision (name a technique or pass their move). If an athlete gives an incorrect answer, then they skip their move, and their opponent opens two numbers in succession.
- Once a participant names the technique displayed on the game area, the SAMBO technique image appears with its name in 5 (five) languages (English, Russian, French, Spanish, German).
- The winner goes to the next round.
- At the preliminary stage (1st day) athletes participating in the round of 16 are determined.
- In the final block, the round of 16, quarterfinals, semifinals, and finals are carried out.
- Athletes who lose in the semifinals win the bronze.

** When opening some numbers, bonus tasks in the form of physical exercises are possible, which a participant must perform.*

The list of exercises:

- 1. Squats (full bent knee squat) - 10 times.*
- 2. Push-ups - 10 times.*
- 3. Shoulder stand ("Birch") - 10 seconds.*
- 4. Arabesque ("Swallow") - 10 seconds.*
- 5. Front split - 10 seconds.*

6. Belt rotation - from the hands-down position, with the SAMBO belt (wide grip), inlocate back and forth - 10 times (an extra belt should be at hand).

****** In the process of selecting a number, the Golden Card with the Rosneft logo may be discovered, which allows to make an extra move.

▪ An athlete must take part in the Competition without assistance or clues. In case of violation of this rule, the competition officials can disqualify this athlete.

6. Technical requirements

To ensure high-quality communication it is necessary to use a computer (or a tablet) with the working webcam and microphone, with the Internet connection being at least 3G (wired connection is preferred).

7. Summarizing

The procedure of conducting matches, the determination of the winners and prize-winners of the Competitions is carried out in compliance with the international rules of Online SAMBO Cup that are briefed in these Regulations.

The Competitions are individual.

8. Awards

Winners and prize-winners of the Competitions are awarded with electronic diplomas and cash prizes.

At the Cup's stages, cash prizes amount to:

1st place - 500 USD
2nd place - 250 USD
3rd place - 100 USD (2 winners)

At the Cup's finals, cash prizes amount to:

1st place - 1000 USD
2nd place - 750 USD
3rd place - 300 USD (2 winners)

11. Television

All rights of the television broadcast of the Competitions belong to FIAS.

The Organizing Committee provides the broadcast of the Competitions in compliance with the FIAS Guidelines on television.

12. Marketing and Advertising:

The Organizing Committee of the Competitions guarantees the observance of sponsorship rights to FIAS partners and sponsors, as provided for in the FIAS Marketing Guide.

13. Procedure and Terms for Submitting Applications

Applications for participation in the Competitions are submitted by the National SAMBO Federations no later than the dates indicated in the Regulations.

To apply please send the following documents:

- a copy of the participant's passport
- a color photo of participant in SAMBO uniform (Half-length portrait)
- an application-agreement (a sample application-agreement is listed in Appendix 2).

Applications should be sent to info@sambo-fias.com

For queries concerning participations and applications:

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