

**REGULATIONS**  
**International seminar for SAMBO coaches**  
**September 6<sup>th</sup> - September 7<sup>th</sup>, 2022**  
**Alajuela (Costa Rica)**

**1. Dates and venue**

The seminar will be held on September 6 - 7, 2022 in Alajuela (Costa Rica).

The seminar will be held in the **Sports Complex Monserrat (Polideportivo Monserrat)**.

Address of the venue: Montserrat de Alajuela, Provincia de Alajuela, Río Segundo, Costa Rica.

**2. Participants**

Coaches, who are included in the application from the National SAMBO Federation, are invited to participate in the seminar.

Coaches not included in the application of the National SAMBO Federation will not be admitted to the seminar.

**3. Conditions and conducting**

Accommodation, meals and transfer of participants are responsibilities of participants themselves. The sending organization takes charge of the costs associated with accommodation, meals and transfers of the participants of the seminar.

The participation fee for the seminar is 100 USD, and to be paid at the accreditation to FIAS.

The payment is made strictly in US dollars.

To participate in the seminar, the coaches must have a SAMBO uniform.

**4. Accreditation**

Each participant must register in the FIAS database on the seminar page.

Without an electronic application in the FIAS database, the participant will not be admitted to the seminar.

Admission of participants takes place at the accreditation point, which will be held on September 6, 2022 at the **Sports Complex Monserrat (Polideportivo Monserrat)** from 9:30 to 10:00 am.

During the accreditation each participant must provide the Accreditation Commission with his passport or identity card.

**5. Technical conditions**

Those coaches who pass successfully the exam will be awarded with the qualification coaching degree of 1<sup>st</sup> level.

Those coaches, who fail to pass the exam, will be awarded with certificates of completion.

## 6. Visa support

All the participants will be provided with visa support, necessary for obtaining a visa in consular offices of the Costa Rica.

Sambo and Associated Sports Federation of Costa Rica will provide the visa support for coaches according to an application in the FIAS Database.

## 7. Application

Applications from National Federations must be completed in the FIAS Database by August 31, 2022. No other application methods will be considered.

## 8. Contacts

For a visa support:

Sambo and Associated Sports Federation of Costa Rica

Address: Lourdes de Montes de Oca, detrás de la Universidad Latina, Condominio Talavera b3, San José, Costa Rica

Tel: +506 8844 7919, +506 8323 7682

e-mail: [cremasanchez@yahoo.com](mailto:cremasanchez@yahoo.com)      [lbogantes@yahoo.com](mailto:lbogantes@yahoo.com)

## FIAS COACHES SEMINAR PROGRAM

September 6 (Tuesday)	
09:30 – 10:00	Registration of participants
10:00 – 11:00	SAMBO techniques classification – theoretical studies
11:00 – 12:30	Rules of organization on attestation SAMBO athletes and accreditation of SAMBO clubs – theoretical studies
12:30 – 14:00	Break
14:00 – 14:45	SAMBO special exercises – practical lesson
14:45 – 16:00	Technique in a standing position (hands, body throws) – practical studies
16:00 – 16:30	Break
16:30 – 18:00	Technique in the ground position (painful holds) – practical studies
18:00 – 20:00	Self-study
September 7 (Wednesday)	
10:00 – 11:30	Technique in a standing position (legs throws) – practical studies
11:30 – 13:00	Technique in the ground position (hold down, turnings) – practical studies
13:00 – 13:30	Break
13:30 – 14:30	Exam – practical studies
14:30 – 15:00	Exam – theoretical studies
15:00 – 15:15	Summing-up