REGULATION
on the certification procedure for the assignment of qualifying ranks in SAMBO

August, 2014
1. General terms

1.1. Basic terms used in the Regulation:
- certification – the process of determining whether the level of technical sports skills of a certification candidate complies with the certification requirements;
- certification activities – the range of measures associated with certification;
- certification requirements – the established rules, norms and standards that are mandatory for the assignment of a particular qualifying rank and the receipt of the corresponding attestation certificate;
- certification candidate – the person taking part in certification;
- qualification – the level of compliance of theoretical, practical, technical and sport skills with the certification criteria;
- qualifying rank – the level corresponding to the qualification in the register;
- Student – student qualifying rank;
- Master – master qualifying rank;
- certification criteria – the set of principles and attributes used to determine qualification;
- Certification Commission – the collective body comprised of specialists and experts to perform certification activities;
- expert – a person recognised as competent and authorised to take part in certification activities;
- attestation certificate – the official document confirming the qualification;
- expert's certificate – the official document confirming the expert's powers and status.

1.2. This Regulation establishes a common certification standard for the assigning of qualifying ranks in Sambo.
1.3. This Regulation establishes a common certification procedure for all members of the International Sambo Federation of different levels.
1.4. The purpose of certification activities is to create and improve legal, organisational and economic conditions for the further integration of Sambo into the world community.
1.5. The main objectives of certification activities are:
- to introduce an international system of sports categories – qualifying ranks;
- to introduce international terminology for Sambo techniques;
- to enhance the basic technical preparedness of athletes and the professional skills of Sambo coaches, officials and specialists.

1.6. The main principles of certification activities are:
- the collegiality, openness and objectivity of the certification procedure;
- the observance of equal rights – the application of common rules, norms and standards for all certification candidates;
- accessibility – provision by the attestation commission of comprehensive information to certification candidates;
- voluntarily undergoing the certification procedure.

1.7. The Certification Commission shall have the right to conduct certification and assign qualifying ranks.
1.8. The contents of this Regulation shall be public information for all interested parties.

2. Qualifying ranks

2.1. The register of qualifying ranks and their approximate compliance with sports categories and titles is presented in Appendix 1.

Differently coloured chevrons (sewn onto the left sleeve of the Sambo jacket at a distance of 8 cm from the shoulder) shall be used to identify student ranks. The chevron shall have the emblem of the national federation (Appendix 2).
Patches of various geometric figures with the FIAS emblem shall be used to identify master ranks.

2.2. Certification shall be conducted to assign each qualifying rank.

3. Certification participants

Certification participants shall be:
- the Certification Commission;
3.1. The Certification Commission is a group of specialists (experts) having the necessary list of knowledge and powers that is established to perform the following functions:
- organise and conduct certification;
- monitor the level of technical sports skills exhibited by certification candidates and maintain a record of the certification results;
- review appeals of certification results;
- notify certification candidates about changes to be made to the procedure for certification activities;
- be responsible for maintaining the appropriate certification register;
- observe reporting practices by regularly providing certification data and updating information databases.

3.2. Experts are specialists who are members of the Certification Commission, have theoretical and practical knowledge in Sambo, take part in the certification procedure and approve the certification results. The duties of the experts shall include:
- improving the level of professional training;
- improving professional qualifications by undergoing systematic regrading;
- maintaining active coaching and methodological activities;
- taking part in the certification procedure.

3.3. Certification candidates shall be members of the appropriate level of the Sambo federation and registered in the corresponding level of the certification register. The certification candidates shall perform the following functions:
- preparing an official application for certification;
- providing information required for certification;
- taking part in certification.

4. Certification Commission
4.1. There are three levels of the Certification Commission:
- National Certification Commission – has the right to certify 1 student rank to 1 master rank;
- Main Certification Commission (level of the Continental Sambo Federation) – has the right to certify experts of the National Category, 1-2 master ranks and 1-2 coach ranks;
- Higher Certification Commission (level of FIAS) – has the right to certify experts of the International Category, 3-5 master ranks and 3-4 coach ranks.

4.2. The members of the Certification Commission shall be approved by the decision of the Executive Committee of the International Sambo Federation. The Certification Commission is a subdivision of the corresponding level of the Sambo Federation. The members of the Certification Commission shall include:
- the chairman, who chairs the Certification Commission;
- deputy chairman;
- secretary, who is responsible for preparing documents;
- experts.

4.3. Structure of the Certification Commission:
4.4. The deputy chairman, secretary and commission members shall perform their duties in accordance with the orders and instructions of the chairman.

5. Certification procedure for the assignment of the student qualifying rank.

5.1. Certification for student qualifying ranks shall take place at sports schools, clubs and other facilities of the National Certification Commission.

5.2. The certification dates shall be approved by the National Certification Commission and included in the calendar plan of NSF sports events with the mandatory posting of information on the official NSF website.

5.3. Certification shall be conducted by National Category experts of divisions of the National Certification Commission (at least three people) – coaches and instructors who have the qualification of no lower than the 1st master rank, have successfully completed advanced training at seminars at least once every two years and have received the “Certificate of a National Category expert for the assignment of student ranks”.

5.4. Certification requirements for the assignment of the certification student rank are specified in this Regulation (Appendix 3).

Additional materials may be used as requirements at the request of the Certification Commission for the selection of a certification candidate in the event errors are made when demonstrating the main requirements.

5.5. Experts shall register certification candidates for the exam to assign the student rank on the basis of an application (Appendix 6, Form 1-A).

5.6. The certification results shall be recorded in a protocol (Appendix 6, Form 2-A).

5.7. The reporting documents – qualifying competition protocols and the protocol on compliance with the certification requirements for technique shall be submitted to the secretary of the Certification Commission.

5.8. Based on the documents submitted, the National Certification Commission shall approve the list of candidates who have successfully undergone certification with the assignment of the corresponding level of student ranks.

5.9. The Attestation Certificate forms for all student ranks shall be manufactured at a printing house at the expense of the National Certification Commission based on the finished sample posted on the FIAS website.

5.10. The cost of certification shall be 100 currency units and shall be paid by the candidate by making payment to a bank using the details of the National Sambo Federation.
6. Certification procedure for the assignment of the master and coach qualifying rank.

6.1. Certification for the assignment of 1-2 master and 1-2 coach qualifying ranks shall be conducted by the Main Certification Commission (level of CSF).

6.2. Certification for the assignment of 3-4 master and 3-4 coach qualifying ranks shall be conducted by the Higher Certification Commission (level of FIAS).

6.3. The certification dates shall be approved by the corresponding level of the Certification Commission and included in the calendar plan of the federation's sports events with the mandatory posting of information on the official website of the corresponding federation.

6.4. Certification requirements for the assignment of each master and coach qualifying rank are specified in this Regulation (Appendix 4).

6.5. In order to obtain certification for the master and coach qualifying ranks, the certification candidates must prepare and send the completed “Submission” (PR form) to the corresponding Certification Commission by email for the assignment of the appropriate rank based on the results of professional activities as well as other documents required for registration.

6.6. Documents to be attached to the "Submission":

For athletes (combat and sports Sambo):
- copy of passport indicating personal data;
- copy of the competition protocol indicating results;
- copy of the athlete’s classification booklet;
- copy of previous Certificates on the assignment of a rank;
- copy of the certification protocol completed using Form 2-A on passing of the standard technical tests;
- copy of the bank receipt on payment for the preparation and registration of the Certificate.

For athletes (demo Sambo):
- copy of passport indicating personal data;
- copy of the competition protocol indicating results;
- copy of the athlete’s classification booklet;
- copy of previous Certificates on the assignment of a rank;
- copy of the certification protocol completed using Form 2-A on passing of the standard technical tests;
- copy of the bank receipt on payment for the preparation and registration of the Certificate.

For coaches:
- copy of passport indicating personal data;
- copy of the coach’s booklet (certificate) indicating all data about the coach, coaching experience and coaching category;
- copy of previous Certificates on the assignment of a rank;
- copy of the certification protocol completed using Form 2-A on passing of the standard technical tests;
- copy of the bank receipt on payment for the preparation and registration of the Certificate.

6.7. After studying and verifying the copies of documents submitted, the Certification Commission shall make a decision on the assignment of a rank within 30 days from the time of their receipt. The decision shall be conveyed to the certification candidate via email or by a contact telephone number.

If approved, the certification candidate must send the original version of the “Submission” as soon as possible via express mail. After receiving this document, the Certification Commission shall send the Attestation Certificate to the address of the certification candidate via express mail.

In cases when documents are not properly prepared or certain documents are missing, the certification candidate must repeat the procedure of submitting the entire set of documents via email.

6.8. The cost of undergoing certification for the assignment of the master and coach qualifying ranks shall be 500 currency units and shall be paid by the candidate by making payment to a bank using the details of FIAS.

6.9. A sample of the coach certificate is given in Appendix 7.
7. Certification procedure for the assignment of expert status

7.1. Certification for the assignment of status of a National Category expert shall be conducted by the Main Certification Commission (level of CSF).

7.2. Certification for the assignment of status of an International Category expert shall be conducted by the Higher Certification Commission (level of FIAS).

7.3. The location and dates of advanced training seminars for experts shall be approved by the chairman of the corresponding Certification Commission and included in the calendar plan of the federation's sports events with the mandatory posting of information on the official website of the corresponding federation. Participation in the seminar shall require the payment of a USD 50 participant's fee via a bank and the submission of a copy of a receipt as well as uninterrupted membership in the corresponding level of the Sambo Federation for at least three years. If uninterrupted membership is less than the three years, the participant's fee shall be USD 100. In order to obtain an “Expert's Certificate”, each seminar participant must submit a copy of the Attestation Certificate on the existence of a master rank in addition to a receipt confirming the payment of the fee and also master the entire scope of the theory and practice at the seminar and receive a positive assessment on the final exam.

7.4. The certification requirements for the assignment of expert status are specified in this Regulation (Appendix 5).

7.5. In order to obtain certification for expert status, the certification candidates must prepare and send the completed “Submission” (PR form) to the corresponding Certification Commission by email for the assignment of the appropriate rank based on the results of professional activities as well as other documents required for registration.

7.6. Documents to be attached to the “Submission”:
   - copy of passport indicating personal data;
   - copy of the competition protocol indicating results;
   - copy of the classification booklet;
   - copy of previous Certificates on the assignment of a rank;
   - copy of the coach's booklet (certificate) indicating all data about the coach, coaching experience and coaching category
   - copy of the certification protocol completed using Form 2-A on passing of the standard technical tests;
   - copy of the bank receipt on payment for the preparation and registration of the Certificate.

7.7. Upon completion of the exam, a special commission shall adopt a decision on the assignment of expert status with the awarding of the “Expert's Certificate” of the appropriate category with the mandatory posting of information on the official website of the corresponding federation.

8. Examination of appeals

8.1. In the event of any disputed matters in the certification process, the interested party may file an appeal with the chairman of the corresponding level of the Certification Commission.

8.2. The decision issued by the chairman of the corresponding level of the Certification Commission shall not be subject to appeal.

9. Monitoring the activities of the Certification Commission

9.1. The chairman of the corresponding level of the Certification Commission shall be appointed from among the members of the corresponding level of the Sambo Federation Executive Committee and report directly to the corresponding level of the Sambo Federation Executive Committee.

9.2. In the event of the improper performance of duties by the chairman, the corresponding level of the Sambo Federation Executive Committee may prematurely terminate the powers of the chairman of the corresponding level of the Central Certification Commission.

9.3. In the event of the early termination of the chairman’s powers, the Sambo Federation Executive Committee shall appoint another person to this position.
10. Assignment of master qualifying rank based on the results of professional activities

10.1. To athletes for sports results:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Result</th>
</tr>
</thead>
</table>
| 2nd master | 1st place in the national championship among youths,  
1st-3rd place in the national championships among youths and juniors,  
1st-3rd place in the continental championship,  
Membership in a country's national team |
| 3rd master | 1st-2nd place in national championships,  
1st-3rd place in world championships or world games of international sports agencies and organisations,  
1st place in B category tournaments,  
1st-3rd place in A category tournaments,  
1st-3rd place at the world championship among youths and juniors,  
1st-5th place at the world championship |
| 4th master | 1st-2nd place at the continental championship (repeat),  
1st-2nd place at world cup stages (at least 3 times),  
1st-3rd place at the world championship among youths and juniors,  
1st-3rd place at world championships (at least 2 times) |
| 5th master | 1st-2nd place at the continental championship (repeat),  
1st-2nd place at world cup stages (repeat),  
1st-2nd place at the world championship among youths and juniors,  
1st-3rd place at world championships (repeat) |

10.2. To coaches for sports results:

<table>
<thead>
<tr>
<th>Rank</th>
<th>Result</th>
</tr>
</thead>
</table>
| 2nd master | 1st place in the national championship among youths,  
1st-3rd place in the national championships among youths and juniors,  
1st-3rd place in the continental championship,  
Membership in a country's national team |
| 3rd master | 1st-2nd place in national championships,  
1st-3rd place in world championships or world games of international sports agencies and organisations,  
1st place in B category tournaments,  
1st-3rd place in A category tournaments,  
1st-3rd place at the world championship among youths and juniors,  
1st-5th place at the world championship |
| 4th master | 1st-2nd place at the continental championship (repeat),  
1st-2nd place at world cup stages (at least 3 times),  
1st-3rd place at the world championship among youths and juniors,  
1st-3rd place at world championships (at least 2 times) |
| 5th master | 1st-2nd place at the continental championship (repeat),  
1st-2nd place at world cup stages (repeat),  
1st-2nd place at the world championship among youths and juniors,  
1st-3rd place at world championships (repeat) |
<table>
<thead>
<tr>
<th>Person</th>
<th>Rank Description</th>
<th>Distinguishing Sign</th>
<th>URSC Category (RUSSIA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROOKIE</td>
<td>1st student</td>
<td></td>
<td>none</td>
</tr>
<tr>
<td>STUDENT</td>
<td>2nd student</td>
<td></td>
<td>2nd jun., 3rd category</td>
</tr>
<tr>
<td>Level 1 STUDENT</td>
<td>3rd student</td>
<td></td>
<td>1st jun., 2nd category</td>
</tr>
<tr>
<td>Level 2 STUDENT</td>
<td>4th student</td>
<td></td>
<td>1st-2nd categories</td>
</tr>
<tr>
<td>Level 3 STUDENT</td>
<td>5th student</td>
<td></td>
<td>1st category - CMS</td>
</tr>
<tr>
<td>MASTER candidate</td>
<td>6th student</td>
<td></td>
<td>CMS – MS</td>
</tr>
<tr>
<td>Level 1 MASTER</td>
<td>1st master</td>
<td></td>
<td>MS</td>
</tr>
<tr>
<td>Level 2 MASTER</td>
<td>2nd master</td>
<td></td>
<td>MS – MSIC</td>
</tr>
<tr>
<td>Level 3 MASTER</td>
<td>3rd master</td>
<td></td>
<td>MSIC</td>
</tr>
<tr>
<td>Level 4 MASTER</td>
<td>4th master</td>
<td></td>
<td>MSIC – HMS</td>
</tr>
<tr>
<td>Level 5 MASTER</td>
<td>5th master</td>
<td></td>
<td>HMS</td>
</tr>
<tr>
<td>Level</td>
<td>Rank</td>
<td>Category</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>-----------------</td>
<td>----------------------</td>
<td></td>
</tr>
<tr>
<td>Level 6</td>
<td>1st coach</td>
<td>2nd category</td>
<td></td>
</tr>
<tr>
<td>MASTER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 7</td>
<td>2nd coach</td>
<td>1st category</td>
<td></td>
</tr>
<tr>
<td>MASTER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 8</td>
<td>3rd coach</td>
<td>Highest category</td>
<td></td>
</tr>
<tr>
<td>MASTER</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Level 9</td>
<td>4th coach</td>
<td>Highest category</td>
<td></td>
</tr>
<tr>
<td>MASTER</td>
<td></td>
<td>Honoured coach</td>
<td></td>
</tr>
<tr>
<td>Level 10</td>
<td>5th coach</td>
<td>Highest category</td>
<td></td>
</tr>
<tr>
<td>MASTER</td>
<td></td>
<td>Honoured coach</td>
<td></td>
</tr>
</tbody>
</table>
Placement of qualifying chevron on Sambo jacket

80 mm
Certification requirements
for the assignment of qualifying student ranks

II Student rank “STUDENT” – Yellow chevron

1. ENTRANCE ON SAMBO MAT, GREETING (HANDSHAKE).
2. TYING OF BELT;
3. STANCES:
   - high,
   - medium,
   - low.
4. RANGE:
   - out of hold,
   - long,
   - middle,
   - close.
5. MOVEMENTS:
   - normal steps,
   - side steps,
   - forwards and backwards,
   - left to right,
   - in circle.
5. TURNS:
   - 90° step forward,
   - 90° step backward,
   - 180° step forward,
   - 180° step backward.
6. GRIPS:
   - sleeve-lapel,
   - two sleeves,
   - two lapels,
   - sleeve-collar,
   - lapel-collar,
   - sleeve-girdle,
   - lapel-girdle,
   - unilateral – with two hands, hands outside,
   - unilateral – sleeve-jacket on the back outside,
   - unilateral – sleeve-girdle on the back outside.
7. SELF SPOT:
   - when falling on the back with a backward flip,
   - when falling on the back with a forward somersault,
- when falling on the back with a forward somersault across the bridge,
- when falling on the side with a flip,
- when falling on the side with a somersault,
- when falling forward on the arms.

8. HOLDs IN THE STANDING POSITION (throws):

Using the arms
- breaking balance (by pulling, pushing, twisting),
- throw with leg clinch at popliteal bend from the inside (same leg).

Using the legs
- back leg-show throw on the outstretched leg,
- lateral undercut throw on the outstretched leg,
- big inside hook,
- overhead throw with calf rest in the lip and with neck and arm grip.

Using the body
- hip roll with waist clinch,
- Over the back throw with arm clinch on the soulder.

9. HOLDs IN THE LYING POSITION:

Rollovers
- lever rollover,
- rollover with side hacking,
- rollover with arm and leg clinch from the outside,
- rollover with a key.

Pinning holds
- from the side with neck and arm grip,
- on the part of the head with neck and arm grip,
- across with arm grip locking the waist between the legs,
- astride with arm and neck grip,
- on the part of legs with body grip.

Submission holds
- armlock across thigh after the pinning hold from the side, via forearm
- direct shoulder lock from lateral pinning hold,
- reverse shoulder lock from lateral pinning hold,
- Achilles’ ankle lock
- leg lock from pinning hold (during opponent’s attempt to press head or sweep an attacker’s leg),
- shoulder biceps impingement after the pinning hold from the side.

III Student level “Level 1 STUDENT” – Orange chevron

1. HOLDs IN THE STANDING POSITION (throws):

Using the arms
- breaking balance by the dropping spinning throw,
- gripping the same heel from the inside,
- lateral roll,
- legs takedown.
Using the legs
- rear tripping with waist and arm lock,
- rear tripping with arm and leg lock,
- anterior tripping of the heel,
- forward sweep of outstretched leg,
- lateral sweep crosswise,
- rear sweep of outstretched leg,
- inside sweep with arm and neck lock,
- big outside hook,
- outside foot hook while sitting,
- grabbing,
- over the head with shin pressed to thigh.

Using the body
- hip roll with an arm and neck lock,
- back roll with arm and shoulder lock,
- chest roll with the lateral locking of the same arm and body.

2. HOLDS IN THE LYING POSITION:

Rollovers
- with belt clinch from below,
- with belt clinch from above,
- with armhole clinch (by pulling, pushing).

Pinning holds
- from the side with body and arm lock,
- on the part of the head with body lock,
- across with arm lock,
- across with opposite leg lock,
- astride with arm lock,
- on the part of legs with arm and neck lock.

Submission holds
- upper cross arm armlock,
- shoulder lever of opponent lying on chest,
- shoulder lock from the pinning hold across,
- shulder biceps impingement with arm locked between legs,
- knee lever straddled on hip with back to opponent,
- thigh lock from straddling pinning hold while hooking leg around opponent’s leg (possible using arms).
- calf muscles lock.

3. SELF-DEFENCE TECHNIQUES:

Breaking holds
- by the arm(s),
- body (forward and backward),
- clothing.

Suffocating holds:
- forearm,
- lapel(s),
- legs.

**IV Student level “Level 2 STUDENT” – Green chevron**

1. **HOLDS IN THE STANDING POSITION (throws):**
   Using the arms
   - breaking balance by spinning the opponent,
   - inside heel reverse lock,
   - forward rollover,
   - reverse lock of both legs,
   Using the legs
   - forward tripping with leg lock,
   - rear tripping of both legs,
   - throw with inside shank grip of the same leg,
   - throw with outside foot grip from the position,
   - embrace throw with arm and trunk (waist) clinch,
   - throws with the holding down of both legs,
   - foot pressed into the stomach,
   - foot sweep when the opponent is moving back or forward,
   - forward undercut throw with step forward, step backward,
   - back sweep while stepping,
   - undercut throw with leading in from the inside,
   - throw with an inside lift by calf.
   Using the body
   - hip-roll with waist clinch over the same shoulder,
   - over the back with arm and lapel clinch,
   - chest throw with front arm and body clinch.

2. **HOLDS IN THE LYING POSITION:**
   Rolls while applying leg to opponent’s neck
   Pinning holds:
   - from the side with arm lock,
   - across with arm and neck lock,
   - across with same leg lock,
   - on the part of the head standing on the knees,
   - astride with one arm locked with two arms,
   - on the part of legs when rolling on.
   Submission holds
   - elbow lever by rolling over (forward and backward) on the opponent standing on his hands and knees,
   - shoulder lock from pinning hold on the part of the head while overlapping,
   - shoulder biceps impingement by legs,
   - knee lever in the lying position with an outside hook of the opposite leg,
3. SELF-DEFENCE TECHNIQUES:
Immobilization (hold): by the arm – wrist lever, finger lever, armbar via forearm, armbar via shoulder, bending arm behind back – jerking, lever, duck).

V Student level “Level 3 STUDENT” – Blue chevron

1. HOLDS IN THE STANDING POSITION (throws):
Using the arms
- breaking balance with crowbar,
- outside shin lock,
- rear roll,
- leg lock while moving legs to side.
Using the legs
- front leg-show throw on the heel,
- back leg-show throw with fall,
- front leg-show throw with arm locked on shoulder,
- outside shin hook – stepping back,
- foot hook with lateral locking of same arm and body,
- knee and foot hook while sitting,
- inner thigh reaping throw,
- overhead throw with calf rest in the hipf,
- lateral undercut throw when the opponent is moving to side with sidesteps or jumps,
- forward sweep at knee,
- rear sweep of both legs,
- inside sweep during opponent’s retreat,
- throw with an outside or inside lift by calf.
Using the body
- across the hip (lateral),
- across the back with arm cross lock,
- across the chest with increments.

2. HOLDS IN THE LYING POSITION:
Rollovers with lapel locks with flipping and moving to an astride pinning hold with reverse neck lock
Pinning hold
- reverse from the side,
- on the part of the head with the locking of lapels under hands,
- across with leg and waist lock,
- reverse across with arm and leg lock,
- straddling with leg hook,
- from the legs with neck and arm lock.
Submission holds
- elbow lever prepared from stance while knocking down opponent’s leg,
- square and reverse knots with arm lock between legs,
- knee lever after grapevine,
- hip lever fixing one leg on the hip and pressing the body to the other,
3. SELF-DEFENCE TECHNIQUES:
Protection from punches and kicks: lateral, backhand, from above, from below, straight-on. Retaliatory punches, kicks, head-butts.

VI Student level “CANDIDATE” – Brown chevron

1. HOLDS IN THE STANDING POSITION (throws):
Using the arms
- breaking balance with a jump,
- reverse twisting inside heel lock,
- windmill,
- leg lock: separate lock, mixed leg grip, drop back.
Using the legs
- side drop,
- front leg-show thro from the knee,
- rear tripping, cropping the opponent’s arms,
- big inside hook of same leg,
- inside foot hook,
- knee and foot hook with throw over the chest,
- combination hook with inside hold-down,
- inner thigh reaping throw: same leg, opposite leg, stepping forward (jumping), stepping up,
twisting,
- lock of same arm and body over head with shin pressed into the thigh from inside,
- lateral tripping with fall,
- forward tripping in knee with fall,
- rear tripping of both legs with fall after threat of rear tripping,
- inside tripping upon attack by the opponent,
- scissors: both legs, one leg.
Using the body
- over the hip (reverse),
- over the spine (reverse),
- over the chest with neck and shoulder lock,
- over the chest with reverse body lock.

2. HOLDS IN THE LYING POSITION:
Rollovers using throws on the mat (over the head, tripping of the heel, over the chest, etc.).
Pinning holds
- from side with reverse arm lock,
- reverse on the part of the head,
- across with lock of far lapel from under neck and body,
- astride with legs hook from the outside,
- reverse on the part of legs,
Submission holds
– elbow lever moving from stance with jump,
– square and reverse shoulder knots made with one’s legs,
– movement to knee lever via somersault
– hip(s) lever of opponent standing on hands and knees with hip lock using both hands and wrapping legs around leg (stretching),
– foot lever.
3. SELF-DEFENCE TECHNIQUES:
– protection against blows by a stick: above, lateral, backhand, poking.
– protection against knife blows: above, lateral, backhand, poking, below and protection against cuts.
Appendix 4

Certification requirements for the assignment of qualifying master and coach ranks

1. Sport result;
2. Knowledge of Sambo terminology in native language;
3. Command of Sambo techniques;

Appendix 5

Certification requirements for the assignment of EXPERT status

1. Knowledge of English (pre-intermediate level);
2. Knowledge of Sambo terminology in English;
3. Command of Sambo techniques;
4. Knowledge of Sambo rules;
5. Sports achievements no lower than 2\textsuperscript{nd} master category.
## Form 1-A

APPLICATION
for participation in qualifying competitions on Sambo techniques
(certification for the assignment of STUDENT rank)

<table>
<thead>
<tr>
<th>No.</th>
<th>Surname, name</th>
<th>Year of birth</th>
<th>Qualification</th>
<th>Testing for rank</th>
<th>Surname, name of coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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</tbody>
</table>

Organisation__________________________    Coach__________________________

stamp here          Date

## Form 2-A

PROTOCOL
ON QUALIFYING COMPETITIONS
ON SAMBO TECHNIQUE

CERTIFICATION PROTOCOL No. _____
for the assignment of ___ STUDENT rank

City _______________ Organisation _______________________   Date ____________

Type of programme ___________________________ (technical complex)

<table>
<thead>
<tr>
<th>No.</th>
<th>Surname, name</th>
<th>Year of birth</th>
<th>Qualification</th>
<th>Surname, name of coach</th>
<th>Registration number of certificate for assigned rank</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
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<td>3.</td>
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Experts of Certification Commission

<table>
<thead>
<tr>
<th>Surname, name</th>
<th>Rank</th>
<th>Certificate No.</th>
<th>Signature</th>
</tr>
</thead>
<tbody>
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</table>
### Form 1-M

**APPLICATION**

*for participation in qualifying competitions on Sambo techniques*

*(certification for the assignment of MASTER rank)*

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<thead>
<tr>
<th>No.</th>
<th>Surname, name</th>
<th>Year of birth</th>
<th>Qualification</th>
<th>Testing for rank</th>
<th>Surname, name of coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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</tbody>
</table>

Organisation ____________________________  Coach ____________________________

Stamp here  Date

### Form 2-M

**PROTOCOL**

**ON QUALIFYING COMPETITIONS ON SAMBO TECHNIQUE**

**CERTIFICATION PROTOCOL No. _____**

*for the assignment of ___ MASTER rank*

City _______________  Organisation _______________________  Date ____________

Type of programme ___________________________ *(technical complex)*

<table>
<thead>
<tr>
<th>No.</th>
<th>Surname, name</th>
<th>Year of birth</th>
<th>Qualification</th>
<th>Surname, name of coach</th>
<th>Registration number of certificate for assigned rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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**Experts of Certification Commission**

<table>
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<th>Surname, name</th>
<th>Rank</th>
<th>Certificate No.</th>
<th>Signature</th>
</tr>
</thead>
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</tbody>
</table>
# SUBMISSION
for the assignment of a Sambo qualifying rank

<table>
<thead>
<tr>
<th><strong>Rank assigned</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Type of activity</strong></td>
<td></td>
</tr>
<tr>
<td>(sports, coach, officiating)</td>
<td></td>
</tr>
<tr>
<td><strong>Surname</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Name</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Date of birth</strong></td>
<td></td>
</tr>
<tr>
<td>(number, month, year)</td>
<td></td>
</tr>
<tr>
<td><strong>Contact telephone number</strong></td>
<td></td>
</tr>
<tr>
<td>(mobile and fax)</td>
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</tr>
<tr>
<td><strong>E-mail</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Home address with zip code</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Name of Sambo federation</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Sports organisation (school/club)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Result</strong> (sports, coach, officiating) <strong>for two years prior to application</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Previous rank and date of assignment</strong></td>
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<tr>
<td><strong>Experience in Sambo</strong></td>
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<tr>
<td><strong>Uninterrupted membership in SF</strong></td>
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INTERNATIONAL SAMBO FEDERATION

PRESIDENT __________________________

_____________________signature

stamp here

NATIONAL SAMBO FEDERATION

PRESIDENT __________________________

_____________________signature

stamp here
Appendix 7

Sample of Sambo coach certificate