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REGULATIONS
on Certification of SAMBO Athletes, Coaches
and Accreditation of SAMBO Clubs



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GLOSSARY

The essential terms and acronyms used in these Regulations:

- **accreditation** - the procedure for recognition and confirmation of an entity's compliance with established criteria and standards;
- **certification** - the procedure for determining the conformity of a person's qualifications with certification requirements;
- **certification activities** - a set of activities related to carrying out certification;
- **certification commission** - a collective body comprised of experts able to perform certification activities;
- **certification requirements** - approved rules, norms and standards, the fulfillment of which is mandatory for awarding a certain qualification degree and obtaining the corresponding certificate;
- **FIAS Database** - automated system for registration and tracking of athletes, coaches, SAMBO clubs, NSFs;
- **CCC** - Chief Certification Commission (FIAS level);
- **qualification degree** - the level of compliance with the certification criteria by types of preparedness (technical, theoretical);
- **SAMBO Club** - a sport-oriented organization, carrying out activities aimed at improvement of physical health, education, training and competitions in SAMBO;
- **certification criteria** - a set of principles and features for determining qualifications;
- **patch** - a mark of distinction confirming the status of a Trainee or Master qualification degree;
- **NSF** - National SAMBO Federation;
- **Register of Qualification Degrees** - a list of categories and ranks distributed in accordance with the stages of educational and training activities;
- **certificate** - an official document confirming qualifications and status;
- **certification entity** - an individual participating in certification procedures;
- **chevron** - a distinction sign confirming the status of a Coaching qualification degree;
- **expert** - an individual with a certain level of theoretical knowledge and practical skills in SAMBO, authorized to conduct certification;
- **Expert of National Category** - a specialist with qualifications not lower than the 1st Coaching Degree and a valid certificate;
- **Expert of International Category** - a specialist with qualifications not lower than the 2nd Coaching Degree and a valid certificate.

I. GENERAL PROVISIONS

1. These Regulations establish a single international standard for the procedure of awarding qualification degrees in SAMBO and accreditation of SAMBO clubs.
2. The purpose of certification activities is the establishment and improvement of legal, organizational and economic conditions for the further integration of SAMBO into the international sports community.
3. The core objectives of certification activities in SAMBO are:
 - implementation of an international system of qualification degrees;
 - introduction of international SAMBO terminology;
 - increasing the level of basic technical preparedness of athletes;
 - improving the professional skills of coaches.
4. The core principles of certification activities in SAMBO are:
 - collegiality, transparency and objectivity of the certification procedure;
 - equality in imposing requirements to every participant of certification;
 - general availability in obtaining information for all certification participants;
 - voluntary participation in the certification procedure.
5. The certification commission is entitled to conduct certification.
6. Participation in the certification procedure is possible only after authorization in the FIAS database.
7. The purpose of accreditation is to establish the conformity of the content, level and quality of SAMBO training in SAMBO clubs with the FIAS requirements and standards.
7. The core objectives of accreditation are:
 - introduction of a unified system of standards for the training of SAMBO athletes in SAMBO clubs;
 - introduction of a unified format for assessing the activities of SAMBO clubs.
9. The core principles of accreditation are:
 - equality in imposing requirements in the process of accreditation of SAMBO clubs;
 - general availability in obtaining information for all accreditation participants;
 - voluntary participation in the accreditation procedure.
10. The content of these Regulations is open for all interested parties.

II. REGULATIONS ON THE CERTIFICATION PROCEDURES OF SAMBO ATHLETES

Article 1. Qualification Degrees

1. The register of qualification degrees is aligned with a SAMBO athlete training stages (**Annex 1**).
2. To indicate the degrees, patches of various colors* are used (**Annex 1**), which are sewn onto the SAMBO belt in compliance with **Annex 2**.
3. In addition to a patch, a SAMBO athlete can be marked with an extra distinction sign (star) for successful participation in competitions.
4. Patches (stars) are applied only in accordance with a certain degree (**Annex 1**).

5. Application of a patch (star) is possible only after the certification requirements (*Annexes 3-9*) are fulfilled by the decision of the certification commission.
6. Stars are attached to a patch only according to the established model (*Annex 2*).
7. Patches can be made only according to the model established by these Regulations (*Annex 2*).
8. The trainee or master qualification degree shall be confirmed by a certificate.
** Participants in the certification process are required to have studied instructional material, to pass certification exams, but are not required to take part in competitions.*

Article 2. Certification Participants

1. Participants of certification are:
 - a. certification commission;
 - b. certification entities;
 - c. SAMBO clubs;
 - d. NSF.
2. The certification commission performs the following functions:
 - a. organizes and conducts certification;
 - b. is responsible for running and maintaining the internal certification register;
 - c. submits reports on the results of certification to an NSF.
3. The certification committee is created for the period of certification exams.
4. The membership of the certification commission is approved by the decision of an NSF from among the experts of the national category included in the NSF register of experts.
5. The certification commission includes experts not lower than the national category level:
 - at least 2 (two) members to conduct certification for awarding the trainee degrees;
 - at least 3 (three) members to conduct certification for awarding the master degrees.
6. Responsibilities of experts:
 - a. to improve the level of professional expertise;
 - b. to confirm (improve) qualifications through systematic re-certification;
 - c. to take part in the certification procedures.
7. A Chairperson and a secretary are elected from among the members of the certification commission.
8. The secretary of the certification commission prepares a report on the results of certification - a list of documents confirming the certification procedures, including:
 - a. applications for participation in the certification procedures;
 - b. certification fulfillment reports.
9. All members of the certification committee perform their duties in accordance with the orders and instructions of the Chairperson.
10. The number of certification commissions depends on the number of SAMBO clubs that have submitted applications for certification.
11. The certification applicants are SAMBO athletes who participate in the certification procedure.
12. A SAMBO Club creates the conditions for the organization and conduct of certification.

13. A mandatory prerequisite for the certification procedure is the FIAS accreditation of the SAMBO club.
14. To ensure the development of certification activities, the NSF performs the following functions:
 - a. sets the terms for certification;
 - b. provides running and maintenance of the national certification register;
 - c. considers reports on the results of certification;
 - d. ensures the registration of its members in FIAS database;
 - e. creates the conditions for the training of experts.
15. If necessary, the NSF may transfer part of its functions to SAMBO clubs.

Article 3. Certification Requirements for Awarding a Qualification Degree

1. Certification requirements — approved rules and standards, the fulfillment of which is mandatory for awarding a certain qualification degree and obtaining the corresponding certificate.
2. The principal form of certification requirements assessment is an exam.
3. Such exam should contain only the material that has been studied during the instructional and training period.
4. The exam includes the following sections:
 - a. technical section — a demonstration of special exercises and SAMBO techniques;
 - b. theoretical section — knowledge of history, terminology, functions of various body systems, the basics of sports training and refereeing rules in SAMBO.
5. Each qualification stage corresponds to a minimum amount of requirements for each of the sections of training.
6. Assessment of the technique demonstration and answers to questions of the theoretical section is carried out by drawing examination papers and is rated on a five-point scale (minimum rating is 3, maximum rating is 5).
7. The examination paper should contain 10 questions: 7 questions for a practical section, 3 questions for a theoretical section.
8. The maximum score for an exam is 50.
9. When summing up the certification results, the average mark should be at least 40 points.
10. In a particular case, an athlete may be asked a suggestive or additional question from any section to clarify the athlete's level of knowledge.
11. Athletes who are no younger than 7 (seven) years old are allowed to participate in the certification*.
**In the 1st year of training, to pass the intermediate exam (in December) for the transfer of athletes from the "Beginner" category to the "Student" category, 6-year-old athletes are allowed.*
12. The age group of the participant is determined by the year of birth.
13. The certification requirements for the assignment of qualification degrees are covered by these Regulations, being listed in **Annexes 3-9**.
14. Requirements for assessing exam results are defined by these Regulations and are listed in **Annex 10**.

Article 4. Certification Procedures for Awarding a Qualification Degree

1. Certification for awarding qualification degrees is carried out in SAMBO clubs.
2. Certification is a competition in knowledge of SAMBO theory and demonstration of SAMBO technique (breakfalls, execution quality of techniques in a ground position, execution quality of techniques in a standing position, technique of self-defense).
3. Certification is carried out at the end of the instructional and training period*.
** The exception is the 1st year of training when an intermediate exam (in December) is held to transfer athletes from the "Beginner" category to the "Student" category.*
4. For athletes who have not passed certification within the time frame established by the calendar plan, an NSF may schedule an additional day for certification.
5. Certification for assignment from 1 to 5 degrees takes place annually.
6. Certification for the 6th and 7th degrees, takes place with a difference of two (2) years from the assignment of the previous degree.
7. During the reporting period, an athlete may pass certification for only one degree.
8. In cases where an athlete is included in the certification process having experience of SAMBO training (for example, in the 3rd year of training), they can undergo certification in the reporting period for two degrees (the 1st and 2nd ones), and payment is made for each degree separately.
9. The certification dates are approved by an NSF and are included in the calendar plan of sporting events of the NSF along with the posting of information on its official website.
10. Registration of certification participants is made following the online application in FIAS database.
11. Certification is carried out in the form of competitions in a solemn atmosphere.
12. The certification results are prepared by the Secretary of a Certification Commission in FIAS database in the Certification Report.
13. Based on the Certification Report approved in the database, the degree of a corresponding level is assigned to an athlete who passed successfully the exam.
14. An athlete makes patches (stars) at the expense of its own funds, while the personal certificate is displayed in the athlete's personal account in the FIAS database, and a notification about the status change is sent to an athlete's email address.
15. An athlete may sew patches (stars) onto a SAMBO belt only after the information on the awarding of the corresponding degree appears in the FIAS database.
16. An athlete who participated in the certification, but failed to pass the exam, may take part in another certification.
17. The cost of certification is 10 USD.
18. The payment is made as follows:
 - a. 7 USD is paid to the certification commission (the amount is shared between the members of the certification commission);
 - b. 1 USD is paid to the SAMBO club;
 - c. 2 USD is paid to FIAS (payment is made through the personal profile of the candidate in FIAS database), meanwhile at the end of reporting period FIAS makes a payment to NSF at the cost of 1 USD for each athlete who participated in the certification.

19. An athlete who did not pay for the participation, is not admitted to the certification.

Article 5. Appeals Consideration during the Certification Process for Awarding a Qualification Degree

1. If disputes arise during the certification process, the party in concern may appeal to the Chairperson of the certification commission.
2. In the presence of the initiator and all members of the certification commission, such appeal is reviewed, and then the Chairperson of the certification commission makes a decision.
3. The decision of the Chairperson of a certification commission is not subject to appeal.

Article 6. Certification Requirements for Awarding a Master Qualification Degree for Athletic Performance

1. A Master qualification degree can be awarded based on the results of competitive activities (for athletic performance) without undergoing certification.
2. Qualification requirements for awarding a Master qualification degree based on the results of competitive activities are defined in these Regulations and are listed in Table 1.
3. In the FIAS Database, where the list of the athlete's achievements is indicated, the athlete is automatically granted the Master qualification degree, based on the results of competitive activity in accordance with the requirements that are defined in these Regulations.
4. In case if the competitions were held before the launch of the FIAS Database, the NSF prepares a request on a letterhead for awarding a corresponding Master degree based on the results of competitive activities with a copy of the competition reports attached and sends it by e-mail to FIAS.

Table 1 — Certification requirements for awarding a Master qualification degree based on the results of competitive activities

Qualification Degree	Result
1st (first) Master Degree	1-2 place at the World Junior Championships (at least 1 win) 1-3 place at the continental championships (at least 1 win) 3-5 place at the World Championships (at least 1 win)
2nd (second) Master Degree	1-3 place at a continental championships (at least two times, at least 1 win) 2-3 place at the World Championships (at least two times, at least 1 win) 1 place at the World Championships (at least 1 win)

5. After studying and checking the submitted documents, the Chief Certification Commission makes a decision on awarding an applicant a Master degree of a corresponding level with the obligatory entry of information into the FIAS Database.
6. Based on information from FIAS, an athlete at the expense of its own funds makes patches (stars), while the personal certificate is displayed in the athlete's personal account in the FIAS database, and a notification about the status change is sent to an athlete's email address.

7. An athlete who applies for a Master qualification degree based on the results of their competitive activities may sew the patches onto the SAMBO belt only after the information on assignment of a degree appears in the FIAS Database.
8. An athlete awarded a Master qualification degree based on the results of their competitive activities pays no fees.
9. If a decision is made to refuse awarding an applicant a Master degree, the Chief Certification Commission does not approve the request of the NSF in the FIAS Database.
10. Protests, appeals and complaints during the certification process for awarding a Master qualification degree are not accepted.

III. REGULATIONS ON THE CERTIFICATION PROCEDURES FOR SAMBO COACHES

Article 7. Qualification Degrees

1. The register of coaching qualification degrees is listed in **Annex 1**.
2. To indicate the coaching degrees, chevrons of various geometric shapes are used and are attached to the uniform in compliance with **Annex 2**.
3. Optionally, the logo of the federation (national, continental) can also be applied independently to the chevron in accordance with **Annexes 1-2**.

Article 8. Certification Participants

1. Participants of certification are:
 - a. Chief Certification Commission (FIAS level) - hereinafter referred to as CCC;
 - b. Certification applicants.
2. CCC is entitled to certify for coaching degrees (experts of national and international categories).
3. CCC performs the following functions:
 - a. organizes and conducts certification;
 - b. monitors the level of athletic and technical skills of the certification applicants, keeps track of the certification results;
 - c. notifies the certification applicants of changes that are made to the certification procedures;
 - d. is responsible for running and maintaining the FIAS certification registry;
 - e. is reporting regularly on certification data and updating accordingly the information database.
4. The CCC is created for the period of certification (seminars for coaches).
5. The CCC members are approved by the Chairperson of the FIAS Technical Commission.
6. The CCC consists of experts of the international category (at least three), from among whom a Chairperson and a secretary are elected.
7. The qualification of the CCC experts should not be lower than the 2nd Coaching Degree level.
8. The qualification of at least one of the CCC experts must correspond to the 3rd Coaching Degree level.

9. Responsibilities of experts:
 - a. to improve the level of professional expertise;
 - b. conduct active coaching, as well as academic and methodological activities;
 - c. take part in the certification procedures.
10. All CCC members perform their duties in compliance with the Chairperson's orders and instructions.
11. The certification applicants are SAMBO coaches.

Article 9. Certification Procedures for Awarding a Coaching Qualification Degree

1. Certification for awarding the coaching qualification degrees is carried out by the Chief Certification Commission (FIAS level).
2. A coaching qualification degree can be awarded based on the results of certification or the results of professional activities (for athletic performance).
3. To carry out certification for the awarding the 1st Coaching Degree at the initiative of an NSF, FIAS holds a national seminar for coaches (hereinafter referred to as the Seminar for Coaches).
4. To carry out certification for awarding the 2nd and the 3rd Coaching Degree, FIAS holds an international seminar for coaches (hereinafter referred to as Seminar for Coaches).
5. The date of holding a Seminar for Coaches is approved by the Chairperson of the FIAS Technical Commission and is included in the FIAS sports events calendar.
6. The regulations of the Seminar for Coaches should be uploaded in the FIAS Database and posted on the official FIAS website.
7. An applicant for the coaching qualification degree must fulfill all the conditions in compliance with the Regulations of the Seminar for Coaches.
8. Registration of participants at a Seminar for Coaches is based on an NSF online-application, submitted in the FIAS Database.
9. The certification is conducted at the end of a Seminar for Coaches.
10. The certification requirements for the assignment of the coaching qualification degrees are defined by these Regulations and listed in **Annexes 15-17**.
11. The certification results are prepared by the CCC Secretary in the FIAS Database as the Certification Report.
12. Based on the Certification Report approved in the FIAS Database, the qualification degree of the corresponding level is assigned to a coach, who passed successfully the exam, while the personal certificate is displayed in the coach's personal account in the FIAS database, and a notification about the status change is sent to a coach's email address.
13. At the end of the seminar, based on the final report, the Chairperson of the certification commission presents chevrons to the coaches who have successfully passed the exams, along with the awarding of a qualification degree of the corresponding level.
14. Cost of chevrons shall be covered by FIAS.
15. The results of certification for awarding a coaching qualification degree should be uploaded in the FIAS Database and posted on the official FIAS website.

16. The fee for participation in a Seminar for Coaches is 50 USD and is covered by a candidate through the FIAS Database or during the seminar accreditation.
17. If a candidate pays a fee for participation in the Seminar directly at the Seminar during the accreditation, the amount of the fee is 75 USD.
18. The funds received for the certification procedures shall cover the organizational and holding costs of the seminar.
19. Assignment of the subsequent coaching degrees is not possible without the assignment of a previous degree (with the exception of the assignment of a coaching degree based on the results of professional activity).
20. A coaching qualification degree (1st and 2nd) can be awarded based on the results of professional activity (for athletic performance).
21. In the FIAS Database, where the list of the athlete's achievements is indicated, his coach is automatically granted the qualification degree, based on the results of professional activity in accordance with the requirements that are defined in these Regulations.
22. In case if the competitions were held before the launch of the FIAS Database and are not indicated in a coach's profile, the NSF prepares and sends by e-mail to FIAS a request on a letterhead for awarding a corresponding Coaching qualification degree based on the results of professional activities with a copy of the competition reports and a document confirming the coach's involvement in the athlete's achievements (correspondence from the Ministry or department, copy of an Entry form for competitions registration with the indication of coaches of the team).
23. Qualification requirements for awarding a coaching qualification degree based on the results of competitive activities are defined by these Regulations and are listed in Table 2.

Table 2 – Certification requirements for assignment of a coaching qualification degree based on the results of their professional activities

Qualification Degree	Trainee's Performance
1st (first) Coaching Degree	1-2 place at the World Junior Championships (at least 1 win) 1-3 place at the continental championships (at least 1 win) 3-5 place at the World Championships (at least 1 win)
2nd (second) Coaching Degree	1-3 place at a continental championships (at least two times, at least 1 win) 2-3 place at the World Championships (at least two times, at least 1 win) 1 place at the World Championships (at least 1 win)

24. The assignment of a coaching qualification degree for an athlete's sports result is possible only for one coach involved in this achievement, while in the FIAS database, the connection between the coach and the athlete should be reflected in their personal account.
25. After studying and checking the submitted documents, the Chief Certification Commission makes a decision on awarding an applicant a Coaching degree of a corresponding level with the obligatory entry of information into the FIAS Database, while the personal certificate is displayed in the coach's

personal account in the FIAS database, and a notification about the status change is sent to a coach's email address.

26. Based on information from FIAS, an NSF at the expense of its own funds makes a chevron and hands it to a coach.

27. A candidate who applies for a Coaching qualification degree by the results of their professional activities may attach chevrons to their SAMBO uniform only after the information on assignment of a degree appears in the FIAS Database.

28. A candidate awarded a Coaching qualification degree by the results of their professional activities pays no fees.

29. If a decision is made to refuse awarding an applicant a Coaching degree of a corresponding level, the Chief Certification Commission does not approve the request of the NSF in the FIAS Database.

30. Protests, appeals and complaints during the certification process for awarding a Coaching qualification degree are not accepted.

IV. REQUIREMENTS FOR DISTINCTION SIGNS PLACEMENT ON SAMBO UNIFORM

Article 10. Requirements for patches placement on the SAMBO belt

1. Patches on the SAMBO belt are applied in strict accordance with the FIAS Regulations on certification of SAMBO athletes, coaches and accreditation of SAMBO clubs (Article 1, p.p. 1-3, 6-7; **Annex 1**).

2. Main requirements for placement of patches on SAMBO belt are as follows:

a. patches shall be placed on the SAMBO belt from both ends, above the manufacturer's logo and the FIAS conformity mark;

b. patches must be made in the form of sublimation or embroidery, have a high wear resistance and no sharp, rough elements that may cause damage.

3. The principle of applying patches on the SAMBO belt is shown in **Annex 2**.

Article 11. Requirements for chevrons placement on the SAMBO jacket

1. Chevrons on the SAMBO jacket are applied in strict accordance with the FIAS Regulations on certification of SAMBO athletes, coaches and accreditation of SAMBO clubs (Article 7, p.p. 1-3; **Annex 1**).

2. Main requirements for placement of chevron on SAMBO jacket are as follows:

a. chevron shall be placed on the SAMBO jacket, on the left sleeve in the middle, below the special bar "wing" by 8 cm.;

b. chevron must be made in the form of sublimation or embroidery, have a high wear resistance and no sharp, rough elements that may cause damage.

3. The principle of applying chevron on the SAMBO jacket is shown in **Annex 2**.

V. REGULATIONS ON THE ACCREDITATION PROCEDURES FOR SAMBO CLUBS

Article 12. Accreditation of SAMBO Clubs

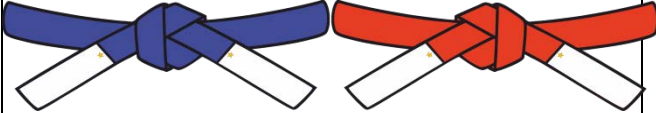
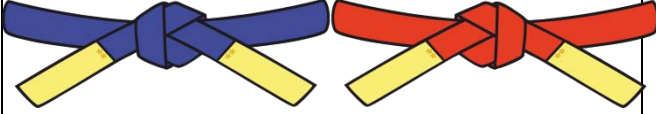

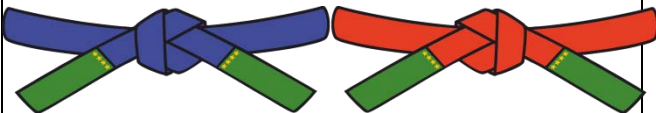
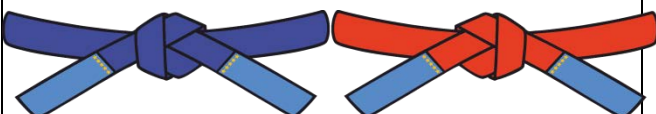
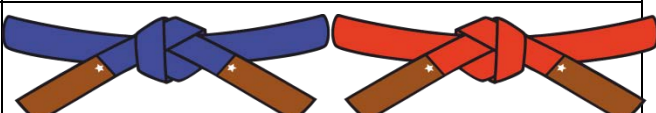

1. Accreditation is the main form of confirmation of compliance of a SAMBO club (hereinafter the Club) with the FIAS criteria for the quality of training athletes, the structure of the educational and training process, the organization and staging of certification procedures and competitions.
2. The purpose of accreditation is to establish the conformity of the content, level and quality of SAMBO athletes training with the FIAS requirements.
3. Accreditation is initiated by a Club.
4. For accreditation, a Club submits a package of documents addressed to an NSF President.
5. The package of documents for accreditation includes:
 - a. a written statement (in free form), signed by a person in charge and stamped by the Club's seal;
 - b. a copy of the Club's registration certificate (if applicable);
 - c. payment notice of 100 USD payment to the FIAS banking account;
 - d. information on the athletes' certification results for the past 2 years (if any);
 - e. information on the coaches' certification results (if any);
 - f. the Club's presentation in the digital format: PowerPoint, JPG, PNG, PDF, etc.
6. For accreditation of a Club, the NSF prepares in the FIAS Database an official request on a letterhead (indicating a full name and address of the Club, a contact person and contact information of the Club: phone, fax, email address).
7. The timing of a Club's accreditation is set by FIAS.
8. For the time of a Club's accreditation, Chief Accreditation Commission (CAC) is being established.
9. The CAC members are approved by the Chairperson of the FIAS Technical Commission.
10. The CAC consists of experts of the international category (at least two), from among whom a Chairperson and a secretary are elected.
11. The qualifications of the CAC experts should not be lower than the 2nd Coaching Degree level.
12. Upon a Club's accreditation, the following shall be established:
 - a. compliance of the educational and training process arrangement with the FIAS requirements;
 - b. compliance of the athletes' level of training with the FIAS requirements;
 - c. the qualification level of the Club's coaching staff;
 - d. information on the athletes' certification results for the past 2 years (if any);
 - e. information on the coaches' certification results (if any);
 - f. the Club's material and technical equipment.
13. Based on the results of accreditation, the CAC Chairperson draws up a final statement.
14. A CAC's positive statement is the basis for the recognition of a Club accredited by FIAS.
15. Within 10 days following the making of the corresponding decision, the FIAS Technical Commission Chairperson will approve or deny the accreditation request in the FIAS Database.

Regulations on Certification of SAMBO Athletes, Coaches and Accreditation of SAMBO Clubs


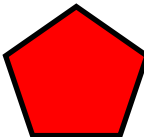
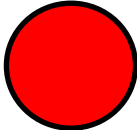
16. Based on information on the accreditation results in the FIAS Database, the Club at its own expense makes a FIAS accreditation certificate following the established model.
17. For Clubs with no history (which have just started their activity), accreditation is granted for a period of 2 years.
18. For clubs that have been training SAMBO athletes for several years, accreditation is granted for a period of 4 years.
19. Information on a Club accreditation shall be uploaded in the FIAS Database and posted on the official FIAS website.
20. The reason for denial of accreditation to a Club is the non-compliance with the requirements established by these Regulations.
21. Protests, appeals and complaints in the course of the accreditation process are not accepted.
22. Re-accreditation can be carried out at the request of a Club no earlier than twelve months following the date of accreditation denial.

REGISTER OF QUALIFICATION DEGREES

Student and Master Degrees

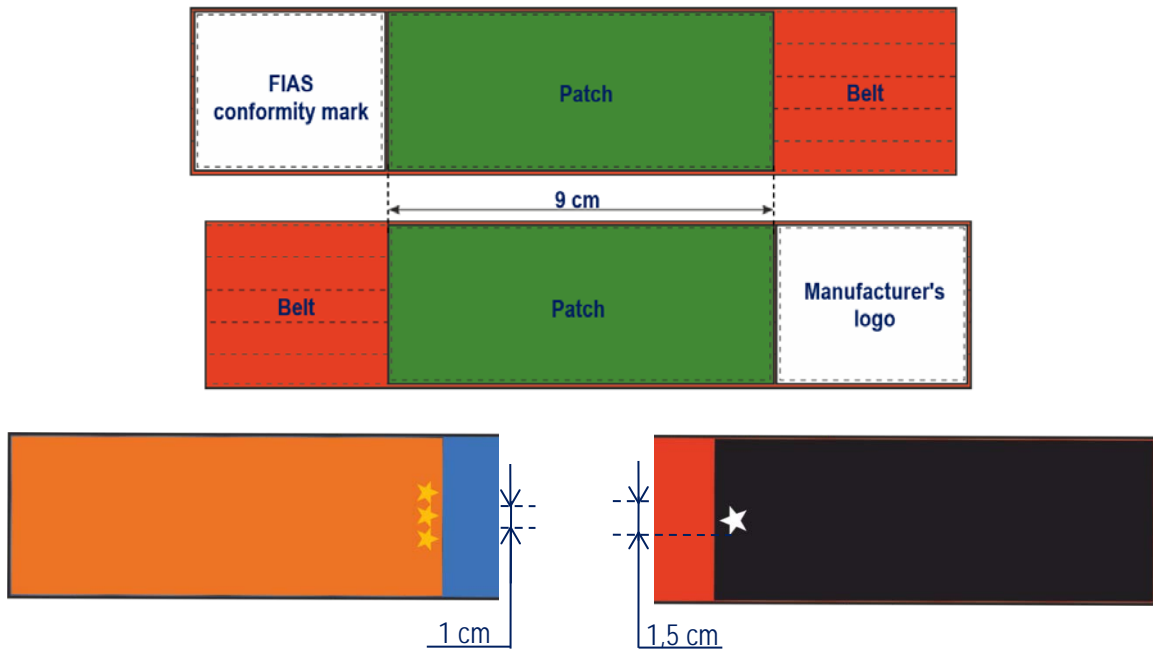
Year of Training	Stage Name	Qualification Degree	Distinction Sign
1st year	BEGINNER	1st (first) trainee	
	1st Level STUDENT		
2nd year	2nd Level STUDENT	2nd (second) trainee	
3rd year	3rd Level STUDENT	3 (third) trainee	
4th year	4th Level STUDENT	4 (the fourth) trainee	
5th year	5th Level STUDENT	5 (fifth) trainee	
6th year	Candidate MASTER	1st (first) Master	
7th year	MASTER	2nd (second) Master	

Coaching Degrees

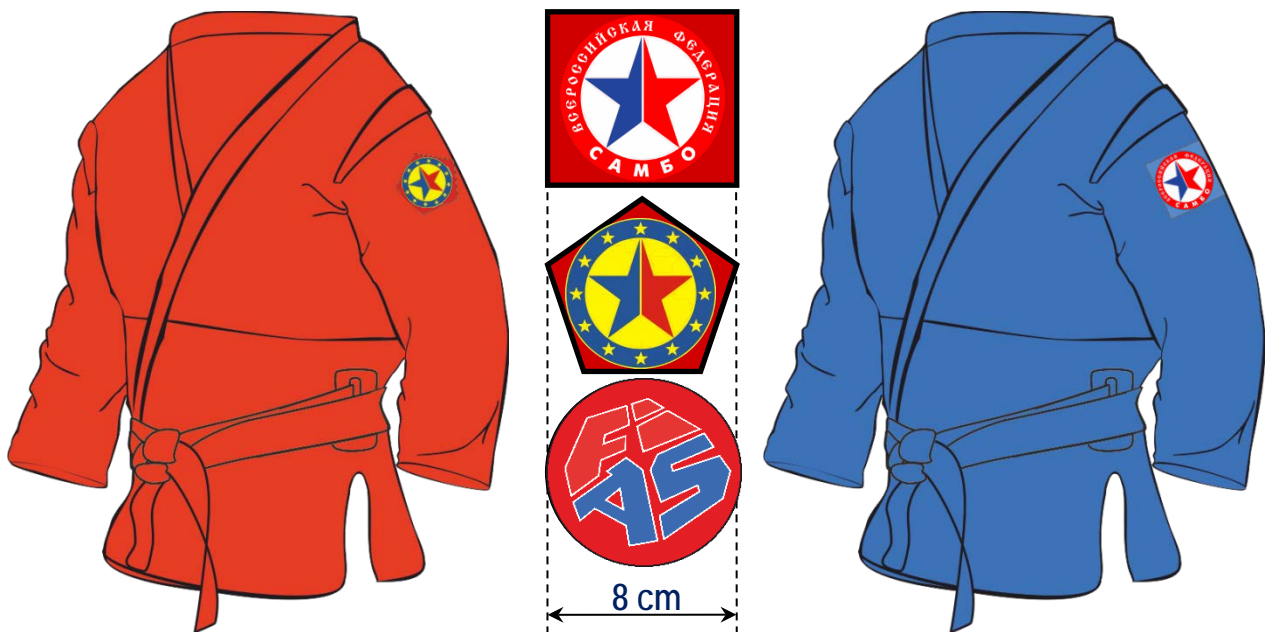
Stage Name	Qualification Degree	Distinction Sign
MASTER of the 1st Level	1st (first) Coaching	 - National SAMBO Federation level
MASTER of the 2nd Level	2nd (second) Coaching	 - Continental SAMBO Federation level
MASTER of the 3rd Level	3 (third) Coaching	 - International SAMBO Federation level

RULES FOR APPLYING DISTINCTION SIGNS ON THE SAMBO UNIFORM

Attaching patches to the belt



Attaching chevrons to the uniform



For patches (chevrons) lustreless, opaque, dense synthetic fabric should be used.

- a) a patch (chevron) should be resistant to abrasion, and deformation, it should not leave stains;
- b) color resilience, wear resistance and durability should be high;
- c) fabric texture should be unified and smooth, the edges of a patch (chevron) should not be rough or sharp.

CERTIFICATION REQUIREMENTS FOR AWARDING THE STUDENT QUALIFICATION DEGREES
I Trainee Degree "1st Level Student" — White patch

Examination Sections	1st year of training
	BEGINNER
1. Technical Section	Breakfalls: on the back, to the side with a roll from standing position; forward on hands from standing position
	Hold-downs: from the head, on top, from the side with a grip of the arm and neck; across the chest with hand grip by hands; from the legs with a girth of the torso along with the arm; escape options
	Rollovers: by a lever, by hands gripping from the side, by a lock, by leg and hand gripping; defense options
	Unbalancing: by twisting, pushing an opponent standing on their knee; by pulling an opponent in a squat position
	Inside ankle takedown
	Back leg body drop by an arm and belt grip
2. Theoretical Section	SAMBO: definition, history of creation
	Hygienic requirements for SAMBO uniform and footwear, for the training grounds
	SAMBO uniform, wearing rules, belt tying rules, qualification stages
	SAMBO warm-up plan
1st Level STUDENT	
1. Technical Section	Breakfalls: back on the back by jumping from the standing position; on the side by rolling from the standing position; forward on arms by jumping from the standing position; forward onto a bridge by rolling from the squat position
	Hold-downs; from the side by gripping the torso and the arm; from the head with a torso girth; on top with outside legs vine; across the chest by grabbing the arm and the hip; from the legs with a collar grip from under the arms; escape options
	Painful holds: shoulder knot from side hold-down; arm lever through the hip from side hold-down; arm lever to an opponent lying on their chest; shoulder lever to an opponent lying on their chest; Achilles crush in the sitting position by gripping the ankle under the shoulder; the hip knot with the leg following the hold-down on top; defense options
	Rollovers: by a belt grip from above, by putting a leg on the neck; by armhole grip (jerk, push); defense options
	Unbalancing: by pushing, twisting
	Leg throw by ankle takedown from behind
	Legs throw by pushing
	Outside foot sweep under the exposed leg
	Inside ankle hook by pushing
	Back reap by arm and belt grip
	Big circle throw with the ankle, with a grip of the neck and the arm
	Hip throw with the belt grip
	Shoulder throw
	Suplex by sitting down with a grip of the same-side arm and torso from the side
2. Theoretical Section	The legitimacy of SAMBO techniques application, the concept of necessary defense
	The general day plan. Diet. Drinking scheme
	The cause of injuries. Injury prevention. First aid for injuries
	SAMBO technique classification and terminology
	Prohibited techniques in SAMBO competitions
3. Competitive Practice	At least 3 bouts, at least 1 win in the entire season – 1 small star

** In exceptional cases (a large number of participants), exercises can be performed simultaneously in a row (s) or column (s)*

Demonstration of hold-downs and painful holds, and throws is carried out to the right or left, at the commission's discretion

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE STUDENT QUALIFICATION DEGREES
II Trainee Degree "2nd Level Student" — Yellow patch**

Sections of Examination	2nd year of training 2nd Level STUDENT
1. Technical Section	Breakfalls: on the back jumping forward from the standing position; on side with rolling from the standing position over the opponent's hand; on the hands jumping from the standing position with a 180-degree turn
	Hold-downs: from the side grabbing both hands; from the head on the knees by grabbing lapels from under the arms; on top by grabbing one's belt from under neck and crossing one's legs under the pelvis; reverse across the chest by grabbing a hand and a hip; reverse from the legs with the grip of both hands, and escape options
	Painful holds: shoulder knot from side hold-down; arm lever over the forearm after the reverse across the chest hold-down; shoulder knot after the hold-down from the head, with running forth; arm lever to an opponent attacking from the leg-side; calf crush in the sitting position by grabbing the ankle under the shoulder; Achilles crush on the opponent's crossed legs as a counter action against Achilles crush; the hip knot with arms after performing the across the chest hold-down, and defense options
	Rollovers: by inside forearm grip, by lapels grip, by neck grip from under the shoulder, by legs grip; defense options
	Unbalancing: by pushing, twisting, leaping
	Leg throw: by ankle pick; by ankle pick from the outside with twisting
	Double leg takedown throw, bringing legs to the side
	Front leg body drop by the arm and belt grip
	Front foot sweep in the knee while stepping back
	Foot hook from the outside
	Outer thigh reap by grabbing the arm and belt on the stomach
	Ankle strike throw from inside
	Big circle throw with the ankle, with a grip of the belt and the arm
	Hip throw with the torso grabbing
	Shoulder throw with the arm grip under the shoulder
	Suplex by grabbing the same-side arm and torso
	Escapes with grabbed arm (-s), torso, neck, leg (-s), jacket, belt in the ground position at different positions as to the opponent
2. Theoretical Section	National wrestling varieties as the SAMBO base
	Brief details about the human musculoskeletal system
	SAMBO exercise system
	Basic concepts (positions, grips, distance, technique, countertechnique, combination)
	Fundamentals of biomechanics in performing SAMBO techniques
	The value of SAMBO competitions, their goals and objectives
	Age groups and weight categories
3. Competitive Practice	At least 5 bouts, at least 3 wins in the entire season- 2 small stars

Demonstration of hold-downs, painful holds, and throws is carried out to the right or left, at the commission's discretion

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE STUDENT QUALIFICATION DEGREES
III Trainee Degree "3rd Level Student" — Orange patch**

Sections of Examination	3rd year of training 3rd Level STUDENT
1. Technical Section	Painful holds: Reverse shoulder knot from side hold-down; cross-body arm lever; direct shoulder knot after side hold-down; arm lever over the opponent's arm gripping their arms with legs after the hold-down on top; calf crush to an opponent standing on the knees and hands through the same-side shin; knee lever made by a leg hook to an opponent standing on the knees and hands; Achilles crush after a leg takedown throw and turning the opponent on the chest by stepping-on; defense options
	Turning over an opponent in position on their knees and hands by grabbing the lapels overturning backwards; the same over the leg (body drop with the heel); defense options
	Unbalancing in the sitting position (over the head)
	Leg throw: by gripping the hip from the outside; by gripping an arm and the same-side leg; "Windmill" by gripping an arm and the same-side leg
	Double leg takedown from behind
	Back body drop with the heel with grabbing an arm with both arms
	Inside foot sweep
	Outside ankle hook of the opposite side leg
	Inner thigh reap, by stepping-in
	Outside spring hip throw by the opposite-side hip
	Big circle throw with the ankle pressed against the thigh with a grip of an arm by both arms
	Hip throw with the head grip
	Shoulder throw by gripping arm and lapel
	Suplex by gripping an arm and torso from the front
	Self-defense: against the arm grip (same-sided, opposite) with the arm(-s); against the grip of clothing on the chest (on the shoulder); against the front (back) hair grip; against the try of a front (side, back) leg (-s) grip
2. Theoretical Section	SAMBO disciplines (varieties), distinctive features and their role in the propagation of SAMBO
	Human cardiovascular system, its change under the influence of sports training
	Types of SAMBO Training
	Self-control, its meaning and content, SAMBO Athlete's Diary
	Weigh-In Procedure at Competitions
3. Competitive Practice	At least 10 bouts, at least 5 wins in the entire season – 3 small stars

Demonstration of hold-downs and painful holds, and throws is carried out to the right or left, at the commission's discretion

Self-defense techniques demonstration is carried out in one direction.

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE STUDENT QUALIFICATION DEGREES
IV Trainee Degree "4th Level Student" — Green patch**

Sections of Examination	4th year of training 4th Level STUDENT
1. Technical Section	Painful holds: biceps crush over the forearm, by gripping the arm with the legs; arm lever by gripping the arm with the legs to the opponent standing on the knees and hands (sitting down, throwing back in a roll); reverse (direct) shoulder knot with the arms to an attacker from the legs; reverse shoulder lever to an opponent lying on the chest; calf crush to an opponent standing on the knees and hands over the opposite shin; hip (-s) knot by rotation in a standing position after a throw by the legs; transition to the knee lever with a roll from the standing position, threatening with an inner thigh reap; defense options
	Turning an opponent lying on the chest by gripping two lapels with a fall on the back followed by transition to hold-down with reverse neck grip and lapel grip from under the opponent, and defense options
	Unbalancing by side control hold (over the head)
	Leg throw: by reverse inside heel takedown from behind; takedown by the leg and an opposite hand; "Windmill" by gripping the opposite leg and arm
	Legs throw, bringing legs to the side
	Back leg body drop with leg grip
	Back foot sweep
	Outside foot hook
	Outer thigh reap with leg grip
	Spring hip throw of the hip from inside
	Big circle throw with a grip of an arm and lapel
	Hip throw by gripping the same-side arm and belt on the back
	Shoulder throw by gripping a lapel with both arms
	Suplex by gripping an arm and a leg from the inside
	Self-defense: against the torso grip from the front with arms (without arms); against the torso grip from behind with arms (without arms)
Counter-actions in self-defense situations: fingers lever; outward wrist lever; inward arm lever	
2. Theoretical Section	National SAMBO Federation, history of its foundation, management, outstanding SAMBO athletes
	Athlete's weight, water-salt metabolism, weight correction methods
	Respiratory system, lungs, ventilation, respiratory regulation
	The SAMBO athlete's physical training, fundamental principles
	The concepts of athletic form, fatigue, recovery, over-training
Competitions participants, their rights and obligations	
3. Competitive Practice	At least 5 tournaments, at least 1 medal prize in the entire season – 4 small stars

Demonstration of hold-downs and painful holds, and throws is carried out to the right or left, at the commission's discretion. Self-defense technique demonstration is performed in one direction.

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE STUDENT QUALIFICATION DEGREES
V Trainee Degree “5th Level Student” — Blue patch**

Sections of Examination	5th year of training 5th Level STUDENT
1. Technical Section	Painful holds: arm lever from the squat position, kicking out a leg; various ways of disconnecting the clasped arms during an attack, by gripping the arm with the legs; the biceps crush over the forearm, gripping the arm with the legs, putting a shin above; reverse shoulder knot with the arms after the hold-down across the chest; calf crush to an opponent attacking from the legs over the same-side shin; transition to the knee lever when rolling from the standing position by gripping the opponent’s belt in front and knocking them to the chest; hip lever after hold-down from the legs; defense options
	Chokeholds with arms: by forearm from the back, by shoulder and forearm from behind pressing on the back of the head, by forearm from the front (gripping the neck with the arm, for example, when an opponent tries to perform the double leg takedown); defense options
	Rollovers with legs, and defense options
	Unbalancing by spinning “Spinner”
	Lateral drop
	Reverse “Windmill”
	Double alternate leg takedown
	Front leg body drop with a leg grip
	Outside foot sweep in the step pace
	Grapevine
	Inner thigh reap by leaping
	“Horsie” spring hip throw
	Big circle throw with the ankle pressed against the thigh
	Hip throw with the leg grip
	Shoulder throw with lapels grip
	Suplex with an arm and a leg grip from the outside
	Self-defense: against the neck grips (chokeholds) from side, back, front, with one’s arm; by arms against the opponent’s strikes with arms (rebounds, parrying, cover-ups, grips), by torso (dives, ducking), by legs (closing-up, distancing, squatting); by arms against the opponent’s kicks with legs (rebounds, parrying, cover-ups, grips), by torso (dives, ducking), by legs (kick-backs, blocks, cover-ups, closing-up, distancing, squatting)
2. Theoretical Section	Continental SAMBO Federation: history of foundation, management
	The structure and functions of the digestive system, the fundamentals of a SAMBO athlete’s nutrition
	The organs of the human excretory system (kidneys, skin), the SAMBO drinking scheme
	Tactical SAMBO athlete training
	Training session planning, control of sports loading, its amount and intensity
3. Competitive Practice	SAMBO refereeing rules — technical actions scoring
At least 7 tournaments, at least 5 medal prizes in the entire season – 5 small stars	

Demonstration of hold-downs and painful holds, and throws is carried out to the right or left, at the commission’s discretion

Chokeholds and self-defense technique demonstration is carried out in one direction.

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE MASTER QUALIFICATION DEGREES
I Master's Degree "Candidate Master" — Brown patch**

Sections of Examination	6th year of training Candidate MASTER
1. Technical Section	Painful holds: reverse shoulder knot by the leg in rollover to an opponent standing on their knees and hands; arm lever by the legs to an opponent standing on their knees and hands; reverse shoulder knot by the leg to an opponent attacking from the legs; arm lever after hold-down across the chest; transition to the knee lever in combination after a grapevine; foot lever to an opponent attacking from behind with legs crossed on the torso; knee lever after outside ankle hook while squatting; defense options
	Chokeholds performed using jacket lapels: on top, crossing the forearms with the palms up, crossing the forearms with the palms down, with a combined grip; from behind with two lapels, from behind with a lapel "deactivating" an arm; by the jacket lapel, pushing out with the hip the arm lever; defense options
	Unbalancing by spinning "Spinner" with a reverse arm grip with two arms
	Front drop
	"Windmill" by gripping a leg and neck
	Legs throw with a mixed grip
	Front body drop with the heel with an arm grip under the shoulder
	Front foot sweep with fall
	Inside ankle hook with the same-side leg
	Back reap from the outside with an arm grip under the shoulder
	The "Scissors" throw under a leg
	Big circle throw on the step pace
	Lateral hip throw
	Shoulder throw with a grip of crossed arms
	Suplex with a grapevine
	Counter actions for self-defense: hand strikes (straight, side, from the bottom, wide, with a turn), with a fist, with a wrist base; leg kicks (straight, side, from the bottom, with a turn), with a knee, with a toe, with a foot rib, with a heel; head kicks (forward, backward) with the palm, with fingers, with an elbow
2. Theoretical Section	FIAS: history of foundation, functions, management, members
	Human nervous system. Its role in maintaining the activity of various organs and systems of the human body
	The concept of "skill", stages of its formation. Training as a process of formation of motor skills. Training methods: exercise and variation
	Planning of preparation for a competition. Pre-competitive, post-competitive periods. Stages of pre-competition training — preliminary and special training
	SAMBO refereeing rules - warnings, withdrawal from a bout, disqualification
3. Competitive Practice	At least 10 tournaments, at least 5 medal prizes, 1 first place in the entire season – 1 big star <i>SAMBO and self-defense technique demonstration is carried out in one direction.</i>

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE MASTER QUALIFICATION DEGREES
II Master degree "MASTER" – Black patch**

Sections of Examination	7th year of training MASTER
1. Technical Section	Painful holds: transition to the arm lever with a leap, unbalancing the opponent by twisting; shoulder knot (direct and reverse) with legs to an opponent standing on their knees and hands; the biceps crush over a leg when an opponent tries to grip the leg (the attacker is in the standing position, the attacked is on their knees and hands); the arm lever after the big circle throw; the knee lever after "Scissors" throw (on one or both legs); the hip knot with the leg after the threat of Achilles crush by gripping the leg under the shoulder in the squat position; both hips lever after transition to the calf crush to an opponent standing on their knees and hands; defense options
	Chokeholds performed with legs: pinching the neck with the arm against the hold-down from the head; to an opponent standing on their knees and hands, in rollover; combined options of chokeholds; defense options
	Legs throw, throwing an opponent back
	Front leg body drop from the knee
	Outside foot sweep with a hook
	Ankle hook from behind
	Outer thigh reap with an arm grip under the shoulder
	The "Scissors" throw under both legs
	Big circle throw on the step pace in transition to the hold-down across the chest
	Reverse hip throw
	Reverse shoulder throw
	Suplex with spring hip throw
	Ways of following an opponent: with fingers lever, with wrist lever, with forearm lever, with wrist knot, with forearm knot, with shoulder knot, by gripping their clothes, neck, legs; interaction with an opponent in the process of mutual following (various methods)
2. Theoretical Section	International sports movement. The place of SAMBO in the international sports movement
	Prospective planning of sambist training
	Significance and role of psychological training of a SAMBO athlete in the process of sports training. Demands and methods of regulation of related psychological processes
	The content of the tactics development process (information gathering, situation analysis, decision making, implementation).
	Ways to increase the effectiveness of techniques. Ways to improve techniques. Parameters of technical fitness (intensity, performance, effectiveness, variability, versatility)
SAMBO refereeing rules	
3. Competitive Practice	At least 10 tournaments, at least 3 medal prizes in the entire season – 1 big star

SAMBO and self-defense technique demonstration is carried out in one direction.

REQUIREMENTS FOR EVALUATION OF CERTIFICATION EXAMS

Section title		Score in points for each technique		
		5 (five points)	4 (four points)	3 (three points)
PRACTICAL SECTION	1. Breakfalls Technique	Amplitude performance, proper cushioning and tucking	Small performance amplitude, mistakes in cushioning and tucking	No amplitude, cushioning and tucking
	2. SAMBO technique in ground position	Correct position locking, accurate painful hold or chokehold impact	Mistakes in position locking, insufficient painful hold or chokehold impact	No position locking, incorrect or absent painful hold or chokehold impact
	3. SAMBO technique in standing position	Proper phase structure of a throw, correct direction of strength, balance control	Mistakes in phase structure of a throw, mistakes in direction of strength, unstable balance	The absence of one of the throw phases, the wrong direction of strength, loss of balance
	4. Striking technique	The correct phase structure of a strike	Errors in the phase structure of a strike	Incorrect phase structure of a strike
	5. Self Defense Technique	Proper phase structure of a technique, correct direction of strength, balance control	Mistakes in phase structure of a technique, mistakes in direction of strength, unstable balance	The absence of one of a technique phases, the wrong direction of strength, loss of balance
THEORETICAL SECTION	6. SAMBO History	Exact, comprehensive answer	Inaccuracies in the answers	Incorrect answer
	7. SAMBO Rules	Exact, comprehensive answer	Inaccuracies in the answers	Incorrect answer
	8. SAMBO Athlete's Training	Exact, comprehensive answer	Inaccuracies in the answers	Incorrect answer
	9. The Biological Fundamentals of SAMBO Training	Exact, comprehensive answer	Inaccuracies in the answers	Incorrect answer

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE COACHING QUALIFICATION DEGREES
I Coaching Degree “The 1st Level MASTER” — Square Chevron**

No.	SECTION TECHNICAL PREPARATION (demonstration of technique) *
1.	Breakfalls
2.	SAMBO technique in ground position
3.	SAMBO technique in standing position
4.	Self-defense technique against grips, strikes
5.	Technical action in standing position - several performance options
6.	Technical action in ground position - several performance options
* A practical exam is taken on examination papers which include 10 assignments, of which: each 2 assignments from the first four sections, and each one assignment from the 5th and 6th sections	

No.	SECTION TECHNICAL PREPARATION (written test) *
1.	SAMBO Technique Classification
2.	SAMBO History
3.	SAMBO Refereeing Rules
* The written test is presented with examination papers for the options, and includes 10 questions, of which: 6 questions on the 1st section, and each 2 questions on the 2nd and 3rd sections	

No.	ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *
1.	At least 20 trainees certified for the 1st student degree
2.	At least 15 trainees certified for the 2nd student degree
3.	At least 10 trainees certified for the 3rd student degree
4.	At least 5 trainees certified for the 4th student degree
* A copy of the certification exam protocol submitted for accreditation	

To carry out certification for awarding the I Coaching degree, an NFS organizes a National Seminar for Coaches.

A National Seminar for Coaches is held in the national language.

Certification requirements are presented in the national language.

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE COACHING QUALIFICATION DEGREES
II Coaching Degree "The 2nd Level MASTER" — Pentagon Chevron**

No.	SECTION TECHNICAL PREPARATION (demonstration of technique) *
1.	Breakfalls
2.	SAMBO technique in ground position
3.	SAMBO technique in standing position
4.	Self-defense technique against grips, strikes, and assaults with weapons
5.	Combination of technical actions
* A practical exam is taken on examination papers which include 10 assignments, of which: one assignment from the 1st section; each 2 assignments from the 2nd, 3rd and 4th sections, and three assignments from the 5th section	

No.	Section Technical Preparation (written test) *
1.	SAMBO Technique Classification
2.	SAMBO refereeing rules
3.	Rules for organizing and holding SAMBO competitions
* The written test is presented with examination papers for the options, and includes 20 questions, of which: 10 questions on the 1st section, 7 questions on the 2nd section and 3 questions on the 3rd section	

No.	ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *
1.	At least 30 trainees certified for the 1st student degree
2.	At least 20 trainees certified for the 2nd student degree
3.	At least 15 trainees certified for the 3rd student degree
4.	At least 10 trainees certified for the 4th student degree
5.	At least 5 trainees certified for the 5th student degree
* A copy of the certification exam protocol submitted for accreditation	

To carry out certification for awarding the II Coaching degree, FIAS organizes an International Seminar for Coaches

An International Seminar for Coaches is held in English, and certification requirements are presented in 4 languages (English, French, Spanish, Russian).

**CERTIFICATION REQUIREMENTS
FOR AWARDING THE COACHING QUALIFICATION DEGREES
III Coaching Degree "The 3rd Level MASTER" – Circle Chevron**

No.	SECTION TECHNICAL PREPARATION (demonstration of technique) *
1.	Breakfalls
2.	SAMBO technique in standing position and in ground position
3.	Self-defense technique against grips, strikes, and assaults with weapons
* A practical exam is taken on examination papers which include 10 assignments, of which: one assignment from the 1st section; six assignments from the 2nd section, and three assignments from the 3rd section	

No.	Section Technical Preparation (spoken answer on an examination paper) *
1.	SAMBO Technique Classification
2.	SAMBO refereeing rules
3.	Particularities of a SAMBO athlete training activities
4.	Rules for organizing and holding SAMBO competitions
* The written test is presented with examination papers for the options, and includes 10 questions, of which: 3 questions on the 1st and 2nd sections, and 2 questions on the 3rd and 4th sections	

No.	ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *
1.	At least 40 trainees certified for the 1st, 2nd, and 3rd student degree
2.	At least 30 trainees certified for the 4th and 5th student degree
3.	At least 5 trainees certified for the 1st and 2nd master degree
* A copy of the certification exam protocol, submitted for accreditation	

To carry out certification for awarding the **III Coaching degree**, FIAS organizes an International Seminar for Coaches

At an International Seminar for Coaches, only examinations by sections are carried out, without preliminary preparation, that is, following the accreditation of the seminar participants, an exam is conducted across all the training sections, and after that the results are summarized and the results of the seminar are announced.

Certification requirements are presented in English, and the theoretical exam is held in the form of spoken answers on examination papers.