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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 stage (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. Patches are applied only in accordance with a certain degree (Annex 1).
4. Application of a patch is possible only after the certification requirements (Annexes 3-11) are fulfilled by the decision of the certification commission\*.
5. Patches can be made only according to the model established by these Regulations (Annex 2).
6. 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. An expert of the national category (1st coaching degree) has the right to certify athletes only for Trainee Degree "Level Student".
6. An expert of the international category (2nd coaching degree) has the right to certify athletes for Trainee (student) and Master degrees, as well as experts of the national level (1st coaching degree).
7. 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.
8. 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.
9. A Chairperson and a secretary are elected from among the members of the certification commission.
10. 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.
11. All members of the certification committee perform their duties in accordance with the orders and instructions of the Chairperson.
12. The number of certification commissions depends on the number of SAMBO clubs that have submitted applications for certification.
13. The certification applicants are SAMBO athletes who participate in the certification procedure.
14. A SAMBO Club creates the conditions for the organization and conduct of certification.
15. A mandatory prerequisite for the certification procedure is the FIAS accreditation of the SAMBO club.

16. 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.
17. 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 (six) 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 3-11.
14. Requirements for assessing exam results are defined by these Regulations and are listed in Annex 12.

### **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 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 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 determined in accordance with Annex 16.
18. An athlete who did not pay for the participation, is not admitted to the certification.
19. The payment is divided between the participants of the certification in accordance with Annex 16.

### **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

<b>Qualification Degree</b>	<b>Result</b>
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, 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 13-15.
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. Chevrons for experts of the national category (1st Coaching Degree level) are made at the expense of the coach, in accordance with Annex 2.
15. Chevrons for 2nd and 3rd Coaching Degree level are made at the expense of FIAS funds.
16. The results of certification for awarding a coaching qualification degree should be uploaded in the FIAS Database.
17. The cost of participation in a seminar for coaches is determined in accordance with Annex 16 and is covered by a candidate through the FIAS Database or during the seminar accreditation.
18. If a candidate pays a fee for participation in the seminar directly at the seminar during the accreditation, the amount of the fee increases by 50 USD.
19. The funds received for the certification procedures shall cover the organizational and holding costs of the seminar.
20. 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).
21. A coaching qualification degree (1st and 2nd) can be awarded based on the results of professional activity (for athletic performance).
22. To obtain a coaching qualification degree based on the results of coaching activities (the result of students), the coach must pass the seminar and pass the exam, but without paying for participation in the seminar.

23. 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, but it activates the certificate only after passing the seminar.

24. 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).

25. 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

<b>Qualification Degree</b>	<b>Trainee's Performance</b>
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)

26. 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.

27. After 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.

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

29. 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.

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

31. 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.

32. 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. 1,2,3,6; 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. 1,2,3; 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);

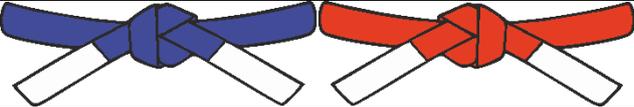
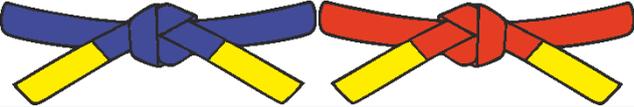
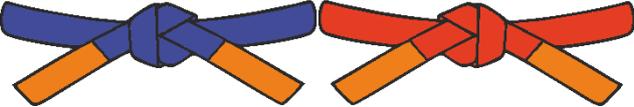
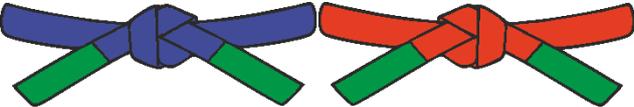
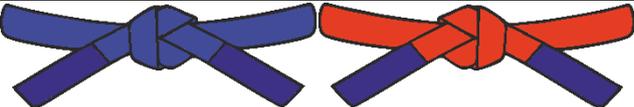
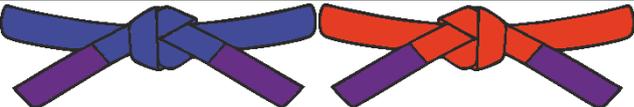
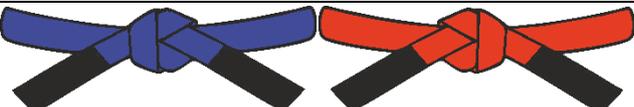
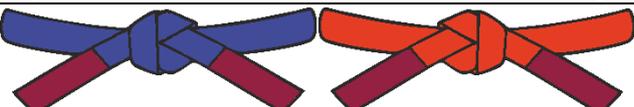
## **Regulations on Certification of SAMBO Athletes, Coaches and Accreditation of SAMBO Clubs**

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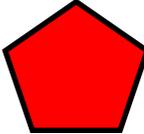
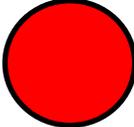
- f. the Club's presentation in the digital format: PowerPoint, JPG, PNG, PDF, etc.
6. For accreditation of a Club, the NSF prepares in the FIAS Database an official request on a letterhead (indicating a full name and address of the Club, a contact person and contact information of the Club: phone, fax, 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.
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. Information on a Club accreditation shall be uploaded in the FIAS Database.
18. An accredited club pays an annual fee of 100 USD (bank transfer according to FIAS details) for the extension of accreditation.
19. The reason for denial of accreditation to a Club is the non-compliance with the requirements established by these Regulations.
20. Protests, appeals and complaints in the course of the accreditation process are not accepted.
21. Re-accreditation can be carried out at the request of a Club no earlier than twelve months following the date of accreditation denial.
22. In case of violation of the requirements of this Regulation, the club may be deprived of its license.
23. Restoration of the club's status is possible only with re-accreditation, but not earlier than twelve months after the date of revocation of the license.

REGISTER OF QUALIFICATION DEGREES

Student and Master Degrees

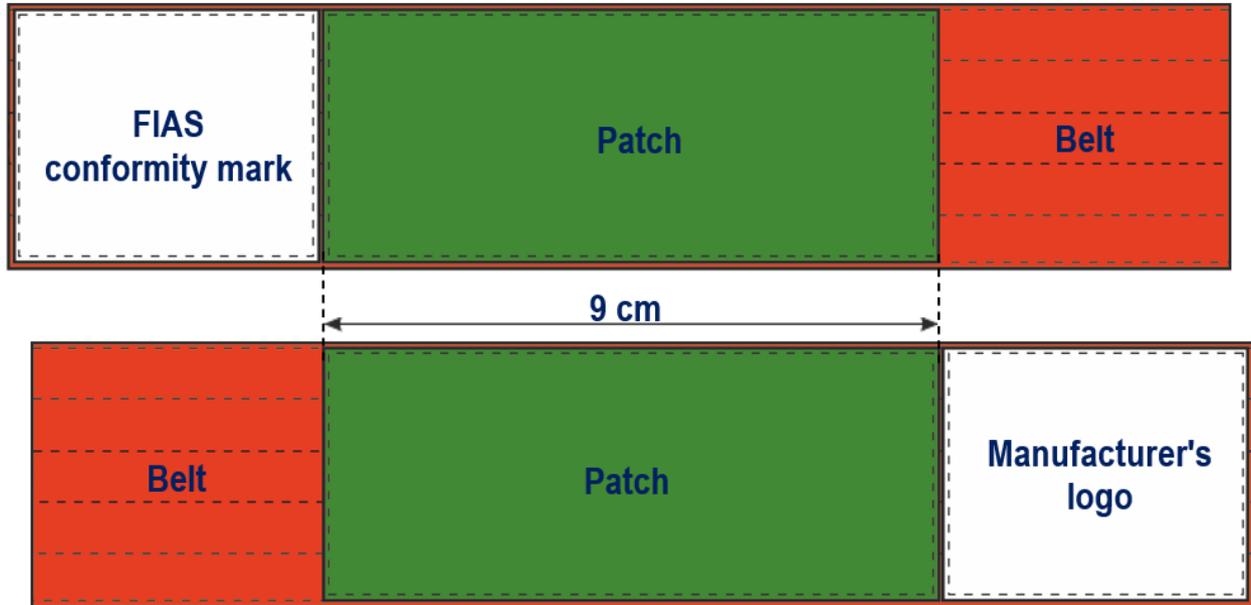
Year of Training	Stage Name	Qualification Degree	Distinction Sign
1st year	1st Level STUDENT	1st (first) trainee	
2nd year	2nd Level STUDENT	2nd (second) trainee	
3rd year	3rd Level STUDENT	3rd (third) trainee	
4th year	4th Level STUDENT	4th (fourth) trainee	
5th year	5th Level STUDENT	5th (fifth) trainee	
6th year	6th Level STUDENT	6th (sixth) trainee	
7-8th year	Candidate MASTER	1st (first) Master	
9-10th year	MASTER	2nd (second) Master	
11-12th year	GRANDMASTER	3rd (third) Master	

Coaching Degrees

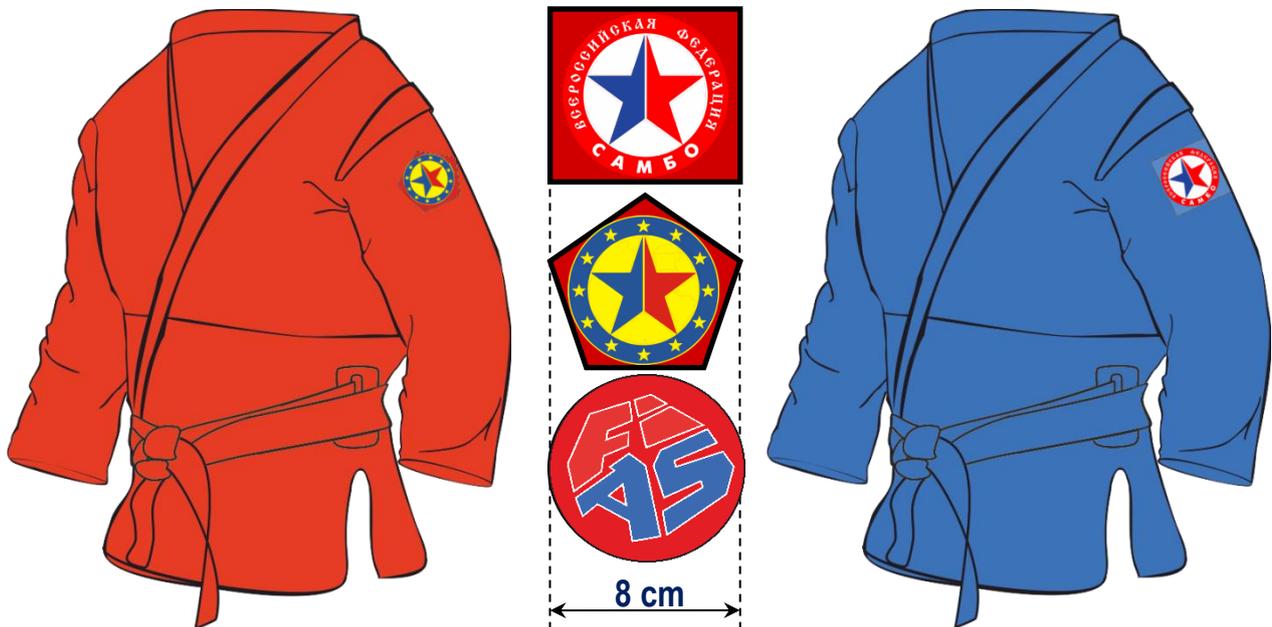
Stage Name	Qualification Degree	Distinction Sign
MASTER of the 1st Level	1st (first) Coaching	 - National SAMBO Federation level
MASTER of the 2nd Level	2nd (second) Coaching	 - Continental SAMBO Federation level
MASTER of the 3rd Level	3 (third) Coaching	 - International SAMBO Federation level

**RULES FOR APPLYING DISTINCTION SIGNS ON THE SAMBO UNIFORM**

**Attaching patches to the belt**



**Attaching chevrons to the uniform**



For patches (chevrons) lusterless, 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: <ul style="list-style-type: none"> <li>▪ on the back with a roll from the squat position,</li> <li>▪ to the side with a roll from the squat position,</li> <li>▪ on the side by rolling from the squat position,</li> <li>▪ forward on hands from the squat position</li> </ul>
	Hold-downs: <ul style="list-style-type: none"> <li>▪ from the head,</li> <li>▪ on top (mount position),</li> <li>▪ from the side with a grip of the arm and neck,</li> <li>▪ cross body with hand grip by hands,</li> <li>▪ from the legs with a girth of the torso along with the arm</li> </ul>
	Turning (rollovers): <ul style="list-style-type: none"> <li>▪ by a lever,</li> <li>▪ by hands gripping from the side</li> </ul>
	Unbalancing: <ul style="list-style-type: none"> <li>▪ by twisting an opponent standing on their knee,</li> <li>▪ by pushing an opponent standing on their knee,</li> <li>▪ by pulling an opponent in a squat position</li> </ul>
2. Theoretical Section	What is SAMBO (definition, basic principle)
	Hygienic requirements for SAMBO uniform and footwear, for the training grounds.
	SAMBO uniform, wearing rules, belt tying rules.
	1st Level STUDENT
1. Technical Section	Breakfalls: <ul style="list-style-type: none"> <li>▪ on the back with a roll from the standing position,</li> <li>▪ to the side with a roll from the standing position,</li> <li>▪ on the side by rolling from the standing position,</li> <li>▪ forward on hands the standing position,</li> <li>▪ forward onto a bridge by rolling from the squat position</li> </ul>
	Hold-downs: <ul style="list-style-type: none"> <li>▪ from the side by gripping the torso and the arm,</li> <li>▪ from the head with a torso girth,</li> <li>▪ on top (mount position) with outside legs vine,</li> <li>▪ cross body by grabbing the arm and the hip</li> </ul>
	Painful holds: <ul style="list-style-type: none"> <li>▪ shoulder knot from side hold-down,</li> <li>▪ elbow lever through the hip from side hold-down</li> </ul>
	Turning (rollovers) by leg and hand gripping an opponent in a squat position
	Unbalancing: <ul style="list-style-type: none"> <li>▪ by pushing,</li> <li>▪ by twisting</li> </ul>
	Leg throw by inside shin gripping
	Back trip by an arm and belt grip
2. Theoretical Section	The history of the creation of SAMBO.
	The cause of injuries. Injury prevention. Breakfalls techniques.
	SAMBO warm-up plan.

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

**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
<b>1. Technical Section</b>	Breakfalls: <ul style="list-style-type: none"> <li>▪ on the back by jumping back from the standing position,</li> <li>▪ on the back by jumping forward from the standing position (half-flip),</li> <li>▪ on side with rolling from the standing position over the opponent's hand,</li> <li>▪ forward on arms by jumping from the standing position</li> </ul>
	Hold-downs: <ul style="list-style-type: none"> <li>▪ from the side grabbing both hands,</li> <li>▪ from the head on the knees by grabbing lapels from under the arms,</li> <li>▪ reverse cross body by grabbing a hand and a hip</li> </ul>
	Painful holds: <ul style="list-style-type: none"> <li>▪ shoulder knot with the leg from side hold-down,</li> <li>▪ elbow lever from cross body hold-down,</li> <li>▪ knee lever, locking hip with crossed legs</li> </ul>
	Turning (rollovers) by gripping the wing of the jacket: <ul style="list-style-type: none"> <li>▪ by twisting an opponent standing on their knee,</li> <li>▪ by pushing an opponent standing on their knee</li> </ul>
	Leg throw by inside ankle gripping
	Front trip by an arm and belt grip
	Back reaping by an arm and belt grip
	Hip throw with the belt grip
	Self-defense (defender in a ground position) when attacked by an opponent (standing and lying down): <ul style="list-style-type: none"> <li>▪ from the legs,</li> <li>▪ on top (mount position),</li> <li>▪ from the side,</li> <li>▪ from the head,</li> </ul>
	<b>2. Theoretical Section</b>
The general of the day regime of the sambo wrestler's.	
Information about the human musculoskeletal system.	

*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: <ul style="list-style-type: none"> <li>▪ reverse shoulder knot from side hold-down,</li> <li>▪ elbow lever to an opponent lying on their chest,</li> <li>▪ knee lever made by a leg hook to an opponent standing on the knees and hands,</li> <li>▪ Achilles crush in the sitting position by grabbing the ankle under the shoulder (of the same-sided or opposite foot)</li> </ul>
	Turning (rollovers) by gripping the wing of the jacket: <ul style="list-style-type: none"> <li>▪ by grabbing the belt, placing the leg on the neck,</li> <li>▪ by grabbing the forearm from the inside</li> </ul>
	Leg throw by gripping of the shin from the outside
	Legs throw by pushing
	Back trip on the heel with grabbing an arm with both arms
	Inside shin hook by pushing
	Back reaping by arm and belt grip on the stomach
	Circle throw (over head) with the ankle, with a grip of the neck and the arm
	Throw over back by gripping the arm on the shoulder (shoulder throw)
	Backwards throw (suplex) by sitting down with a grip of the same-side arm and torso from the side
	Self-defense against the arm grip (same-sided, opposite) with the arm(-s)
	Self-defense against the grip of clothing on the chest (on the shoulder)
	2. Theoretical Section
Information about the drinking regime and nutrition.	
SAMBO techniques: throws, painful holds, hold-downs, kicks and chokeholds.	
The SAMBO competitions, their goals and objectives. Weight categories Prohibited techniques in SAMBO.	

*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
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ elbow lever by gripping the arm between the legs,</li> <li>▪ direct shoulder knot after cross-body hold-down,</li> <li>▪ foot lever to the opponent attacking from behind from above (crossing his legs on the body),</li> <li>▪ calf muscle crush in the sitting position by grabbing the ankle under the shoulder (of the same-sided or opposite foot)</li> </ul>
	Chokeholds, performed by hands: <ul style="list-style-type: none"> <li>▪ with the forearm from behind,</li> <li>▪ by shoulder and forearm from behind pressing on the back of the head</li> </ul>
	Leg throw by gripping heel from the outside by twisting
	Legs throw, taking them to the side
	Back trip with leg grip
	Front sweep in the knee while stepping back
	Outside foot hook
	Inside reaping by stepping-in
	Inside lifting throw
	Circle throw (over head) with the ankle, with a grip of an arm and belt
	Hip throw with the torso girth
	Throw over back by gripping a lapel with both arms
	Backwards throw (suplex) by grabbing the same hand and torso with a deflection
	Self-defense against the torso grip from the front without arms
	Self-defense against the torso grip from the front with arm (arms)
	Self-defense against the torso grip from behind without hands
	Self-defense against the torso grip from behind with arm (arms)
<b>2. Theoretical Section</b>	SAMBO disciplines (varieties), distinctive features.
	Athlete's weight, weight correction methods.
	The SAMBO athlete's physical training, fundamental principles.
	Weigh-In procedure at competitions.

*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
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ elbow lever to the opponent attacking from the legs,</li> <li>▪ reverse shoulder knot with the arms to an attacker from the legs,</li> <li>▪ knee lever after inside (outside) shin hook with sitting down,</li> <li>▪ hip knot with the leg after on top (mount position) hold-down;</li> <li>▪ calf crush to an opponent standing on the knees and hands over the same-sided shin</li> </ul>
	Chokeholds performed using jacket lapels: <ul style="list-style-type: none"> <li>▪ attacker on top, opponent on his back, crossing the forearms with the palms up,</li> <li>▪ attacker on top, opponent on his back, crossing the forearms with the palms down</li> </ul>
	Turning an opponent in position on their knees and hands by grabbing the lapels overturning backwards; the same over the leg (trip on the heel)
	Leg throw by gripping hip from the outside
	Legs throw by reverse gripping of two legs
	Front trip with a leg grip
	Inside sweep
	Outside shin hook of the opposite side leg
	Outside reaping with a leg grip
	Lifting throw by opposite hip outside
	Circle throw (over head) with the shin on the thigh from the inside with a onesided grip of the arm with two hands
	Hip throw with the head grip
	Throw over back by gripping a lapel and arm
	Suplex by gripping an arm and torso from the front
	<b>2. Theoretical Section</b>
The legitimacy of SAMBO techniques application, the concept of necessary defense.	
The concepts of athletic form, fatigue, recovery, over-training. SAMBO refereeing rules — technical actions scoring; warnings.	

*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 STUDENT QUALIFICATION DEGREES  
VI Trainee Degree “6th Level Student” – Purple patch**

Sections of Examination	6th year of training 6th Level STUDENT
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ elbow lever by gripping the hand between the legs, to an opponent standing on their knees and hands sitting back,</li> <li>▪ reverse shoulder knot with the arms after cross-body hold-down,</li> <li>▪ knee lever in combination after a grapevine,</li> <li>▪ hip knot with arms after cross-body hold-down,</li> <li>▪ Achilles crush on the opponent’s crossed legs as a counter action against Achilles crush</li> </ul>
	Chokeholds performed using jacket lapels: <ul style="list-style-type: none"> <li>▪ from behind with two lapels,</li> <li>▪ from behind with a lapel, disconnecting the hand</li> </ul>
	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 options
	Leg throw by reverse gripping heel from the outside
	"Windmill" by gripping the arm and opposite leg
	Legs throw with remove the legs to the side
	Front trip on the heel with an arm grip under the shoulder
	Back sweep
	Inside foot hook
	Inside reaping by jump
	Lifting throw hip to hip inside
	Circle throw (over head) with foot by gripping an arm and lapel
	Hip throw by gripping the same-side arm and belt on the back
	Throw over back with the arm grip under the shoulder
	Suplex by gripping an arm and a leg from the inside
	Hand strikes (straight, side, from the bottom, wide, with a turn), with a fist, with a wrist base, palm, fingers, elbow
	Leg kicks (straight, side, from the bottom, with a turn), with a knee, with a toe, with a foot rib, with a heel
<b>2. Theoretical Section</b>	National SAMBO Federation, history of its foundation, management, outstanding SAMBO athletes
	Sports nutrition and dietary supplements.
	SAMBO refereeing rules — responsibilities and rights of an athlete.

*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	7-8th year of training Candidate MASTER
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ elbow lever by the legs to an opponent standing on their knees and hands,</li> <li>▪ reverse shoulder knot by the leg to an opponent attacking from the legs,</li> <li>▪ biceps crush over the forearm, by gripping the arm between the legs,</li> <li>▪ both hips lever after transition to the calf crush to an opponent standing on their knees and hands,</li> <li>▪ the hip knot during side hold-down when the opponent attacking with the shin hook (or pushing leg to had),</li> <li>▪ calf crush to an opponent standing on the knees and hands through the opposite shin</li> </ul>
	Chokeholds performed with legs when the opponent attacking from the legs
	Leg throw by gripping an shin and an opposite hand
	"Windmill" by gripping an arm and an opposite leg
	Legs throw by alternating leg grabbing
	Front trip from the knee
	Side sweep in the step pace
	Grapevine
	Back reaping with the arm grip under the shoulder
	Lifting throw with the shin to both hip ("Horsie")
	Circle throw (over head) with the foot on the hip
	Hip throw with the leg grip
	Throw over back with lapels grip
	Suplex with an arm and a leg grip from the outside
	Self-defense against the opponent's strikes with arms: <ul style="list-style-type: none"> <li>▪ by arms (rebounds, parrying, cover-ups, grips),</li> <li>▪ by torso (dives, ducking),</li> <li>▪ by legs (closing-up, distancing, squatting)</li> </ul>
	Self-defense against the opponent's kicks with legs: <ul style="list-style-type: none"> <li>▪ by arms (rebounds, parrying, cover-ups, grips),</li> <li>▪ by torso (dives, ducking),</li> <li>▪ by legs (kick-backs, blocks, cover-ups, closing-up, distancing, squatting)</li> </ul>
	Head kicks (front, back)
<b>2. Theoretical Section</b>	Refereeing beach SAMBO rules.
	Training session planning, control of sports loading, its amount and intensity.
	Doping and its consequences.
	Referee board in sambo, the functional duties of the referee.

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

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

Sections of Examination	9-10th year of training MASTER
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ elbow lever from the standing position sitting down knocking out the leg with the foot,</li> <li>▪ shoulder knot (direct and reverse) with legs to an opponent standing on their knees and hands,</li> <li>▪ biceps crush over the forearm, gripping the arm with the legs, putting a shin above,</li> <li>▪ knee lever by rolling from the standing position, threatening to inside reaping,</li> <li>▪ hip knot with leg after threatening Achilles crush by grabbing the leg under the shoulder in a sitting position,</li> <li>▪ calf crush to an opponent attacking from the legs over the same-side shin</li> </ul>
	Chokeholds performed with legs to an opponent standing on their knees and hands by rolling
	Screw by hand gripping with two hands
	Side turning throw (body drop)
	Reverse "Windmill"
	Legs throw with a mixed grip
	Front sweep with fall
	Inside shin hook with the same-side leg
	Reaping outside with an arm grip under the shoulder
	The "Scissors" throw under a leg
	Circle throw (over head) with the foot in the stomach on the step pace
	Lateral (side) hip throw
	Throw over back with a grip of crossed arms
	Suplex with a grapevine
	Ways of following an opponent (escorting) 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)	
<b>2. Theoretical Section</b>	International Sambo Federation (FIAS). Role of the FIAS in the development of SAMBO in the world.
	Anti-doping law.
	Planning of preparation for a competition.
	SAMBO refereeing rules - withdrawal from a bout, disqualification.

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

**CERTIFICATION REQUIREMENTS  
FOR AWARDING THE MASTER QUALIFICATION DEGREES  
III Master degree "GRANDMASTER" – Maroon patch**

Sections of Examination	11-12th year of training GRANDMASTER
<b>1. Technical Section</b>	Painful holds: <ul style="list-style-type: none"> <li>▪ transition to the elbow lever with a leap, unbalancing the opponent by twisting,</li> <li>▪ reverse shoulder knot with legs by rolling to an opponent standing on their knees and hands,</li> <li>▪ knee lever after "Scissors" throw (on one or both legs),</li> <li>▪ hip (-s) knot by rotation in a standing position, to an opponent lying on his back after a throw by the legs,</li> <li>▪ Achilles crush after a leg throw and turning the opponent on the chest by stepping-on with a turn</li> </ul>
	Combined options of chokeholds
	Screw by reverse hand gripping with two hands
	Front turning throw (body drop)
	"Windmill" by gripping a leg and neck
	Legs throw, throwing an opponent back
	Lateral (side) sweep stepping in a circle
	Shin hook from behind
	Back reaping with the leg grip
	"Scissors" throw under both legs
	Circle throw (over head) with the foot in the stomach, lying across
	Lateral (side) hip throw
	Throw over back with a grip of crossed arms
	Reverse hip throw
	Reverse throw over back
	Suplex with spring hip throw
	Self-defense against the opponent armed with a stick
	Self-defense against the opponent armed with a knife
Self-defense against the opponent armed with a pistol	
<b>2. Theoretical Section</b>	International sports movement. The place of SAMBO in the international sports movement.
	Specifics of refereeing combat sambo competitions.
	Prospective planning of sambist training.
	The competition officials of the sambo competitions.

*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.	<b>SECTION TECHNICAL PREPARATION (demonstration of technique) *</b>
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.	<b>SECTION TECHNICAL PREPARATION (written test) *</b>
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.	<b>ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *</b>
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.	<b>SECTION TECHNICAL PREPARATION (demonstration of technique) *</b>
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
<p><i>* 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</i></p>	

No.	<b>Section Technical Preparation (written test) *</b>
1.	SAMBO Technique Classification
2.	SAMBO refereeing rules
3.	Rules for organizing and holding SAMBO competitions
<p><i>* 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</i></p>	

No.	<b>ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *</b>
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
<p><i>* A copy of the certification exam protocol submitted for accreditation</i></p>	

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.	<b>SECTION TECHNICAL PREPARATION (demonstration of technique) *</b>
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.	<b>Section Technical Preparation (spoken answer on an examination paper) *</b>
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.	<b>ASSESSMENT OF PROFESSIONAL ACTIVITY (certification results) *</b>
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.

**THE COST OF PARTICIPATION IN THE CERTIFICATION  
FOR AWARDING THE STUDENTS, MASTERS AND COACHING  
QUALIFICATION DEGREES**

**Student degrees**

Year	Stage	Degree	Patch color	Participation cost	
1 <sup>st</sup> year	1 level	students	1 (first)	white	10\$
2 <sup>nd</sup> year	2 level		2 (second)	yellow	10\$
3 <sup>rd</sup> year	3 level		3 (third)	orange	20\$
4 <sup>th</sup> year	4 level		4 (fourth)	green	20\$
5 <sup>th</sup> year	5 level		5 (fifth)	blue	30\$
6 <sup>th</sup> year	6 level		6 (sixth)	purple	30\$
7-8 <sup>th</sup> year	candidate	masters	1 (first)	brown	50\$
9-10 <sup>th</sup> year	master		2 (second)	black	70\$
11-12 <sup>th</sup> year	grandmaster		3 (third)	maroon	100\$

**The distribution of funds received from the certification:**

- 60% is paid for by the attestation commission;
- 10% is paid for the sambo club;
- 30% is paid for the FIAS, while at the end of the reporting period, FIAS makes a transfer to the NSF in the amount of 10% for each athlete.

**Coaching degrees**

Level	Coaching degree	Distinction Sign	Participation cost
National	1 (first)	square	100\$
International	2 (second)	pentagon	150\$
	3 (third)	round	200\$