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**Sambo and Associated Sports Federation of
Costa Rica**

REGULATIONS

2026 Pan American SAMBO Championships

Sport SAMBO (Male and Female)
Combat SAMBO (Male and Female)
Beach SAMBO (Male and Female, Teams)

9-11 JULY 2026

ALAJUELA, COSTA RICA

PROGRAM

DATE	TIME	ACTIVITY	LOCATION
06/07-07/07		Pan American SAMBO coaches seminar	Polideportivo Monserrat
07/07-08/07		Pan American SAMBO referees seminar	Polideportivo Monserrat
08/07	09:00-16:00	Delegations' arrival	Juan Santamaría International Airport, Alajuela
		Registration & Accreditation	Hotel Hilton Garden Inn
	16:30-17:30	Technical Meeting	Hotel Hilton Garden Inn
	18:00-19:00	Weigh-in: Sport SAMBO Men: 58, 71, 88, +98 kg Sport SAMBO Women: 50, 59, 72, +80 kg Combat SAMBO Men: 64, 79, 98 kg Combat SAMBO Women: 54, 65, 80 kg	Hotel Hilton Garden Inn
	19:30-21:30	Pan American Congress	Hotel Hilton Garden Inn
09/07	11:00-14:00	Preliminaries: Sport SAMBO Men: 58, 71, 88, +98 kg Sport SAMBO Women: 50, 59, 72, +80 kg Combat SAMBO Men: 64, 79, 98 kg Combat SAMBO Women: 54, 65, 80 kg	Polideportivo Monserrat
	14:00-15:00	Weigh-in: Sport SAMBO Men: 64, 79, 98 kg Sport SAMBO Women: 54, 65, 80 kg Combat SAMBO Men: 58, 71, 88, +98 kg Combat SAMBO Women: 50, 59, 72, +80 kg	
	15:30-16:00	Opening Ceremony	
	16:00-18:00	Finals and Awarding Ceremony: Sport SAMBO Men: 58, 71, 88, +98 kg Sport SAMBO Women: 50, 59, 72, +80 kg Combat SAMBO Men: 64, 79, 98 kg Combat SAMBO Women: 54, 65, 80 kg	
10/07	10:00-13:00	Preliminaries: Sport SAMBO Men: 64, 79, 98 kg Sport SAMBO Women: 54, 65, 80 kg Combat SAMBO Men: 58, 71, 88, +98 kg Combat SAMBO Women: 50, 59, 72, +80 kg	Polideportivo Monserrat
	12:00-12:30	Beach SAMBO Weigh-in:	
	14:00-16:00	Finals and Awarding Ceremony: Sport SAMBO Men: 64, 79, 98 kg Sport SAMBO Women: 54, 65, 80 kg Combat SAMBO Men: 58, 71, 88, +98 kg Combat SAMBO Women: 50, 59, 72, +80 kg	
	18:00-19:30	Management seminar	Hotel Hilton Garden Inn
11/07	10:00-15:00	Pan American Beach SAMBO Championships: Beach SAMBO Men: 58, 71, 88, +88 kg Beach SAMBO Women: 50, 59, 72, +72 kg Beach SAMBO Teams Competition: 4 athletes per team: M-71, +71/W-59, +59	Cancha Voleibol Playa Polideportivo Monserrat
12/07	05:00-12:00	Delegations' departure	Hotel Hilton Garden Inn Aeropuerto Internacional Juan Santamaría, Alajuela

1. GENERAL CONDITIONS

1.1 The 2026 Pan American SAMBO Championships shall be held in accordance with the FIAS Regulations for Organizing and Holding of Official FIAS Competitions and the International SAMBO Rules.

1.2 The Pan American Championships shall be held to promote and develop SAMBO in Pan America and to strengthen international relations.

2. FACILITIES

2.1 Pan American Sport SAMBO and Combat SAMBO Championships (Male and Female) will be held at Polideportivo Monserrat, Alajuela.

Location: 2Q2Q+5CG, Montecillos, Alajuela Province, Alajuela, Puente Arena, Costa Rica

2.2 Pan American Beach SAMBO Championships will be held at the beach volleyball court of Polideportivo Monserrat, Alajuela.

2.3 Training Venue and Warm-up Area

A training area will be set up in the gymnasium at the competition venue.

2.4 Accommodation

Accommodation for athletes, referees, coaches and delegates will be provided at the Hilton Garden Inn Hotel.

Location: Hilton Garden Inn San José Airport City Mall, Francisco J. Orlich Road, Provincia de Alajuela, Alajuela, Monserrat.

2.5 Hotel rates per person at Hilton Garden Inn

The price of the rooms is per person per night, according to the following table:

ROOM TYPE	RATE
Double	US \$75.00
Single	US \$130.00

ALL DELEGATIONS ARE REQUIRED TO STAY AT THE OFFICIAL HOTEL. NO DELEGATION WILL BE PERMITTED TO PARTICIPATE IF THEY DO NOT STAY AT THE OFFICIAL HOTEL, UNLESS EACH DELEGATION PAYS THE CORRESPONDING AMOUNT FOR 2 NIGHTS OF ACCOMMODATION PER PERSON.

The Organizing Committee assumes no responsibility for any situation arising from non-compliance with this requirement.

3. TRANSPORTATION

3.1. Airport-Hotel / Hotel-Airport Transfer

Upon each delegation's arrival, a support staff member will meet them at the airport. A transport schedule will be arranged in accordance with each delegation's flight itinerary. The Airport–Hotel/Hotel–Airport transfer costs US \$20.00 per delegation member. Transport will be provided from Juan Santamaría International Airport to the respective hotel.

3.2. Local Transportation

Local transportation will be provided by the Organizing Committee in accordance with the event schedule.

4. FIAS LICENSE AND INSURANCE

Each athlete and coach must be registered in the FIAS database and hold a valid FIAS license with the current year's membership fee paid. The cost of the FIAS license is US \$60 per person, which also includes international sports insurance for competitions selected in the FIAS calendar. The terms and conditions of the insurance are available upon request at info@sambo-fias.com. It is the responsibility of each National SAMBO Federation to inform athletes and officials about the insurance regulations in advance. In accordance with the insurance program rules, additional insurance is not prohibited, but the license price will remain at US \$60.

5. COMPETITION RULES

The Competitions will be held according to the Regulations for Organizing and Holding Official FIAS Competitions.

5.1. Competition Disciplines

- Sport SAMBO: Men & Women
- Combat SAMBO: Men & Women
- Beach SAMBO: Men & Women
- Beach SAMBO: Mixed Team

5.2. Weight Categories

- Sport SAMBO Men: 58, 64, 71, 79, 88, 98, +98 kg
- Sport SAMBO Women: 50, 54, 59, 65, 72, 80, +80 kg
- Combat SAMBO Men: 58, 64, 71, 79, 88, 98, +98 kg
- Combat SAMBO Women: 50, 54, 59, 65, 72, 80, +80 kg
- Beach SAMBO Men: 58, 71, 88, +88 kg
- Beach SAMBO Women: 50, 59, 72, +72 kg
- Beach SAMBO by Team: Teams of four (4) athletes: two (2) males (71, +71kg) and two (2) females (59, +59kg).

5.3 Number of Athletes and Officials per Delegation

Each National Federation can enrol only one athlete per weight category in the event. An athlete can participate in more than one discipline, but always in the same weight category and according to the FIAS Rules. According to the disciplines and weight categories, the delegation may be composed as follows:

- Sport SAMBO Men: seven (7) athletes

- Sport SAMBO Women: seven (7) athletes
- Combat SAMBO Men: seven (7) athletes
- Combat SAMBO Women: seven (7) athletes
- Beach SAMBO Men: four (4) athletes
- Beach SAMBO Women: four (4) athletes
- Coaches: four (4)
- Referees: four (4)
- Delegates: one (1)
- Medical staff: one (1)

6. ACCREDITATION AND OFFICIAL REGISTRATION

Registration of athletes and coaches shall be carried out through the FIAS Electronic System (FIAS Database) at <https://fms.sambo.sport/login>. Each National SAMBO Federation must have a login ID and password. Admission of athletes and coaches to competitions will be processed through the Database. All questions related to FIAS database registration should be directed to FIAS: info@sambo-fias.com and a.khuriev@sambo-fias.com.

Accreditation will take place at the Hilton Garden Inn on 08 July 2026, where a dedicated space will be set up for official registration and accreditation. A delegate from each National Federation must attend and arrive on time for this mandatory process. During the Accreditation and Registration process, the relevant data of each participant and their role in the event will be verified. Any person who has not been properly accredited will not be permitted to participate in the role for which accreditation is required.

An Accreditation Card containing the holder's personal data and function will be issued. This Accreditation Card must be worn at all times by its holder, except during competition.

Delegates of national teams participating in the competition must present documents confirming payment of the annual FIAS membership fee by their National Federations (payment receipt or bank transfer confirmation). Membership fees may be paid during accreditation to the person designated by FIAS for this purpose.

The deadline for registering athletes and coaches in the Database is June 15, 2026.

7. WEIGH-IN

The weigh-in will be held according to the current FIAS Regulations. One athlete can compete only in one weight category, which corresponds to their actual weight and which is displayed on the official scale. Time and place of the weigh-in is indicated in the program.

IMPORTANT:

Athletes who compete in Sport SAMBO or Combat SAMBO and will subsequently compete in Beach SAMBO will not have a separate weigh-in for the Beach SAMBO Championships — their registration will be based on the previous weigh-in for Sport SAMBO / Combat SAMBO.

Athletes competing exclusively in Beach SAMBO will be weighed on July 10 at the Competition Venue (13:00–13:30).

8. UNIFORM AND COMPETITION EQUIPMENT CONTROL

All competitors shall wear uniforms and equipment approved by the International SAMBO Federation (FIAS). At all times athletes shall comply with the Regulations for Organizing and Holding Official FIAS Competitions and FIAS Rules. Before each bout, the corresponding review and control will be done by

the referees and technicians designated for that purpose. Failure to comply with the rules and regulations pertaining to the control of uniforms and equipment entails penalties for the coach or athlete in the event.

In accordance with the Regulations for Organizing and Holding Official FIAS Competitions (Annex 13), all participants of the official FIAS competitions must wear a patch (back number) on the back of their SAMBO jackets (red and blue) indicating their name as well as the national code endorsed by the IOC (International Olympic Committee). Athletes who do not have a back number on their SAMBO jackets will not be allowed to compete.

9. ANTI-DOPING CONTROL

Doping controls shall be carried out by Anti-Doping Organization accredited by WADA. The athletes will be selected in accordance with the requirements of the FIAS Anti-Doping Rules 2021 which are based on the 2021 WADA Code. From the time of notification until an arrival to the Doping Control Station, the selected athletes will be accompanied by chaperone trained by the Anti-Doping Organization responsible for sample collection at the event. The selected athlete may also be accompanied by one (1) representative to assist him or her with translation. The official language to be used during the doping control procedure shall be English.

If the Organizing Committee does not provide accreditation with photo of the athlete, the selected athlete will be required to present a valid passport or other identification document at the Doping Control Station.

All athletes are required to plan the date and time of their departure in consideration they may be selected for doping control.

10. VISA

The Organizing Committee is pleased to provide all possible assistance to the National Federations of each country in obtaining the corresponding visa to enter COSTA RICA. The Organizing Committee will provide the necessary visa assistance upon notification before **May 8, 2026**.

11. AWARDING

11.1. Athletes Awarding

The awarding protocol indicates that athletes must wear their red uniform at the time of the Awarding ceremony.

Athletes will be awarded in the following way:

- First Place: Gold Medal
- Second Place: Silver Medal
- Third Place: Bronze Medal
- Third Place: Bronze Medal

11.1 Team Awards

The winning teams will be awarded in different disciplines, as established:

- First Place: Gold Medal
- Second Place: Silver Medal
- Third Place: Bronze Medal

12. REFEREES

Referees for the event will be appointed by the FIAS Technical Commission in accordance with current procedures and regulations. Other referees must be authorized by their National SAMBO Federations and must pay for all days of their stay (including the referees' seminar) at a rate of \$75 per person in double room accommodation or \$130 in a single room. Appointed referees will pay \$75 in a double room or \$130 per day in a single room for the days not covered by FIAS.

13. SEMINARS

13.1 Coaches Seminar

The Coaches Course will be held at Polideportivo Monserrat, Alajuela on 06 and 07 July 2026.

Coaches attending the course must each pay \$75 per day in a double room or \$130 in a single room.

13.2 Referees Seminar

The Referees Course will be held at Polideportivo Monserrat, Alajuela on 07 and 08 July 2026.

13.3 Anti-Doping Seminar

The Anti-Doping Seminar will be held at the Hilton Garden Inn on 08 July 2026 and is mandatory for all athlete support personnel. Athletes are invited to participate in the seminar and follow the WADA outreach program during the event.

14. CODE OF CONDUCT

All National Federations, officials, coaches and athletes that will participate in the Pan American Championships must respect and accept the FIAS authority, FIAS officials, FIAS Statutes, Regulations for Organizing and Holding Official FIAS Competitions, FIAS Refereeing Rules, FIAS Anti-Doping Rules, FIAS Disciplinary Code, FIAS Bylaws, FIAS Code of Ethics and FIAS Referees Code of Conduct.

15. RESERVATIONS AND PAYMENTS

- Each delegation must comply with the required payments for accommodation and transportation.
- Each National Federation is responsible for the charges or commissions generated by the transfers made.
- Copy of the receipt of each transaction must be sent to the Organizing Committee.
- Payments will be made in US dollars.
- FIAS license and insurance payments, as well as annual membership fee payments will be made according to the FIAS procedure and to the previously authorized personnel.

Correspondent Bank and Account Number for transfers

Bank: Banco Nacional de Costa Rica

SWIFT code: BNCRCRSJ

Beneficiary: Corporación y producciones Minkandi SA

IBAN (USD): CR96015100020027332251

Physical Address: Cartago, Concepción de 3 Ríos

Bank Address (Banco Nacional de Costa Rica): Avenida 1y3, calle 4 San José Costa Rica.

16. ORGANIZING COMMITTEE CONTACTS

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