

REGULATIONS

of the International seminar for SAMBO coaches

December 16 – 21, 2015

Nicosia (Cyprus)

1. Dates and venue

The seminar is held on 16 - 21 December 2015 in Nicosia (Cyprus).

Accommodation of the participants of the seminar is planned in Semeli Hotel 3*.

The cost of accommodation (with Breakfast) at Semeli Hotel is:

- 66 Euros per person per day (single room);
- 50 Euros per person per day (double room).

Contact information of the hotel:

Address: 10 Petraki Giallourou Str, Nicosia, 1077, Cyprus

Phone : +357 2245 2121

E-mail : hotel@semelihotel.com.cy

Website : <http://www.semelihotel.com.cy>

2. Participants

Highly educated coaches having SAMBO work experience are invited to participate in the seminar. To participate in the seminar, coaches must provide a letter of recommendation from the National Sambo Federation – a member or a candidate member of FIAS.

3. Conditions and conducting

The sending organization takes in charge the costs associated with accommodation, meals and transfers of the participants of the seminar.

Seminar participation fee per person is 500 USD.

The calculation is made strictly in US dollars.

4. Accreditation

All participants must be accredited. Accreditation will take place in Europa Plaza Hotel, 13 Alkaiou str., 2404 Egkomi Nicosia CY.

During the accreditation the participants must provide to the Secretariat his passport or identity card, and a letter of recommendation from the National SAMBO Federation on Federation letterhead with the signature of the President.

Additionally, each participant is required to pay the fee of 30 Euros (calculation made strictly in Euros) for the shuttle service from the airport of Larnaca to the official hotel and back and during the seminar from the official hotel to the venue and back.

5. Technical conditions

Those coaches who pass successfully the exam will be awarded with certificates of the 6 level MASTER (1 coaching category) for a period of two years.

Those coaches, who do not pass in principle or do not manage to pass the exam, will be awarded with the participation certificates.

6. Visa support

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

Cyprus SAMBO Federation will provide the visa support only to those delegations which will send in proper time the lists of participants according to Annex 1 no later than November 30, 2015.

7. Application

Applications from National Federations must be sent to FIAS until November 30, 2015, including copies of passports of all members of the delegation.

8. Contacts

For a visa:

Cyprus SAMBO federation

Address: Lambrou Porfira 18, Nicosia CYPRUS 1020

Phone: +357 99 513619

Fax: +357 22 730617

e-mail: mariossambo@mail.ru

For applications from National Federations:

FIAS, President's office

Address: 125009, Moscow, Gazetny pereulok, 17/9, building 2, floor 4

Phone: +7(495) 411-61-37

Fax: +7(495) 411-61-38

e-mail: info@sambo-fias.com

www.sambo-fias.org

PROGRAM
of the International seminar for SAMBO coaches

December 16 (Wednesday)	
10.00 - 15.00	Arrival of participants, accommodation
15.00 - 16.00	Registration of participants
16.00 - 17.30	Meeting
17.30 - 19.00	SAMBO special exercises – practical lesson
19.00 - 20.00	The self-study
December 17 (Thursday)	
9.00 - 11.00	SAMBO techniques classification – theoretical studies
14.00 - 16.00	Technique in a standing position (hands, body throws) – practical studies
16.00 - 16.30	Break
16.30 - 18.00	Technique in the ground position (hold down, turning techniques) – practical studies
18.00 - 20.00	The self-study
December 18 (Friday)	
9.00 - 11.00	Methods of teaching the technique of SAMBO – theoretical studies
14.00 - 16.00	Technique in a standing position (legs throws) – practical studies
16.00 - 16.30	Break
16.30 - 18.00	Technique in the ground position (painful holds) – practical studies
18.00 - 20.00	The self-study
December 19 (Saturday)	
9.00 - 11.00	SAMBO refereeing rules - basic moments – theoretical studies
14.00 - 16.00	Methods of teaching the technique of SAMBO – practical studies
16.00 - 16.30	Break
16.30 - 18.00	Means of special training in SAMBO – practical studies
18.00 - 20.00	The self-study
August 20 (Sunday)	
9.00 - 12.00	Exam – theoretical studies
14.00 - 17.00	Exam – practical studies
19.00 - 21.00	Summing up
December 21 (Monday)	
7.00 - 12.00	Departure of participants

December 16th - 21th 2015

Nicosia (Cyprus)

VISA APPLICATION FORM

	Name/Surname	Date of birth	Passport number	Date of issue	Date of expire
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Date _____

Signature _____

Please return Visa Application Form no later than November 30, 2015 to mariossambo@mail.ru