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Official Logo

Figure 1: Official Logo

Official Rules (Short Version): 07.10.2025 FCFS - Gi / FCFS - No Gi

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1. Permitted Actions in FCFS

The following technical actions are permitted in FCFS matches: Throws, holds, chokes, joint locks, defense, and counterattacks. - No Gi division: Chokeholds with hands directly on the opponent's neck are allowed. - Gi division: Chokeholds with hands only on the neck are prohibited. Chokes through the neck and arm of the opponent, as well as chokes using the jacket (including direct pressure on the neck), are allowed.

In all other respects, the rules for Gi and No Gi divisions are identical; differences concern only attire and the specified restrictions on chokeholds.

2. Uniform and Equipment Regulations

2.1 Jacket (Gi Division)

- Standard sambo jacket with a belt.
- The athlete called first must wear a red or black jacket. The athlete called second must wear a blue or white jacket.

2.2 Belt (Gi Division)

- The athlete may wear a belt that matches the color of the jacket or a belt indicating their level of training in FCFS or another martial art.

2.3 Footwear

- Athletes compete barefoot. In the Gi division, the use of soft footwear made of leather or similar material, covering the foot and ankle, without a hard sole and metal elements, is allowed.

2.4 Shorts

- Loose-fitting fighting or wrestling shorts that do not restrict movement. No pockets, no metal elements, no hard fasteners or Velcro.
- Length – no higher than the middle of the thigh and no lower than the knee. The color of the shorts according to the tournament regulations.

2.5 Rash Guard

- Tight-fitting elastic shirt with long or short sleeves. No pockets, zippers, or protruding elements. In the Gi division, competing without a rash guard under the jacket is allowed.

2.6 Leggings

- Tight-fitting compression pants.
- Must be without pockets, zippers, or additional elements that could lead to grabbing.
- Competing without leggings is allowed.

2.7 Additional Requirements

- Any elements that may injure the opponent (zippers, hard pads, etc.) are prohibited.

3. Referee Panel

In FCFS matches, the mat is supervised by three referees, while the chief referee is responsible for the overall competition.

4. Match Procedure and Main Time

1. Athletes are called to the mat: red/black — to the red corner, blue/white — to the blue.
2. Before the start — enter the center, handshake, step back. At the referee's command "Fight," the match begins.
3. The command "Stop" stops the fight. After it, the match always resumes from the standing position at the command "Fight."
4. The command "Time" - end of the main match time.
5. Actions and violations committed before the time on the scoreboard (or manual timer) expires are counted. After "Stop" or "Time," actions are not evaluated.

6. Result: the referee in the center raises the winner's hand, the athletes shake hands, and leave the mat.
7. The match is conducted in clean time: the countdown begins at the command "Fight," pauses are not counted.

5. Throws

1. No points are awarded for an unsuccessful throw with the attacker's fall if there was no counterattack.
2. A counter-throw is an active interception of an attack with a change of its direction or a stop.
3. If the defender does not change the fall and falls together with the attacker, the throw is counted for the attacker.
4. Only throws initiated by the attacker from the standing position are counted. If the attacker is on the ground, the throw is not counted.
5. A throw without a fall means the attacker remains standing all the time. Such throws are rated higher.
6. A throw with a fall means the attacker goes to the ground themselves or leans on the opponent.
7. Lifting the opponent from the ground with a complete detachment and rotation is considered a throw from the standing position.
8. If the attacker throws the opponent from the ground position while standing, the throw is rated at half value.
9. Transitioning to a joint lock with the opponent's fall is counted as a throw in the case of a pronounced fall.

6. Ground Fighting

1. Ground fighting begins when both opponents are in a "lying" position. After each transition to the ground, 1 minute is allotted for grappling (30 seconds for amateurs and children under 12 years old).
2. If at the end of the allotted time for ground fighting there is a countdown for a hold, joint lock, or choke, it continues until the completion of the 10-second countdown. If a submission occurs during this period, it is recorded according to the rules. After the countdown, the match is stopped, and the opponents are raised to their feet.
3. If a joint lock or choke was secured before the end of the match signal (gong or "Time" command), the countdown for its execution continues according to the established rules - 10 seconds, despite the end of the main match time. If the opponent submits within these 10 seconds, the submission is recorded according to the rules.
4. Ground fighting continues as long as one or both athletes are taking active actions: attacking, defending, transitioning from one technique to another, or dynamically trying to change position.
5. Ground fighting stops if:
 - One of the athletes submits.
 - One of the athletes stands up.
 - Both athletes exit the working area of the mat.
 - Both athletes are fixed in a static position without attempts to attack or defend. In this case, the referee raises them to their feet.

6. Joint locks and chokeholds may only be initiated when the defender is in the “lying” position, while the attacker may be in the “standing” position.
7. The beginning of a joint lock is defined as the moment in the match when the attacker secures the opponent’s limb with the intent to cause pain and creates a threat of completing the technique. The chief referee on the mat signals the start of the joint lock with the command “Submission” and begins the countdown.
8. The beginning of a choking technique is considered the moment in a match when the attacker secures the opponent’s neck and creates a visible threat, apparent to the referee, of restricting or completely stopping the flow of blood to the brain or air to the lungs, with the intent to cause submission or loss of consciousness. Simulation of a choking technique is not grounds for its recognition.
9. Executing such a fixation of a joint lock or choke is scored at 1 point if it was continuously applied and created a threat of completion for 10 seconds, regardless of whether the technique is held longer than this time.
10. If a joint lock or choke does not present a threat of completion, the referee does not start the time count for its execution.
11. After completing the 10-second count for one such technique, the referee gives the command “One Point,” records the awarding of 1 point and stops the count, but continues to keep the fist clenched if a dangerous position and threat of completion persists.
12. Holding the same technique does not award additional points, regardless of how long it is held. To earn subsequent points, the athlete must transition to another joint lock or choke and secure it, after which the referee begins a new time count, or finish the given technique with the opponent’s submission.
13. If the threat of completing the technique disappears, the referee opens the fist and stops the count. If the threat resumes, the referee clenches the fist again and continues the count from the beginning: “One, Two, Three.”
14. The number of joint locks and chokes for which points can be earned during 1 minute of ground fighting is unlimited.
15. If after the fixation begins, but not less than 3 seconds into the count, the opponent escaping the joint lock or choke stands up, while the referee continued counting and kept the hand in a fist showing a dangerous position and threat of completion, the athlete executing the technique is awarded 1 point.
16. If this occurred after 10 seconds of counting, and the referee continued to fix the dangerous position with a clenched fist, the athlete executing the technique receives 1 point for 10 seconds of execution and an additional 1 point for the opponent’s escape to standing from a dangerous position.
17. If the opponent managed to stand up before 3 seconds of counting elapsed after fixation, no points are awarded to anyone.
18. Execution of a leg lock must be stopped as soon as the defender transitions to the “standing” position and secures a stable position.
19. Execution of an arm lock must be stopped as soon as both athletes are in standing position (complete separation of the opponent from the mat).
20. Execution of a choke must be stopped as soon as the defender transitions to the “standing” position.
21. A joint lock is counted as completed if during its execution the defender signals submission. A submission signal is given by a loud cry and/or repeated tapping with the hand or foot on the mat, on one’s own body, or on the opponent’s body. Any cry from a participant caught in a joint lock is considered a submission signal.

22. A submission signal from a choke is given by any distinct cry, gasp, and/or repeated tapping with the hand or foot on the mat, on one's own body, or on the opponent's body.
23. Stopping the match at the request of the defender under a joint lock or choke, if not caused by a rules violation by the attacker, is treated as a submission signal.
24. Submission from a joint lock or choke is recorded by the referee with the command "Stop, Submission Done" and scored at 6 points. After confirmed submission, the referee awards points and raises the athletes to standing.
25. In case of submission from a technique after a full 10-second fixation (i.e., after completion of the time count), this joint lock or choke is awarded the maximum score of 6 points, analogous to a submission that occurred during the first 10 seconds.
26. If one of the athletes, escaping a joint lock or choke, clearly crawled out together with the opponent beyond the working area boundary, while the referee continued counting or fixed the dangerous position with a clenched fist, their opponent receives 1 point.
27. If both athletes exited the working area boundaries during active mutual ground fighting, no points are awarded to anyone. In both cases (6.26/6.27) the match is stopped, and opponents are raised to standing.

7. Chokes and Joint Locks

7.1 Permitted Categories of Chokes

All types of chokes are permitted (with and without the use of clothing, with hands and legs); a complete list of permitted actions is provided in the official FCFS rules.

7.2 Prohibited Chokes

- Gi division only: Chokes with hands directly on the neck without using the jacket or the opponent's arm.
- Chokes with pressure on the chin. Techniques where the main impact is on the lower jaw and larynx, rather than the neck.
- Chokes affecting the spine or twisting the neck. Any techniques creating excessive load on the cervical spine.
- Belt chokes.
- Leg chokes applied only to the neck without trapping the opponent's arm.
- Straightening crossed legs creating pressure on the neck.
- Jerking and excessively aggressive chokes performed with sharp movements creating risk of serious injury to the neck or spine.

7.3 Prohibited Joint Locks

- Joint locks on fingers and toes, as well as on the wrist.
- Foot knots and locks (Knot Foot Lock, Foot Lock, Toe Hold, Straight Ankle Lock, Heel Hook, Twisting Foot Lock).
- Knee bar with hyperextension outside the natural bending plane.
- Hard and sharp bending of the arm behind the back ("Police Lock").
- Joint pressure on the spine, including special techniques (neck crank, twister and similar), straightening crossed legs creating pressure on the spine.

8. Pins/Hold Downs

1. The pin count begins at the referee's command "Hold" from the moment the attacker presses their torso to the opponent's torso (or to the opponent's arms pressed to the torso) and secures them in the "on the shoulder blades" position. The referee extends an arm palm down and counts seconds with arm movement: "One... Nine." At "Ten – One point" the holder is awarded 1 point. If the pin is broken earlier – the count stops and the pin is not scored.
2. A pin is scored at 1 point for 10 seconds of execution. The number of pins during a match is unlimited. However, one pin is scored only once per each transition to ground.
3. A pin ends if:
 - the athlete being held transitions to "on chest," "on stomach," or "on buttocks" (but not "on lower back") position, where the angle between their back at shoulder blade level and the mat plane exceeds 90 degrees;
 - the tightness of the pin is lost and becomes insufficient for effective control of the held athlete's torso and restriction of their movement;
 - the attacker or defender transitions to applying a joint lock;
 - during the pin both athletes end up in the "off the mat" position;
 - the held athlete hooks the holding athlete's leg or torso with both legs simultaneously (hooking / leg entanglement with both legs), or crosses legs around the holding athlete's leg or torso;
 - the held athlete is in guard or half-guard position, i.e., has the holding athlete's leg under control, regardless of grip depth or strength.
4. A pin is counted as a submission if the held athlete signals surrender during its execution.
5. Stopping the bout at the request of the defender being held, if not caused by a rules violation by the attacker, is treated as a submission signal.
6. If a pin was secured before the end-of-bout signal (gong or "Time" command), or before the end of the allotted time for ground fighting, the count for its execution continues according to established rules – 10 seconds, despite the end of regulation or allotted time. If within these 10 seconds the opponent submits, the submission is recorded according to the rules.

9. Actions Near the Mat Boundary

1. During the match, athletes do not have the right to exit the mat without the referee's permission.
2. At the referee's decision, an athlete may leave the mat to replace equipment (a side referee must accompany the athlete).
3. The "out of bounds" position is considered if:
 - in standing position, both athletes stepped with both feet beyond the working area boundary;
 - in "lying" position, both athletes ended up beyond the working area boundary;
 - in "lying" position, one of the athletes has contact with the area beyond the safety zone of the mat.
4. During the match, the "out of bounds" position is determined by one of the referees, and in case of disputed moments, by majority vote of the referee trio.
5. Upon finding themselves in the "out of bounds" position, athletes at the referee's "Stop" command return to the center of the mat and resume the match in the "standing" position.

6. A throw (counter-throw) that started within the working area of the mat and finished beyond it, but within the safety zone of the mat, is scored, provided that after the fall, the defender's torso remains entirely within the safety zone of the mat.
7. A throw (counter-throw) that started within the working area of the mat and finished beyond the safety zone of the mat is not scored (if any part of the defender's torso is beyond the safety zone of the mat).
8. A throw started in the "out of bounds" position is not scored.
9. A hold and joint lock may be initiated, executed, and scored while one of the athletes has contact with the working area of the mat, and the second athlete must be within the safety zone of the mat.

10. Scoring for Techniques and Throws

The scoring of a throw depends on: - whether the attacker executed the throw without a fall or with a fall; - what position the defender was in; - what part of the body the defender fell on as a result of the throw.

During the match, the scoring of athletes' technical actions is determined by majority vote of the referee trio.

Six points (6 Points) - referee shows straight arm up, palm open: - For a throw without the attacker's fall, in which the opponent fell on the back or into "bridge" position - For the opponent's submission under the impact of a joint lock or choke, as well as during a hold

Four points (4 Points) - bent arm up, showing 4 fingers: - For a throw without the attacker's fall, in which the opponent fell on the side or into "half-bridge" position; - For a throw with the attacker's fall, in which the opponent fell on the back or into "bridge" position; - For a throw without the attacker's fall, in which the opponent who was in a lying position fell on the back or into "bridge" position;

Two points (2 Points) - bent arm up, showing 2 fingers: - For a throw without the attacker's fall, in which the opponent fell on the chest, stomach, buttocks, lower back, or shoulder. - For a throw with the attacker's fall, in which the opponent fell on the side or into "half-bridge" position. - For a throw in which the opponent who was in a lying position fell on the back or into "bridge" position.

One point (1 Point) - bent arm up, showing thumb: - For a throw with the attacker's fall, in which the opponent fell on the chest, stomach, buttock(s), lower back, or shoulder. - For a throw in which the opponent who was in a lying position fell on the side or into "half-bridge" position. - For the first caution given to the opponent. - For fixation of a hold for 10 seconds. - For holding and executing a joint lock or choke for 10 seconds. - For escaping to standing from a joint lock or choke during its fixation by the referee, if fixation lasted 3 seconds or more. - For crawling out beyond the working area boundary with the opponent in an attempt to avoid a joint lock or choke.

11. Bout to Golden Score

If the main match time ends without a winner with a tie result, an additional minute of fighting is given to "Golden Score." During this period, fighting continues until the first scoring action (1

point or more) or a caution. After the additional minute expires, the winner is determined by the referee trio's decision.

12. Early Victory is Awarded

1. When one of the athletes is the first to score 12 points, regardless of the score difference.
2. Upon removal of the opponent from the match or their disqualification.

13. Warnings and Cautions

13.1 Warning

1. The mat referee first issues a warning if an athlete commits a minor violation, exits the mat, evades fighting, delays time, etc.
2. A warning does not affect the match result and is not recorded in the official protocol.
3. If the athlete continues to violate rules or avoids fighting after a warning, they receive a caution.

13.2 Cautions and Their Consequences

1. First caution → 1 point to opponent
2. Second caution → 2 points to opponent
3. Third caution → outright defeat (disqualification for cautions)

13.3 Additional Provisions

1. For gross violations or unsportsmanlike behavior, the referee may immediately assign outright defeat without prior cautions.
2. All cautions are recorded in the official protocol.
3. During the match, warnings and cautions are announced by majority vote of the referee trio.

13.4 Actions Leading to Warning or Caution

1. Intentional time stalling.
2. Dangerous or prohibited actions (strikes, rough fighting, equipment violations).
3. Arguing with referees, unsportsmanlike behavior.
4. Frequent and obvious voluntary or intentional exit beyond the working area boundary in standing or lying position.
5. Passivity (evading grip in standing position, refusal of attacking actions, stalling match time).
6. False attack (transition to lying position without a real attack, defender does not lose balance).
7. Frequent pushing out (moving the opponent beyond the working area boundary using a blocking grip, without intent to execute a throw).
8. Intentional violation of uniform (rolling up jacket sleeves, untying belt and laces, removing wrestling shoes, etc.).
9. Simulating fighting.
10. Prohibited grips:
 - Intentional grip on shorts, on laces and wrestling shoes from inside
 - Intentional grip on fingers on hands and feet of the opponent

11. For late arrival to the mat:
 - 30 sec – 1 caution.
 - 90 sec – 2 cautions.
 - 120 sec – 3 cautions and removal from the match.

13.5 Prohibited Techniques That Immediately Result in a Caution

For executing a prohibited technique, the athlete is immediately given a caution with scoring, and upon a repeated attempt to execute a prohibited technique, the athlete is removed from the match.

1. Rough execution of a prohibited technique. 2. Intentional throw of the opponent on the head. 3. Intentional execution of a joint lock after the “Stop” command. 4. Execution of a joint lock while the opponent is in standing position. 5. Execution of the “Scissors” technical action. 6. Direct painful impact on the spine and neck. 7. Joint locks on fingers, toes, and wrists. 8. Foot knots and locks (Knot Foot Lock, Foot Lock, Toe Hold, Straight Ankle Lock, Heel Hook, Twisting Foot Lock). 9. Knee bar hyperextending it outside the natural bending plane. 10. Hard and sharp bending of the arm behind the back “Police Lock.” 11. Direct impact with elbow or knee on any part of the opponent’s body. 12. Striking the legs, rough fighting for grip. 13. Lifting the opponent followed by slamming onto the mat (slamming) to exit the guard, as well as to escape from a joint lock or choke (for example, armbar, triangle choke). 14. Pressure on the eyes, plugging ears, open grips on the face. 15. Grips on the throat with direct compression of the trachea or larynx. 16. Special impacts on the spine, including straightening crossed legs creating pressure on the neck or opponent’s spine, as well as techniques such as neck crank / twister. 17. Inserting fingers into the mouth or nostrils (fish hooking). 18. Pressure or strikes to the groin. 19. Obscene, offensive, or provocative actions toward the opponent, referees, and spectators.

14. Athlete Removal from Match

Removal of an athlete from a match is carried out by the chief referee’s decision if the referee trio made a unanimous decision or if the majority of referees supports this decision. In this case, the match is immediately stopped, and their opponent is awarded early victory. Removal of an athlete from a match occurs in case of: 1. Repeated execution of a prohibited technique. 2. Doctor’s decision (if the athlete cannot continue participation in the competition (illness, injury, vomiting). 3. As a result of exceeding time and penalty limits: - if the athlete could not fit within the allotted 2 minutes for medical assistance - late arrival to the mat after 2 minutes from the first call - after three warnings when it becomes necessary to announce a fourth warning to the athlete

15. Disqualification

Disqualification occurs in case of: 1. Unethical behavior. 2. Intentional strike, scratches, bites. 3. Inflicting injury on the opponent as a result of executing a prohibited technique, when the latter is unable to continue competition. 4. Offensive swearing and gestures toward the opponent, referees, participants, spectators.

16. Submission Fixation and Match Stoppage (Children Under 12, White and Yellow Belts)

1. Submission is fixed upon an obvious signal (clapping, voice, other signs).

2. The referee immediately stops the fight and counts the submission:
 - upon complete straightening of the arm in a joint lock;
 - upon complete straightening of the knee in a “knee bar” with leg fixation;
 - during a choke — upon loss of active defense or signs of loss of consciousness.
3. If a technique is executed dangerously (against the natural bending of a joint, etc.), the referee gives “Stop” and transitions the fight to standing without penalty.
4. During rough or intentionally dangerous action (excessive force, prohibited technique) — the referee gives “Stop” and issues a caution to the attacker.

17. Referee Gestures All referee gestures are described in detail in the full version of the official FCFS rules.