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: 25.03.2025

- 1.
- 2.
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- 7.
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- 10.
- 11.
- 12.
- 13. Golden Score
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.

FCFS (FreeSambo Combat Fighting System) –

1.1 FCFS

FCFS :

1.2 FCFS

FCFS – , – .

, , – .

, . FCFS ,

, .

, .

FCFS:

- :
 - :
 - ,
 - ,
- .

FCFS – , , , .

2.

2.1

- .
- , ,
- , ,
- :
- , .

2.2

- :
 - , FCFS:
- – .
- – – .
- – .
- – – .
- – – .
- – – .
- – .
- – .
- – .
- ,
 - FCFS.

2.3 (Fight Shoes)

- .

- , ,
- () .

2.4 (Fight Shorts / Grappling Shorts)

- , , ,
- – .
- , , .

2.5 (Rashguard) –

- .
- , .
- , .

2.6 (Spats / Compression Tights) –

- .
- , , .
- , .

2.7

- .
- , (, . .)

3.

FCFS , .

3.1 (Mat Referee)

- .
- , .
- , .
- .
- .

3.2 (Side Referees)

- .
- .
- , .
- .

3.3 (Head Referee)

- .
- .
- .

•
•

4.

1.
2.

)

«Fight»

3. «Stop» «Fight».

4. — «Stop» «Fight»,

5.

, ()

6. «Stop» «Time»,

7.

8. «Fight» .

9. («Time».

5.

1. — , (,).

2. — , , .

3. — ,

4. — , (,),

90

5. — , (,)

6. — , ,

90

7. — , ()

8. — , .

6.

— , , . «».

1. , , , , ,

2. — ; , ()

3. ;

4. , () «» ,

5. , () «» .

6. , « ” »
().
 7. , « ” », ,
(e e),
, « ” ».
 8. , « ” », ,
, « ” ».
 9. , ,
.
- # 7.
- .. (), (), (), « ” », :
(), (), (), ..
1. , 1 (30 12).
 2. 10- , ,
 3. , (“Time”), 10
– 10 ,
 4. , : , ,
 5. , :
•
• (7.18)
•
•
 6. “ ” , « ” »,
 7. « ” ».
 8. , “Submission” .
 9. 1 , 10
 10. 10- “One Point”, 1
 11. , ,
 12. , ,
 13. : “One, Two, Three”.
1
 14. (7.17/7.18), **3** , , ,
1 .

12. , 1 , 3 , ,
13. , 10 , ,
14. , 1 10 1 , .
15. 3 , .
16. , () , , .
17. ,; (, ,) .
18. , , ,
19. «Stop, Submission Done» 6 .
20. 10- (, , 10) ,
21. - 6 , , 10 ,
22. , 1 .
- (8.1.20/8.1.21) , .

8.2

8.2.1

1. - Cross Collar Choke
2. (,) - Bow and Arrow Choke
3. - One-Handed Collar Choke
4. - Loop Choke
5. - Baseball Choke
6. - Cross Choke from Guard

8.2.2 ()

1. - Collar Choke from Back
2. - Single-Wing Choke
3. - Bow and Arrow Choke from Back

8.2.3




1. (Arm Triangle Choke).
2. , - Arm-In Guillotine Choke
3. - Loop Choke with Arm Trap
4. () - Gi Brabo Choke (Brabo Choke with Lapel).
- ! - Arm Triangle Choke (Kata Gatame)

8.2.4 ()

1. (Leg Chokes, Only with Arm Trap)
2. () - Triangle Choke (San Kaku Jime)
3. - () - Rear Triangle Choke

4. – Triangle Choke from Guard
5. – Reverse Triangle Choke

8.2.5

1. (D'Arce Choke) –  – Brabo Choke (Gi D'Arce Choke)
2. (Anaconda Choke) –  – Anaconda Choke (with Lapel Control)
3. (Peruvian Necktie) –  – Peruvian Necktie (Gi Variation)

8.3

1. (No-Gi Chokes Prohibited): ,
: Guillotine Choke (No-Gi), Rear Naked Choke (RNC), No-Gi Ezekiel Choke.
2. (Face Crank Chokes Prohibited) ,
, : Cross Face Choke, Can Opener, Face Bar Choke
3. (Neck Cranks & Spinal Locks Prohibited) ,
: Twister, Spine Lock Choke, Neck Crank
from Back Control.
4. (Belt Chokes Prohibited) : Belt Choke, Belt
Loop Choke.
5. (Leg-Only Chokes Prohibited)
: Triangle Choke (No-Arm), Gogoplata, Omoplata Choke.
6. (Explosive or Violent Chokes Prohibited) ,
, : Jerking Guillotine, Snap Choke,
Violent Face Crank.

9.

1. **«Hold»**,
 2. 1 10
 3.
 4. :
 • , , « », « » « » (« »),
 90 ;
 • ;
 • « »;
 • (hooking / leg entan-
 glement with both legs),
 • , .
 5.

6. , , ,
7. (“Time”), – 10 , 10 ,

10.

, 12 (A-11/B-11) (White and Yellow belts)

10.1

1. – ,
2. :
 - – ,
 - () – ,
 - – ,
3. , : “Stop” ,
4. : , ,

11. ∪

1. ∪
2. “ (∪)
3. « » , :
 - ∪ ;
 - « ” » ∪ ∪ ;
 - « ” » ∪ ∪
4. « » , ∪ ∪
5. « », «Stop» « ».
6. (), ∪ ∪ “ , ,
7. (), ∪ ∪ , (
8. – ∪ ∪ « », .
9. ∪ ∪ ∪ , ∪ ,

12. ∪

: ∪ ∪ ; ∪ ∪ ∪ ∪

12.1 (6 Points)

1. _____, _____ « _____ »
2. _____, _____

12.2 (4 Points)

1. _____, _____ « _____ »;
2. _____, _____ « _____ »;
3. _____, _____, _____ .., _____ « _____ »;

12.3 (2 Points)

1. _____, _____, _____, _____ .
2. _____, _____ « _____ ».
3. _____, _____, _____ .., _____ « _____ ».

12.4 (1 Point)

1. _____, _____, _____ (), _____ .
2. _____, _____, _____ .., _____ « _____ ».
3. _____, _____ .
4. _____ 10
5. _____ 10 .
6. _____, _____ 3 ..
7. _____ .

13. Golden Score

«Golden Score» «Diamond Score» _____,

_____, _____ .

1. _____, _____ «Golden Score» . _____ (1 _____) _____ .

2. _____ «Golden Score» _____ «Fight» _____, _____ :

- _____ 10 c _____ .
- _____ 10 _____ .
- _____, _____ 1 _____ .
- _____, _____ 3 _____ .
- _____ .
- _____ .

3. _____ 1 _____ 1 _____, _____ Time _____, _____ :

- _____ .
- _____ .

4. _____, _____ .

!! _____, _____, _____, _____
30- _____, «Golden Score» «Diamond Score» _____,

14.

1. 5

15.

, .

:

1. .

2. .

3. «Golden Score»

4. .

16.

1. 12 , . , 12 ,

12 , ,

2. .

3. () .

4. , .

17.

1. , .

2. , «Golden Score»

3. , «Golden Score».

18.

. ,

18.1

1. (6 Point) - , .

2. (4 Point) - , .

3. (2 Point) - , .

4. (1 Point) - , .

18.2

1. 1- (Warning) – ,

2. 1- 2- (Caution) – «1 2 »
3. – , .

18.3 e

1. - «Hold!» , : «One, two, three...-nine».
2. - 10 : «Ten – One point»
3. , « » (18.5.3).

18.4

1. - «Submission» , : «One, two, three... nine».
2. 10 : «Ten – One point»
3. , , , “One, Two, Three”.
4. « » - “ «Stop»
5. «Stop, Submission Done» 6 .

18.5

1. - , , (“ ”)
2. - “ «Fight», ().
3. “ - 2-3 - .
4. “ - , , .
5. - .
6. “ - .
7. - ,
8. “ - ,
9. - ,

14. $\quad - \quad (\quad)$.

15. $\quad - \quad , \quad , \quad ($
 $\quad) , \quad , \quad .$
 (\quad) .

16. $(0:0) -$.

10.

- , .
-

11.

- 30 – 1 .
- 90 – 2 .
- 120 – 3 .

19.5

.. .. , .. ,
.

1.

. «Stop».

2.

. «Stop».

3.

«Stop».

4.

. «Stop».

5.

“ ”. (« » « »).

6.

. «Stop».

7.

. «Stop».

8.

. (Knot Foot Lock, Foot Lock, Toe Hold, Straight Ankle Lock, Heel Hook, Twisting Foot Lock)

9.

, . «Stop».

10.

. “ ” (“Police Lock”)

11.

. «Stop».

12.

, . «Stop».

13.

(slamming),
(, , triangle choke).

14.

, , . «Stop».

15.

. «Stop».

16.

(neck crank / twister);

17.

(fish hooking).

18.

. «Stop».

19.

, , . «Stop».

20.

, , . «Stop».

1.

“ ” . «Stop».

2.

, (, ,). «Stop».

3.

- “ ” 2 . «Stop».
- “ ” 2 . «Stop».
- “ ” 2 . «Stop».

4.

. «Stop».

21.

() , .
 , , .. .

1. .

2. , , .

3. , , .

4. , , , .

22.

- **Beginners** (, - , , -)
- **Intermediate** (, - ,)
- **Advanced** (, ,)

U-7 (6-7)

: 20, 24, 28, 33, 37, 42, 42+

: 2

U-9 (8-9)

: 27, 31, 36, 41, 46, 51, 51+

: 2

U-12 (10-11)

: 31, 36, 41, 46, 52, 58, 64, 64+

: 26, 30, 34, 39, 44, 50, 56, 56+

: 3

U-14 (12-14)

: 35, 39, 44, 50, 56, 62, 68, 75, 75+

: 34, 38, 42, 47, 52, 57, 64, 64+

: 3

B / I / A (15-17)

: 42, 47, 53, 59, 65, 71, 77, 85, 85+

: 38, 43, 48, 52, 57, 63, 68, 75, 75+

: * Beginners/Intermediate - 3

* Advanced - 4

B / I / A - (17+)

: 60, 66, 72, 77, 84, 93, 93+

: 50, 56, 62, 68, 74, 74+

: * Beginners/Intermediate - 3 * Advanced - 4