

Beach sambo rules

The rules of sport sambo apply for beach except for following items :

- No floor, then no downtime and no painful holds
- The fight stops at once one of the fighters is in contact with the floor

1. Age and weight category

SAMBO

SPORTS SEASON

2024

age categories, weight and fighting time

IK 2023-1

CADETS		JUNIORS (JEUNE FIAS)		ESPOIRS (JUNIOR FIAS)		SENIORS	
Born in 2008 and 2009		Born in 2006 and 2007		Born in 2004 and 2005		Born between 1990 and 2003	
Male	Feminine	Male	Feminine	Male	Feminine	Male	Feminine
- 46	- 41						
- 49	- 44						
- 53	- 47	- 58	- 50	- 58	- 50	- 58	- 50
- 58	- 50	- 64	- 54	- 64	- 54	- 64	- 54
- 64	- 54	- 71	- 59	- 71	- 59	- 71	- 59
- 71	- 59	- 79	- 65	- 79	- 65	- 79	- 65
- 79	- 65	- 88	- 72	- 88	- 72	- 88	- 72
- 88	- 72	- 98	- 80	- 98	- 80	- 98	- 80
+ 88	+ 72	+ 98	+ 80	+ 98	+ 80	+ 98	+ 80
4 minutes *		4 minutes *		5 minutes *		5 minutes *	

2. The sportswear :

A white kimono jacket with cut sleeves, red or blue (depending on the call) sambo shorts, a red or blue belt (depending on the call). The sleeves of the jacket must be cut leaving a small piece of sleeve (approximately 3 cm after the shoulder pad, finishing hem included).

For female, an extra white tee-shirt.

The jacket, with special cut, is in cotton. The belt must necessarily surround the waist twice and tightly tighten the body, with both two ends tied in front.

The belt ends after the node cannot have a greater length than the sides of the jacket panels. The bottom of the jacket panels under the belt must measure 25 to 30 cm (for adults). The seams in the back are forbidden. In case of a country bib, the referee must control the seams.

The fighters are expected in the combat zone, naked feet.

3. Achieving victory :

It is obtained :

- By total victory (the defender falls flat on his/her back, while the attacker remains standing)
- By a score difference equal to or greater than 3
- By the greater score at the end of the combat
- By abandonment or disqualification

The duration of the fights (eliminations and finals) is 3 minutes.

NB : Beach sambo categories of less than 6 athletes compete in groups and not in tables. (unless otherwise decided by the CSNS organizers)

4. Quotations :

	The attacker and the defender are standing	
The defender falls on	The attacker remains standing	The attacker accompanies the defender on the floor
The back	Total victory	2 points
The side, the buttocks, the shoulders, the belly	2 points	1 point
The hands, the knees	1 point	1 point

The technical actions carried out after the whistle are not evaluated.

- If the defender who counterattacks does not change the attacker's nature and direction of the fall, and if he/she falls in the direction of his/her projection, the projection is assigned to the attacker
- If the attacker performs an action, but if the defender falls directly on him/her, without any contact with the floor, then no point will be assigned to him/her
- If the attacker performs a projection and accompanies the fighter on the floor, then it is in the pursuit of the movement, and the opponent does not take any point
- If one of the two fighters put a hand or a knee on the floor, either in the initiative of an action (therefore before doing it), or to defend, or just on one's own initiative in order to rebalance, 1 point will be assigned to his/her opponent
- If the attacker performs a so-called "sacrifice" projection, by impacting the floor, himself/herself first, the action will be only quoted if, and only if, it is correctly performed

NB : If the attack is correctly performed, but if the opponent succeeds in defending, then no point or warning is assigned. Except if the defender put a hand or a knee on the floor to defend himself/herself : so, 1 point will be assigned to the attacker for unbalancing him/her.

NB : if the so-called "sacrifice" action is badly carried out and does not result in a quotation, then the attacker will be given a warning for passivity / false attack.

If one of the two fighters falls on his/her knees, by simultaneously putting hand/hands on the floor, his/her opponent will be given only 1 point