

## **Combat Sambo Policies for the BSF rev 1**

### **Combat light ruleset**

#### **Background to policy**

During discussions with other martial artists, notably, MMA, Karate, Kudo, Wrestling and Judo students and coaches it was noted that a reason many gave for not entering Combat Sambo competitions were the headbutts and elbows as well as the prices of equipment.

After some consideration it was decided to trial a rule set which removed the headbutt and elbow and allowed use of any grappling type jacket with shorts and the usual protective equipment for Combat Sambo.

During seminars and training events it was noted there was a lot of enthusiasm for this rule set, therefore it was decided to hold a Yorkshire open to develop the rule set as an introduction/pathway to full combat Sambo, this event has attracted over 40 competitors. The event has had great feedback with all responses positive to the rule-set , therefore it is recommended as an entry level for competitors wishing to try Combat Sambo in a reduced risk rule-set prior to potentially moving to Full Combat Sambo.

#### **Summary of rule set**

Juniors

No head contact

No headbutts

No Elbows

No submissions for under 12yrs old

Reduced power on strikes

Adults

No Headbutts

No Elbows

No knees to the head