



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

GENERAL REGULATIONS FOR CONTINENTAL AND WORLD CHAMPIONSHIPS IN GRAPPLING, PANKRATION & AMATEUR MMA

PREAMBLE

In addition to the present provisions, the organizers of Continental and World Championships in Grappling, Pankration & Amateur MMA are bound to follow and strictly apply the principles and rules laid down in the FILA Constitution, in the Financial Regulations, in the FILA Requirements and Contract signed for the championship in question, and in the International Grappling, Pankration, and Amateur MMA Regulations.

PARTICIPATION

1. Only the National Federations or Committees duly affiliated to FILA for the current year can participate in the championship. They are fully responsible for entering their athletes within the deadline.
2. In order to be allowed to participate in a World Championship, the National Federations or Committees must have previously participated in the Continental Championship of the same age group with at least the same number of participants that they intend to enter in the World Championship. In other words, a National Federation or Committee cannot enter more athletes in the World Championship than the number entered in the previous Continental Championship of the same age group. NB: This rule does not apply to Combat Games years with Continental Championships being held after the World Championships.
3. National Federations or Committees can enter a maximum of 1 athlete per weight category, except from the absolute category in which 3 athletes per country are allowed to participate.
4. Each competitor must have a valid FILA licence for the year and a valid passport. Those who did not purchase their licence in advance will be able to do so at accreditation. They will be asked a copy of their passport, a picture and the annual licence fee of 100 CHF, 80 EUR or 120 USD.
5. Age and nationality must be checked with the passport at the weigh-in.
6. Except for veterans, athletes are allowed to compete in the age division directly above their legal age group, provided that they present a medical certificate at accreditation and weigh-in. Novice, schoolboys, and cadets are also required to present a parental consent confirming they are allowed to compete in an older age group. NB: If several age divisions are on the program of the championship, athletes may only compete in 1 age group.
7. The delegations in need of a visa to enter the host country must send their visa application forms to organizer at least 3 months before the date of the championship. The organizer will take care of sending official invitation letters to the relevant consular representation in their country of residence.
8. Preliminary entries (number of participants) must be sent to FILA at least 2 months before the date of the championship.
9. Final entries (participants' name and weight category) must be sent to FILA at least 1 month before the date of the championship.
10. The final list of competitors must be confirmed to the competition secretariat the day before each competition by noon (12:00) in order to ensure a smooth weigh-in and draw procedure.



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11. In accordance with the FILA regulations, each delegation participating with more than 3 athletes (all styles combined) is required to enter at least 1 referee of the highest category available in the country. The National Federations or Committees that would not comply with this rule will be imposed a penalty of 500 CHF per competition invoiced by FILA at the end of the calendar year.
12. The delegations can benefit from an all-inclusive accommodation package from the organizer (including transport from and to the airport, hotel, 3 meals and entry to the championship) at a rate that is agreed by FILA depending on the local conditions. Upon agreement with the organizer, it will be possible for the delegations to transfer the total amount of accommodation fees to the organizer's account. Otherwise, the team leaders will have to settle their financial obligations cash at accreditation.
13. The organizer takes care of booking the rooms for the delegations benefitting from the accommodation package.
14. The participants who do not need accommodation or who send their entries after the deadline are required to pay an entry fee of 60 EUR to the organizer.
15. In conformity with the FILA regulations, each team that has been entered for the championship but does not turn up, or turns up with fewer competitors than originally announced, will be held responsible for and have to pay half of the hotel costs for all individuals previously entered, unless they can provide official justification such as visa refusal letters or medical certificates.
16. Athletes competing in the championship are under the exclusive responsibility of their National Federation or Committee through their respective coaches. Any breach of the rules will be sanctioned according to the FILA Disciplinary Regulations.
17. The delegations benefitting from the accommodation package are welcomed by the organising Committee upon their arrival in the nearest international airport and driven to the hotels to proceed with accreditation.
18. A shuttle service to transport the delegations benefitting from the accommodation package from the hotels to the competition and training sites is arranged if the hotels are not at walking distance from the venue.

TECHNICAL CONDITIONS

1. The championship is run according to the FILA official rules on 3 FILA approved mats.
2. The championship takes place in the official weight categories and no weight allowance is accepted: Men 60, 65, 70, 75, 80, 90, 110kg, Absolute and Women 50, 55, 60, 65, 75kg, Absolute.
3. Each competitor is requested to undergo a medical examination before the official weigh-in, during which his/her competition uniforms is inspected for compliance as well.
4. The drawing of lots for position in the brackets is done manually or by means of the FILA competition software at the time of weigh-in.
5. The competitors are allowed to enter several styles (No-Gi, Gi, pankration, and combat grappling), provided that they undergo the official weigh-in and draw held the evening before the beginning of each style. If a registered athlete has not turned up by the end of the official weigh-in time to re-check his/her weight and draw a number, he/she will be removed from the competition list and will not be allowed to compete.
6. Competitors who forfeit a match without proper medical certificate are not allowed to proceed throughout the tournament (even in other styles) and are withdrawn from the final ranking.



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- The FILA licence covers medical assistance to the competitors in the event of an accident occurring during the competition. If a competitor wishes to have a medical examination or receive a treatment that is not linked to an accident that happened during the competition, either he/she or his/her National Federation will be entitled to bear the related costs.
- Each competitor is required to wear a FILA approved competition uniform, that is:

No-Gi: Board shorts and a tight fitting sleeveless, short sleeve or long sleeve rashguard. The first grappler called shall put on an overall red uniform and the second an overall blue uniform.

Gi: The Gis must comply with the description laid down in the International Grappling Regulations. The first grappler called shall wear a white Gi and the second one a Gi of color.

Pankration: The Endymas/Gis must comply with the description laid down in the International Pankration Regulations. The first pankratiast called shall wear a white endyma/gi, gloves, and shin guards, and the second pankratiast called shall wear a blue endyma/gi, gloves, and shin guards.

Amateur MMA: Board shorts and an optional tight fitting sleeveless, short sleeve or long sleeve rashguard in black (or in red for the first called and blue for the second called). The first athlete called shall wear red helmet, gloves, and shin guards, and the second blue helmet, gloves, and shin guards.

- In addition, pankratiasts and amateur MMA fighters are required to wear a groin guard and a mouth guard. Female competitors are also allowed to wear a chest protector.
- FILA Approved uniforms, helmets, gloves and shin guards are made available for sale on site.
- The country's abbreviation (3 capital letters) must appear on the back of the athletes' competition uniform. The athletes who do not comply with this requirement will be able to have their countries' abbreviation pressed on the spot.
- Individual prizes will be given to each weight category:

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| 1 st place | 1 gold medal, certificate, and special award |
| 2 nd place | 1 silver medal, certificate |
| 3 rd places | 2 bronze medals, certificates |
| 5 th –10 th places | certificates |
- The first three teams in each style receive a cup.
- The organizer must conduct random anti-doping test among the gold medallists. The categories concerned are selected and publicly announced at the end of the weigh-in. The laboratory used to analyse these tests must be IOC/WADA approved. The procedure for undertaking the tests and transporting the samples to the laboratory is laid down in the FILA Regulations and in WADA's Anti-Doping Code.

REFEREES

- Only the FILA certified referees with a valid licence may work in the championship.
- All referees must attend the seminar that will be organized the day before the championship.
- All referees must wear black flat front trousers, all-black sport shoes, and the official FILA shirt and accessories.



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OFFICIAL CEREMONIES

1. Each participating team must be present at the opening ceremony according to the organizing committee's instructions.
2. The national flags of the countries whose athletes and teams obtained 1st – 3rd places are hoisted once the medals have been awarded.
3. The national anthem is played for each individual and team champion.

JOURNALISTS

1. Only the journalist accredited by the organizing committee are allowed to participate in the competition and enter the press centre.
2. The journalists who wish to be accredited must send their application form to the organizer no later than 1 week before the date of the championship.