

"APPROVED"

VICE PRESIDENT OF THE FEDERATION
"Mixed martial arts MMA"

M. POTOROKIN

«23» March 2016



"AGREED"

PRESIDENT OF THE INTERNATIONAL
CONFEDERATION OF MARTIAL ARTS
IMAC

N. SMIRNOV

"23" March 2016

X Martial Arts Olympics "East - West"

TOURNAMENT
"Mixed martial arts MMA"
"TIME to FIGHT"



April 29 - May 1, 2016
Saint Petersburg

1. GOALS AND OBJECTIVES.

- 1.1. Promotion and popularization of MMA (mixed martial arts), healthy lifestyle, education of patriotism and spirituality, prevention of crime and drug addiction.
- 1.2. Increasing the skills of athletes, consolidation of skills learned in the course of uchebno-trenirovochnogo process.
- 1.3. Further training of judges and coaches.
- 1.4. Development and strengthening of international sports relations between clubs and federations of martial arts around the world, regional offices and clubs involved in promoting the arts and MMA (Mixed Martial Arts).
- 1.5. The formation of national teams to participate in international tournaments.

2. VENUE AND DATES.

- 2.1. Venue: **Saint Petersburg, the CCM "Petersburg"** (Gagarin Ave 8, metro station "Victory Park").
- 2.2. Dates: **April 29 to May 1, 2016.**
- 2.3. Physical culture and sports events are held in the sports facilities that meet the requirements of the relevant regulations in force in the territory of Russia and to ensure public order and safety of participants and spectators.
- 2.4. Events Schedule:
27 – 28 April 2016:
10.00. - 17.00. - Arrival, registration, credentials committee, weighing indoor Petersburg sports-concert complex "Petersburg".
- Parents Forum participants of the Festival.
29 April 2016:
10.00. - 11.00. - Referee Seminar, discussions with representatives of the rules and athletes;
11.00. - start of preliminary fights, Inauguration.
30 April 2016:
10.00. - continuation of the fights.
1 May 2016:
10.00. - Semifinal and final matches.

3. CONDITIONS OF PARTICIPATION.

- 3.1. Each participant at the time of passing the credentials committee shall have the following documents:
 - Passport or other document confirming the identity of the athlete with a photo;
 - Qualification / Gradebook athlete (if available in the sports discipline); - An insurance policy against accidents with insurance coverage of "Sports activities", the sum insured is at least 50 000;
 - MHI policy Insurance (compulsory medical insurance);
 - A medical clearance to participate in competitions;
 - To participate in the competitions of athletes under the age of 18 years - required to provide written parental consent (Appendix №1);
 - Compulsory use of the girls on the chest protector in all age categories.
- 3.2. As part of the competition allowed the athletes participating in different sections.

3.3. The costs associated with sending participants, referees, coaches and representatives (food, travel and accommodation) at the expense of sending organizations, sponsors or personal funds of the participants.

3.4. The Jury reserves the right not to allow the participant to compete with non-compliance of the requirements of a participant to an athlete participating in the competition.

4. ORGANIZERS.

4.1. Tournament Organizer «TIME to FIGHT»: International Promotional Centre "Star", Federation of mixed martial arts (MMA).

4.2. Referee: Maksim Aleksandrovich Potorokin +7 (925) 848-18-88

Deputy Chief Referee: Ramil Rafkatovich Fazleyev +7 (910) 481-11-07

Chief Secretary: Vera A. Potorokina +7 (905) 776-65-26

E-mail: tff-mr@mail.ru

4.3. For all issues related to accommodation, visa support, the organization of the cultural program of the athletes and guests arriving at the event, please contact the company "Inturion.ru" LLC. Contact person - Marina Martynova.

Phone: +7 904 333 9801, +7 (812) 327 3866 e-mail: marina@inturion.ru.

5. FORMAT OF THE TOURNAMENT.

5.1. Tournament for mixed martial arts MMA «TIME to FIGHT»:

Competitive mesh on the Olympic system, 3rd one.

For the safety of fights and battles, exit opportunities / loss participants outside the site fights are held in the Octagon (Octagon). The winners of the competition in the individual competition will be awarded with medals and diplomas. All the results of matches taken into account in the rating tournament with the possibility of further participation in the final match of the Tournament of Champions rolling BELT «TIME TO FIGHT».

In the final section of MMA SAFE (age group 8-9, 10-11, 12-13, 14-15, 16-17 years), in the weight category with the highest number of participants will be drawn **BELT CHAMPIONS tournament «TIME to FIGHT JUNIOR»**.

In the final section of MMA (age group 18-35 years), in the weight category with the highest number of participants, will be awarded the **"golden" BELT Tournament of Champions «TIME to FIGHT»**.

BELT CHAMPION tournament «TIME to FIGHT» will be handed over fully conducted by the final match, defeated (failure) can be considered only in view of removing the finalists doctor.

In case of equal number of participants in two or more weight categories, it will be determined by drawing of the belt way lottery.

5.2. Charitable contribution for participating in the MMA section:

1) - 1500 rubles.

2) - 2000 rubles + branded shirt Tournament «TIME TO FIGHT» Olympics and X (the number of T-shirts is limited). T-shirt will be issued upon passing the registration.

| Divisions | Age | «LITE VERSION MMA SAFE» age "KIDS" | | | | | | | | | |
|---------------------------------------|---------|------------------------------------|----|----|----|----|----|-----|-----|------|--|
| Boys | 8 - 9 | 25 | 28 | 31 | 34 | 37 | 40 | 45 | 45+ | | |
| Girls | | | | | | | | | | | |
| Boys | 10 - 11 | 28 | 31 | 35 | 40 | 45 | 50 | 55 | 55+ | | |
| Girls | | | | | | | | | | | |
| «FULL VERSION MMA SAFE» age "JUNIOR" | | | | | | | | | | | |
| Boys | 12 - 13 | 35 | 40 | 45 | 50 | 55 | 60 | 60+ | | | |
| Girls | | | | | | | | | | | |
| «FULL VERSION MMA SAFE» age "AMATEUR" | | | | | | | | | | | |
| Boys | 14 - 15 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 75+ | | |
| Girls | | | | | | | | | | | |
| Boys | 16 - 17 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 85+ | | |
| Girls | | | | | | | | | | | |
| «FULL VERSION MMA» | | | | | | | | | | | |
| Boys | 18 - 20 | 57 | 61 | 66 | 71 | 77 | 84 | 93 | 93+ | | |
| Girls | | | | | | | | | | | |
| Men | 21 - 35 | 57 | 61 | 66 | 71 | 77 | 84 | 93 | 102 | 102+ | |
| Women | | | | | | | | | | | |
| Permissible tolerance 200 gr. | | | | | | | | | | | |

5.3. Discipline MMA SAFE: naked torso (rashgard optional), shorts, helmet (gated), the protection of the lower leg and lifting the foot, groin, without caps, gloves for mixed martial arts. Allow full contact striking and throwing the correct equipment in the rack and the stalls (on the stipulated meeting (workshop) judges and representatives).

In the discipline of MMA LITE VERSION SAFE in «KIDS» age group (8-11 years) shock technique on the ground is prohibited. Fights take place in the Octagon (Octagon).

It is forbidden to use any ointments and creams warming up. In the case of the participant will be disqualified.

Duration of matches:

Age 8-11 years - 2 rounds of 1.5 minutes with a break of 1 minute

Age 12-17 years - 2 rounds of 2 minutes with a break of 1 minute

Age 18-35 years - 2 rounds of 3 minutes with a break of 1 minute

Finals, age 18-35 years - 2 rounds of 4 minutes with a break of 1 minute. Allowed Extra-round.

5.4. Charitable contribution for participation in the discipline of MMA - tactical combat: 1300 rubles.

| Divisions | Age | «TACTICAL WRESTLING» age "KIDS" | | | | | | | | | |
|--------------------------------------|---------|---------------------------------|----|----|----|----|-----|-----|-----|--|--|
| Boys | 8 - 9 | 25 | 30 | 35 | 40 | 45 | 45+ | | | | |
| Girls | | | | | | | | | | | |
| Boys | 10 - 11 | 31 | 35 | 40 | 45 | 50 | 50+ | | | | |
| Girls | | | | | | | | | | | |
| «TACTICAL WRESTLING» age "JUNIOR" | | | | | | | | | | | |
| Boys | 12 - 13 | 35 | 40 | 45 | 50 | 55 | 60 | 60+ | | | |
| Girls | | | | | | | | | | | |
| «TACTICAL WRESTLING» age "AMATEUR" | | | | | | | | | | | |
| Boys | 14 - 15 | 45 | 50 | 55 | 60 | 65 | 70 | 75 | 75+ | | |
| Girls | | | | | | | | | | | |
| Boys | 16 - 17 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 85+ | | |
| Girls | | | | | | | | | | | |
| «TACTICAL WRESTLING» | | | | | | | | | | | |
| Boys | 18 - 35 | 57 | 61 | 66 | 71 | 77 | 84 | 93 | 93+ | | |
| Girls | | | | | | | | | | | |
| Permissible tolerance 200 gr. | | | | | | | | | | | |

5.5. Discipline TACTICAL WRESTLING (tactical combat, grappling analogue): Shorts for mixed martial arts, rashgard or tight-fitting T-shirt, groin, (cap and headphones optional). Resolve any correct throwing technique, painful and suffocating receptions are allowed in the pit.

It is forbidden to use any ointments and creams warming up. In the case of the participant will be disqualified.

Duration of matches:

Age 8-11 years - 1 round of 2 minutes

Age 12-17 years - 1 round of 3 minutes Age 18-35 years - 1 round of 4 minutes allowed Extra-round.

5.6. To participate in the competition organizers provide technical equipment on a partner: the company GREEN HILL.

5.7. Filing a protest in the Jury of Appeal exercised by the team no later than 30 minutes after the claim with reference to the specific paragraph of the Rules and the provision of technical videos. The composition of the Jury of Appeal consists of the Chief Judge of the competition (or his deputy), Senior site. The decision of the Jury of Appeal is final. The fee for appeal - 5000 rubles. Appeal fee on appeal, is not returned. The decision on disqualification is taken by the main judge of competition, together with the members of the Jury of Appeal on the proposal Elder site.

5.8. Preliminary applications for participation in the tournament, send an e-mail: **tff-mr@mail.ru** until **24 April 2016**.

Information and rules on www.mma-mr.ru website,
facebook <https://www.facebook.com/groups/163375607182111/>
and in the group of TIME to FIGHT «VKontakte» - <http://vk.com/timetofight>

The tournament organizers reserve the right to make changes to the order of the tournament.

Regulation is an official invitation to the tournament.