



# **INTEGRAL**

**FIGHTING SYSTEM**

## **Rules & Regulations For INTEGRAL FIGHTS**



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**SECTION I: “INTEGRAL FIGHTS CATEGORY”**

The fights in the INTEGRAL FIGHTS CATEGORY is for the Integral Vovinam World Federation the possibility, for the Vovinam experienced athletes, to evaluate their fighting capacities while applying the overall Vovinam Techniques, excluding the dangerous elements. Therefore, this type of combats must be regulated by strict rules, in order to preserve the security and the integrity of the athletes, as a matter of priority.

**ART. 0.1:**

All countries MUST give their athletes a translation of these Rules and Regulations in their language. All the participants are supposed to know these rules and regulations in their language.

**ART. 0.2:**

During the International Competitions, the National Coach or the National Person-in-charge must carry with him, on the site of the fights, a printed version of these Rules and Regulations in his language.

**ART. 0.3:**

In case of problems related to the exact translation, the ONLY basic and legal version that will prevail is the ENGLISH version. Countries are asked to translate correctly in their languages.

**ART. 1:**

The Integral Vovinam World Federation recognizes the competitions only if the Integral Vovinam World Federation or a delegation authorized them, whether through a Regional, National, or an International entity.

**ART. 2:**

1. The organization of competitions can only be done by the Integral Vovinam World Federation and/or by a promoter, an association or federation recognized by the Integral Vovinam World Federation.
2. The competitions under the Integral Vovinam World Federation will only be held in the case the Integral Vovinam World Federation gave a written authorization, or after agreement of a written application.

**ART. 3 A:**

All the participants to competitions in the category Integral Vovinam Fights of/or under the Integral Vovinam World Federation must have 16 years old. If the combatants do not have 16 years old, THEY CANNOT PARTICIPATE IN A COMPETITION IN THAT CATEGORY. They must sign-in in the children or teenagers category of competition of the Integral Vovinam World Federation.

**ART. 3 B:**

All the athletes that are minors must present a written parental authorization.

**ART. 4:**

1. Any participation to a competition in the category Integral Vovinam Fights held by/or under the Integral Vovinam World Federation will be permitted only if the participant in Integral Vovinam Fight Category has a VALID license approved by the Integral Vovinam World Federation.
2. It WILL be asked the participants to perform a Vovinam Quyen (KATA) in order to verify that they really are Vovinam athletes.
3. The Quyens asked for the verification could be: Thập Tự Quyền for the Blue Belts, and Thập Tự Quyền or Ngũ Môn Quyền for the Yellow Belts, as well as for the Red Belt the Việt Võ Đạo Quyền or Mộc Bản Pháp (chosen randomly)
4. The choice of the Quyen will be done by drawing, taking in account the grade of the participant, no Quyen of a higher level than the level of the athlete will be asked.
5. The performance of the Quyen will not give any point, but if it happens that the athlete does not know the Quyen, he or she will be disqualified.
6. The Quyền must be performed with fluidity, the techniques must be the ones of the programme, the directions must be the correct ones, and the kicks must be executed at least at the chest level.
7. If the participant shows a bad knowledge of the Quyen or is hesitating, has lack of confidence or is marking pauses, he or she will be eliminated. Then, his or her opponent will ALSO have to perform a Quyen. If he or she is able to perform it, he or she will pass to the next phase. If not, he or she will be eliminated too.



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### ART. 5:

1. A competition of INTEGRAL FIGHT CATEGORY must be held in a ring approved by the Integral Vovinam World Federation which dimensions are at least 6m X 6m, or on a tatami mat with a minimum 6 m X 6 m fighting surface or a MMA fighting cage.
2. The ring floor must be done in a solid construction, flat and covered with foam material of at least 2 cm of thickness, placed under a rigid canvas sheet. In case of a Tatami mat, or must follow to the International Fights with Throwing norms.
3. The ring disposes of a minimum of 4 ropes of a diameter of at least 3 cm and a maximum of 5 cm. The ropes must be well tensioned and attached to the 4 posts forming the ring corners. The lowest rope will be placed at a distance of 40 cm from the floor and the highest at a height of 120 from the floor.
4. The ropes must be covered by a soft protecting material and will be attached together to each corner of the ring.
5. The corners diagonally opposed will be in BLUE for one of them, and in RED for the other. The other corners will be neutral or white.

### ART. 6: Fighting Uniform

1. The fighters will wear a Vovinam Võ Phục (Vovinam training uniform), conforming to the Integral Vovinam rules and regulations. Wearing a Võ Phục (Gi or training uniform) of another color than Blue will automatically result in the disqualification of the athlete. There is no official Blue shade. All shades of blue are allowed.



- 1- b) The Integral Vovinam badge will be worn on the left part of the chest (Blue, Yellow, or Red, according to the belt level of the participant).



- 1- c) The Integral Vovinam badges of the IVWF CANNOT BE COPIED, neither made by someone else than the IVWF Headquarters. It is almost the only way of funding for the IVWF. The IVWF badges are under Copyright. The Countries must buy them to the Integral Vovinam World Federation. No local making!

- 1 - d) The Vovinam Việt Võ Đạo badge is NOT permitted on the Võ Phục.



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2. Any sharp or hard objects, rings, jewellery, necklace, etc. on the uniform, under the uniform, or on the athlete are forbidden.
3. Any kinds of shoes are forbidden.
4. On the fighting uniform, advertisements or commercial texts are authorized if they are discreet and only if these advertisements or these texts are non-contrary to the ethic, the courtesy or the interests of the promoter or the Integral Vovinam World Federation. The club's logo or the name of the athlete are authorized.

### ART. 7-A: Protection Gears



1. Groin protection and mouth guard are compulsory for all participants.
2. Wearing shin and footgear is compulsory. The footgear must have the whole foot protected (NOT just the front part). The footgear must NOT leave the toes unprotected. The footgear with an indivisible part of the shin gear is the official protection in Integral Vovinam.
3. Foot and shin protection MUST be made of soft shock absorbing foam. Foot and shin protection made of hard material will be REFUSED.



(Kickboxing and Thai boxing protections will be refused).



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4. The participants to a competition will only use new gloves, approved by the Integral Vovinam World Federation or by the fights promoter.
5. **COLORS OF THE GLOVES:** the gloves **MUST** be **BLACK** or **RED** or **BLUE**; (Red for Red Corner or Blue for Blue corner). White color is allowed too. Any other color than the 4 colors mentioned here will lead to the disqualification of the athlete. No flashy colors!



6. Before the beginning of the fight, the referee must check all the protection gears and the gloves.
7. The soft sticking bandages are tolerated after the referee's checking.

### **ART. 7-B: Commissioner for Uniform & Gear Control**

A person will be designated by the Organizing Committee to check that all athletes wear the official uniform and gear protections **BEFORE** entering in the fighting **PREPARATION** zone.

### **ART. 7-C: Athletes without official uniform**

Taking in account that **ALL** participants must pass by the Commissioner for control **BEFORE** entering the fighting area, therefore any athlete entering the fighting zone (and about to start fighting) who is not wearing official uniform & protections will be **AUTOMATICALLY** disqualified by the Referee.

### **ART. 8: Length of the fight**

2 x 3 minutes in eliminatory phases  
3 x 5 minutes in semi-final and final phases  
Rest of 1 minute between the rounds

### **ART. 9 A: Weight categories**

1. The Integral Vovinam World Federation establishes the following weight categories for National and Federal titles:  
Under 55 kg, under 60 kg, under 65 kg, under 70, under 75, under 80, under 85, under 90 kg, under 95 kg, over 95 kg
2. From 95 kg there is not weight restriction.

### **ART. 9 B: Veterans Category + 40 years old**

After the World Cup 2018 in Morocco, a Veteran category is now possible. The weights are the following: under 67 kg ; - 75 kg ; - 83 kg ; -91 kg and + 91 kg.

### **ART. 9 C: Weighting**

1. The weight checking will be done **just before the FIRST fight**. This will avoid cheating on weight, or regaining weight lost before the checking.
2. After being called by the Speaker "*fighter X must be prepared for fight...*", then the fighter will go to the weight control.
3. Three (3) tries can be done, but the tries cannot delay the fight.
4. If after 3 intents the fighter cannot enter in the category for a tiny difference (less that 2.2 pounds - or less that 01 kg), the he will have the choice of competing in the higher weight category, or to quit,

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declaring his opponent ready for the next phase.

5. If, at the third intent, the fighter is not able to enter the category for more than 2.2 pounds [1 kg] then the fighter will not be able to participate to the competition. Fighters must sign-in in their real weight category.
6. If the fighter is not able to come and check, or cannot come to confirm his weight before the time of the fight, he will be declared “not matching the category” and will not be able to switch category.
7. Weight control can be done wearing full uniform, or only with trousers, (with minimum trousers AND a T-shirt for women categories).
8. In Muslim countries, women are allowed to check weight with full Vovinam uniform.

### ART. 10: Techniques for the standing part of the fight

Are tolerated: all techniques with exception of the one related to the article 11.

For the standing part the fight in the CATEGORY INTEGRAL VOVINAM authorizes:

1. Knee strikes on the body only,
2. The “Đấm Búa Lái» or *spinning back fist* is authorized,
3. The *low-kicks* are authorized but only if hit on the thigh, never on the knee or close to the knee.
4. The punches to the body while the fight is on the ground are authorized only after the ground guard position is established, not before.
5. All kinds of throwing are authorized except throwing on the head

### ART. 11: Unauthorized techniques

1. Locks on fingers and toes, so called small joint manipulation
2. Biting, scratch, clawing, and spitting
3. Pull the hair, the nose, the ears, or the eyelids.
4. All techniques on the groin area
5. Elbow and forearm attacks
6. Head-butting
7. Strikes against the spine or the back of the head
8. Kicks and knees against the head when the opponent is in an active ground position
9. Strikes to the throat
10. Eye-poking
11. Pressing on Adam’s apple
12. Grabbing on to the safety fence or the ropes
13. Hitting an opponent when he or she has another part of his/her body than his/her feet on the floor (except in the ground fights after the ground position has been established).
14. Hitting a standing opponent while having has another part of the body on the floor (except in the ground fights after the ground position has been established) so called the “three points rule”.
15. Flee the fight under the ropes or outside the fighting area.
16. Going down to the floor without having done any technique or planned action.
17. Flee clearly the fight and lacking of fighting spirit or defense.
18. Use a neck gripping and twisting with combination of a falling move.
19. Throwing the opponent out of the competition area
20. Purposely dropping or spitting out the mouthpiece
21. Ignoring the instructions of the referee
22. Simulating being hit in the groin area or by a forbidden technique
23. “**Slam**”: Throwing the opponent to make him land solely on his/her Back, head and/or neck.
24. Throws where the opponent is intended to land solely on his/her head and/or neck, so called



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spiking.

**25.** Grabbing the opponent's clothing or protective equipment

**26.** In the case of Fights with helmets or head gears, if the head protection goes out during the ground fight the referee will order a pause, then will take the head gear, and will resume the fight. If the fighters go back later on the standing position, the referee will put the helmet back.

**27.** In the case of fights with helmets, if a headgear goes out more than twice during a round, it should be removed and replaced by another one tighter. Any tactic used with the headgear to save time or to receive advices will be sanctioned by the referee.

**28.** Since the problems encountered during the World Cup 2018, the technique of Neck Squeezing



“Xiết Cổ” with both arms is not authorized anymore.

**29.** The “one leg take down” with the 2 arms is authorized only if the shoulder is applied above the



knee. Not on the knee, not under the knee.



**30.** The head or skull compression is strictly forbidden as it can lead to injuries.

### ART. 12: GROUND FIGHT

**1.** If applying an efficient technique, a contestant and/or his opponent touches the floor with another body part in addition to the feet (the so-called three-point rule), therefore it is forbidden to hit the opponent.

**2.** It is forbidden to strike to the head if one of the opponents touches the floor with another body part in addition to the feet.

**3.) Before starting a Ground fight, the fighters must have had a stand-up contact RIGHT BEFORE THE TAKE DOWN** (strikes, series of punches, series of kicks, kicks and punches, knee to the body, etc ...). *A strike followed by a short pause and then Taking down is NOT VALID.*

**4.** If, during the Ground fight one of the fighters is too passive, the referee will first warn him and could stop the fight if he considers that it is a case of technical inferiority.

**5.** If, during the ground phase there is no action allowing to determine a superiority of any of the contestants, the fight will resume from a standing position.

**6.** If on a strangulation, a submission technique, a holding or any other reason a contestant shows that he wants to quit, the referee will immediately stop the fight and the other contestant will be declared winner.

**7.** The contestant surrenders by tapping on the opponent or on the mat or by verbally informing the referee.

**8.** If a fighter refuses to abandon on a strangulation or another holding, then the referee can stop the fight if he thinks the health or the physical integrity of the fighter is at risk.

**9.** As for every other federation, if a fighter grunts or shouts during a submission or an arm-lock/ankle-lock, the fight will be stopped by the Referee as a protective measure. The grunting or shouting fighter will then be declared losing the fight by submission.

**10.** If the fight action is getting under the ring ropes or out-of-bounds of the tatami mat, the referee will shout **“Thôi!”** or **“Stop!.** Then, he will order the two fighters to take the same position they had before stopping the action but in the center of the ring or tatami mat, and then the referee will resume the fight from there, as long as the two contenders agreed with the position.

**11.** Throwing or spitting the Mouth-piece out during a submission, a choke or an arm-lock, is equivalent to quitting the fight. The person throwing or spitting the Mouth-piece out will be AUTOMATICALLY declared losing by quitting.



**12.** In order to avoid serious injuries to the cervical vertebrae, the technique of throwing while holding the neck will be authorised only if it is performed without any compression on the neck with the hands. It means, performed





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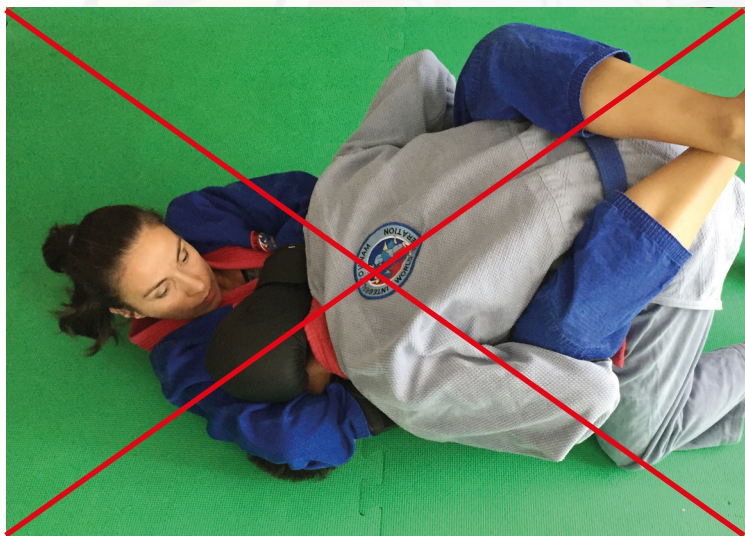
with only one arm forcing on the neck.

**13.** The technique of throwing while holding the neck with 2 hands is authorized only if one opponent



arm is caught in between the forcing arms.

**14.** Guillotine: The guillotine is authorized but it must not be locked on the back part by the other arm.



**ART. 13: CLINCH (STAND-UP)**

The standing-up clinches are authorized as long as there is no passivity. If there are not many actions, the referee will firstly warn the fighters before interrupting the fight, and then resume the fight in a neutral position.

**ART. 14: AWARDING POINTS**

**1.** Throwing or sweeping with falling, 1 point

**2. Takedown:**

**2 - 1.** On the ground, the points will be awarded if the athlete can maintain top position for 3 seconds.

**2 - 2.** Any situation in which the action starts standing and finishes on the ground awards 1 point to the competitor who manages to maintain top position for 3 seconds.

**2 - 3.** if, with the takedown, the competitor manages to establish a dominant position, he/she will further receive the corresponding points:

1 + 2 for takedowns into side mount;

1 + 3 for takedowns into full mount ;

and 1 + 4 for takedowns into back mount

**ART. 15 A Situations of guard pulling:**

**1.** Jumping into guard from a standing position *with prior striking techniques*, and with a deliberate attempt of a submission or reversal will not be penalized by a warning, and will NOT award point to the opponent. It is authorized, but does not score.

**2.** Jumping into guard from a standing position *with prior striking techniques*, BUT without a deliberate attempt of a submission or reversal, will not be penalized by a warning, but will award 1 point to the opponent. It is considered then as falling on the ground alone.

**3.** Jumping in scissors to the legs (Don Chan), penetrating instead of twisting being very dangerous, reaching to break the knees, this technique will be particularly ruled during the fight, making a difference between the intention of scissors to make the opponent fall down laterally, and the intention of breaking the knee of the opponent.

**4.** Sitting on the ground from a standing position without contact or faking a knockdown to avoid stand up fight will be penalized by a public warning and will award 1 point to the opponent. The central referee shall break the action and bring the competitors back to neutral standing position.

**ART. 15 B Dominant positions, 2, 3 and 4 points:**

**1. Side Mount** (2 points): When a competitor gains control by passing the opponent's leg defenses while keeping the opponent's back to the mat for the count of 3 seconds (including north-south and knee on stomach).

**2. Full Mount** (3 points): When a competitor controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).

**3. Back Mount** (4 points): When a competitor controls the opponent from the back, with his/her chest to the opponent's back and his/her legs hooked inside both of the opponent's legs for the count of 3 seconds.

**3 - 2.** To ensure a higher level of submissions, points for dominant control positions (i.e., side mount, full mount, and back mount) will follow a system of progression, meaning that positions have to be improved to be awarded points.

**3 -3.** The dominant control position progression resets if the bottom grappler manages to take the top grappler into his/her closed guard or to get back to his/her feet for at least 3 seconds.

**4. Reversals, (Sweepings) 1 point:**



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**4 - 2.** Reversals (or sweepings) from a disadvantaged position or any bottom position without direct establishment of a dominant position will be awarded 1 point if control is maintained for 3 seconds.

**4 - 3.** Reversals (or sweepings) from a disadvantaged position or any bottom position with direct establishment of a dominant position will be awarded with 1 point + the points corresponding to the dominant position if control is maintained for 3 seconds

### ART. 15 C

#### Points for strikes

**1.** All effective and authorized strikes score 1 point.

**2.** For a striking action to score, it must hit a legal target powerfully, accurately, unprotected, and have a visible effect on the opponent. Only strikes with the knuckle part of the closed glove of either hand or the padded area of the shin-instep or knee of either leg are permitted.

**3.** All strikes will be authorized if they were hit according to the following criteria:

**3 - 1.** With the knuckles part of the boxing glove, hand closed,

- In the case of the “*Đấm Búa Lái*» (*spinning back fist*) the back part of the glove is authorized

- In the case of the “*Đấm Bật Ngược*» (*Uraken*) the back part of the glove is authorized

**3 - 2.** With the top of the foot, the heel and the shin, all three parts covered by the protection gear according to the regulations.

**3 - 3.** With the knee if landed to the body, only if the category allows it.

**3 - 4.** With the heel or the sole of the foot for the Vovinam kicks.

**4.** If a strike is blocked by the opponent’s arm or shin, it generally does not score.

**5.** However, if a blocked strike is so powerful that it causes the opponent to physically move or lose balance, it shall score.

**6. Simultaneous strikes (clashes)** of the two contenders **do not score**.

**7.** Strikes executed while being thrown or taken down do not score.

### ART. 16 A

#### K.O. and Technical K.O. (TKO)

**1.** All the *knockdowns* (When a competitor is knocked down without damage due to the execution of an authorized punch, kick or throw, etc.) score 4 points.

**2.** When a contender has a very clear superiority such as his opponent, after receiving a legal strike or throwing cannot defend himself against the attacks, then the referee will stop the fight. Furthermore, the referee will have to be aware of such superiority as soon as the fight seems to turn toward a clear superiority, and so in order to save the athlete from further damage.

**3.** If a competitor cannot defend himself anymore or if he has received up to three consecutive strikes to the head, effective and unprotected to the head, the referee shall stop the match to save the athlete from further damage.

**4.** The central referee shall immediately remove the athlete’s mouthpiece and carefully determine if medical assistance is required or not.

### ART. 16 B

**1.** Any legal technique started inside the limit of the fight area of the ring or the tatami mat and finished outside the legal limit of area will be considered valid, and will award the corresponding points, unless there was a clear intention to execute the technique outbound.

**2.** Any technique started outside the limit of the fight area of the ring or the tatami mat will be penalized.

**3.** Any legal technique started after the starting round bell sounded will be considered as valid and the points awarded.

**4.** Any technique started after the end of round bell sounded will be considered as illegal and the contender responsible of the action will be penalized.

**5.** The AUTHORIZED strikes that are thrown **during** the ground fight **do not score**.

**ART. 17: END OF THE FIGHT**

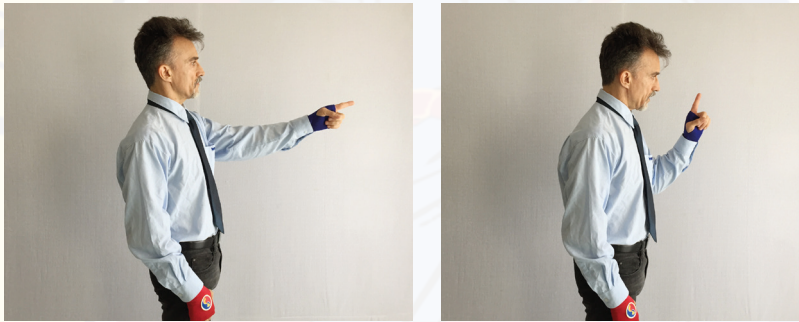
A fight is over if:

1. One of the contenders is seriously touched and the referee intervenes and stops the fight with a hand gesture, whether for a stand-up fight position or a ground fight position (see Article 16 A)
2. If a contender refuses to abandon on an effective submission or strangulation, the referee must intervene to save the athlete from further damage.
3. If a contender abandons (by a hand gesture or verbally) on a submission, a strangulation or for any other reason.
4. If a contender is knock-down and counted “out” by the referee (KO)
5. If a contender cannot resume the fight due to the doctor’s or the referee’s decision.
6. If a contender is disqualified.
7. The contestant’s coaches stop the match by throwing in the towel and thus forfeiting the match.
8. The length of the fight is over.

**ART. 18: PUBLIC WARNINGS and DISQUALIFICATION**

1. If a contender perform a forbidden technique or action, or if he is violates the INTEGRAL VOVINAM Code of Ethics in a blatant and unsportsmanlike manner, then he will receive a public warning.
2. Awarded point after a Public warning:

-1<sup>st</sup> Warning = 1 point awarded to the opponent



2<sup>nd</sup> Warning = 1 point awarded to the opponent



3<sup>rd</sup> Warning = disqualification



### 3. A fighter will be **DIRECTLY** disqualified:

- a) If he or she acted contrary to the fair sport attitude of the competition, or if he or she violated the moral integrity of his/her opponent, or if the Security of the competition is put in danger.
- b) If the fighter or his/her coach do not follow the referee's orders, or if the Coach enters in the fighting zone during the fight without having been called by the Referee.
- c) If the fighter or his/her coach has a behavior that is not allowing the competition to be held normally.
- d) If one (or several) action(s) of a fighter (can be) are seen as forbidden techniques or movements.
- e) If a fighter does not show enough fight spirit or is only defending during the fight.
- f) If a fighter does not wear the protection gear and the clothes imposed by the present rules and regulation, he or she will be disqualified by the referee.
- g) If a contender has covered his/her body of (massage) oil. However, neutral Vaseline is authorized on the face.
- h) If he or she is wearing some clearly "no sport" clothes.
- i) If there are more than 2 coaches/helps on his/her corner.

4. In case of a disqualification, the Main Referee will write a report that will be communicated to the secretary of the corresponding Federation or Association.

5. During the fight, the referee can give informal warnings without limits. This will not influence directly the scores.

### **ART. 19: Competition Administration Committee**

1. Composition of the Competition Administration Committee: Person-in-charge of the competition; Person-in-charge of the Stopwatch and the sound signal; Chief of jury SCORE KEEPER (The person who enters the scores in the computer); Head of the referees, Referees; Deputy Referees; Commissioner for the conformity of equipment and uniform (gear, uniforms...); Doctor; Speaker.

### **ART. 20: Injuries**

1. In a contender is "out" due to an illegal action (forbidden action of his/her opponent) and that the referee has seen such action, he will have to apply immediate sanction against the contender that committed the faulty action.

2. If a contender is "out" due to an illegal action (forbidden action of his/her opponent) and that he or she cannot keep fighting, according to the doctor's judgment, then his opponent will be disqualified.

3) If a contender had one or several injuries during the competition that were not caused by his opponent (or were accidental) but do not allow him/her to keep fighting, and that he/she wishes to quit the fight, or when the doctor wants him/her to stop the fight, then he will be declared losing the fight by TKO.

4) If the 2 contenders are injured simultaneously, and that, following these injuries both of them cannot resume the fight, then the fight decision will be a "draw".

5) The Doctor's judgment and decisions cannot be appealed.

### **ART. 21: stopping a fight**

He referee of the Chief Referee can stop a fight:

1- if a contender has a too different level from the other (clear technical inferiority) then, the best of them will be declared Winner by intervention of the referee.

2- if the Doctor says that one or several injuries could be a risk for a contender's health.

3- if a contender's coach cannot behave properly, then his fighter will receive a public warning, and if this behavior keeps going on, the fighter will be disqualified.

4- if the audience is not behaving as it should, and if that is not allowing the competition to be held correctly and securely.

5- if a contender has more than 2 people in his/her corner. He or she will be punished by a public Warning, and if the situation is repeated, he or she will be disqualified.



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6- if the referee decides to end the fight, he will inform the head of referees of the motive of the end of the fight.

7- if the competition is stopped during the fight due to natural disaster or for any other involuntary. In that case, no victory will be declared (« NO CONTEST »). The results will not be published.

### ART. 22: doping and stimulating products or substances.

1. The use of any drug, stimulating or doping substances is strictly forbidden.
2. Any contender participating in a competition organized by, or under, INTEGRAL VOVINAM WORLD FEDERATION must pass through medical examination by the Doctor of the competition, or by the Commission of anti-doping control.
3. If a contender, or his/her coach, is declared positive to anti-doping control, then this or these person(s) will be suspended for an undetermined period, and the result of the fight will be estimated again.
4. The Rules and Regulations of our federation are applicable in ALL event of the INTEGRAL VOVINAM WORLD FEDERATION.

### ART 23: Team, Coaching, and assistants

1. A fighter can have up to 2 persons as assistants for his/her fight near the ring or the fighting area.
2. Contender assistants must be clearly identifiable, either by wearing a uniform such as sport clothes of the club or the country, or by wearing a T-shirt showing the belonging to a club or a country.
3. The assistants will remain during the whole length of the fight in the place that had been assigned to them, whether the Red or the Blue corner.
4. The assistants or coaches can only give instructions, in a decent way, ONLY during the rest time.
5. We have chosen the “Silent Coaching”: the assistants or coaches can never interfere in the proper progress of the fight.
6. The sanction for a “shouting” coach is 1 point rested to his/her fighter. In the case of shouting again, the fighter will be declared loosing the fight.
7. **Only the main coach can enter the ring** before the beginning of the fight or during the pauses. He/she can never, in any case, enter the fighting surface during the fight. If he/she does so, his/her fighter will have 4 points rested. In case of repeating the offence again, or in case of arguing with the Referee, the fighter will be automatically disqualified.
8. Any coaching help provided by persons placed close to the fighting zone will result in the same sanctions than for a Shouting Coach. **Shouting people must be placed in the public zone.**
9. The people that are not about to fight **must not be in the Competition zone**. Friends and relatives are not authorized neither.
10. Fighters **MUST NOT BE AROUND THE OFFICIAL TABLE**. Even in case of result disputes or competition problem, only the Coach can ask to approach the Official Table.

### ART. 24: Entry and Readiness on the fighting area

1. Athletes called for fight must enter the fighting zone FULLY PREPARED with their equipment;
2. An athlete entering the fighting zone without wearing ALL the equipment and official clothes will be disqualified.
3. The athletes that are called to be ready for the next fight must wait near the fighting zone, while the fight is performing, WITH ALL THEIR EQUIPMENT and the official fighting uniform.
4. If an athlete, that is about to fight, is not ready because of his/her equipment (groin protection, foot gear, gloves, etc...) he or she will be DIRECTLY DISQUALIFIED. This is why he MUST pass by the Equipment Checking Commissioner before.

### **ART. 25: Referees and Commissioners at the Official table**

In order to avoid possible Refereeing and fight order list problems, each participating country MUST bring at least one central referee and one commissioner for the official table.

### **ART. 26: Public display of the fighting orders**

1. In order to avoid the possible changes of the fights sequences or fighters names, each category will be displayed on a sheet, placed on the walls of the athletes Waiting Zone.
2. After each fight, the results will also be displayed.
3. Sometimes, APPROXIMATIVE times of fights might be displayed too.
4. Fights may end before the displayed time (submission, injury, quitting...) these times are therefore very imprecise and, under NO circumstances, will be taken by a fighter as a motive for not being ready for his/her fight.

### **ART. 27: Contesting a result (disputes)**

Refereeing is NEVER 100% correct. We try to be as fair as possible, but we are not “mistake proof”. During the 2018 World Cup, almost all the result disputes were not justified. Fraudulant result contesting will be from now on sanctioned.

1. If a referee decision or a final result is in conflict with the above rules and regulations, the only persons allowed to contest this decision are the contender, his/her coach, or any of his/her official representatives.
2. To dispute a result, an official WRITTEN letter must be sent to the Organizing Committee, to the Federation or Association, directly after the fight concerning that dispute
3. AFTER receiving the written contesting letter, the Person-in-charge of the competition will consult the chief referee and the JUDGES.
4. If all the facts available are considered, the Person-in-charge of the competition will take a decision.
5. The right of contesting a result expires one month after the day of the competition in question.
6. La party who is asking for a revision of the result must do it with a video of the fight, as a proof of arguments.
7. This video will be asked to the organizer
8. Videos taken by the public or by the member of the Team can be studied too in case of not having videos of the organizer.
9. Any dispute without a video to prove the fact will not be taken into account.

### **ART. 28: Extra fights or Demonstration fights.**

1. Some organizers might schedule fights outside the official competition fights. These fights are demonstration fights only, Extra fights. This is allowed, but does not give right to Medal or Trophy, no title neither.
2. In response to problems that occurred during the World Cup 2018, athletes or coaches who will beg or demand medals or trophies for Extra fights will be sanctioned.
3. Anyone who would pretend to be “Champion” for having won a demonstration fight will be excluded from Integral Vovinam future competitions.

### **ART. 29: Insurance, Membership card and IVWF Sports Passport**

1. All fighters must provide, before starting the competition, a valid insurance covering ALL fees in case of accident.
2. All fighters must present their IVWF Sports passport before starting the fights of their category.
3. The results will be noted (signed and stamped by the director or the person-in-charge of the

## INTEGRAL VOVINAM - INTEGRAL FIGHTS

competition) in the IVWF passports for the 1st, 2nd, and 3rd places.

**4.** The fighters that could not reach the podium will have their participation noted in the IVWF passport with a slash on the result box (signed and stamped by the director or the person-in-charge of the competition).

**5.** Any false grade, false competition results or forgery of results made in the IVWF passport will lead to the IVWF lifetime exclusion of the IVWF passport, as well as the people responsible of such forgery.

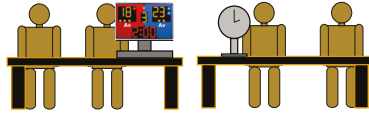
**6.** NO COMPETITION can be held WITHOUT a MEDICAL ATTENDING SERVICE available DURING THE WHOLE LENGTH OF THE COMPETITION. If the medical service is absent, ALL the fights must stop.

**7.** Legally, if any accident happens while there is not Medical Service in the premises, the responsibility of the IVWF cannot be imputed in any way.

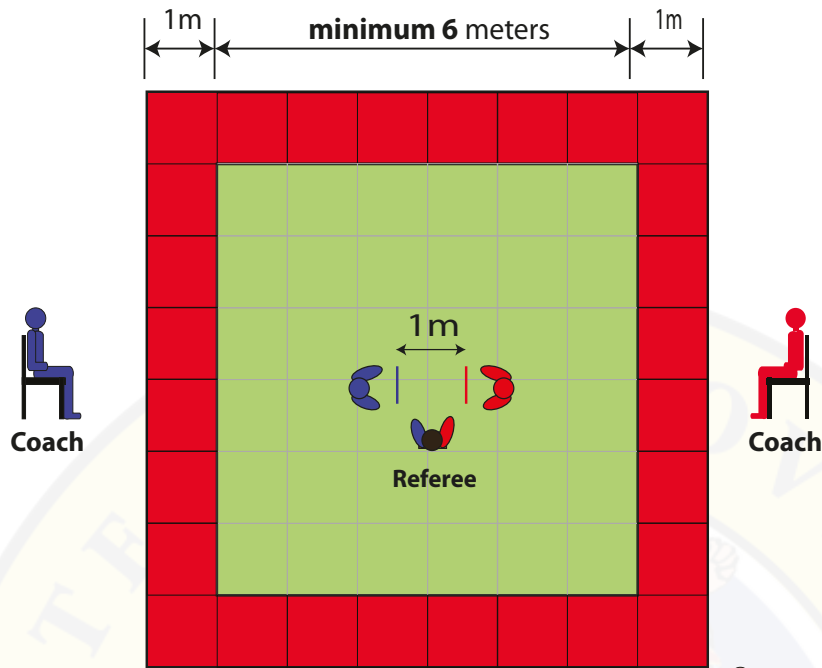





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Medical  
First-Aid  
**DOCTOR**



**Judge**

 **Blue next fighter**

 **Red next fighter**

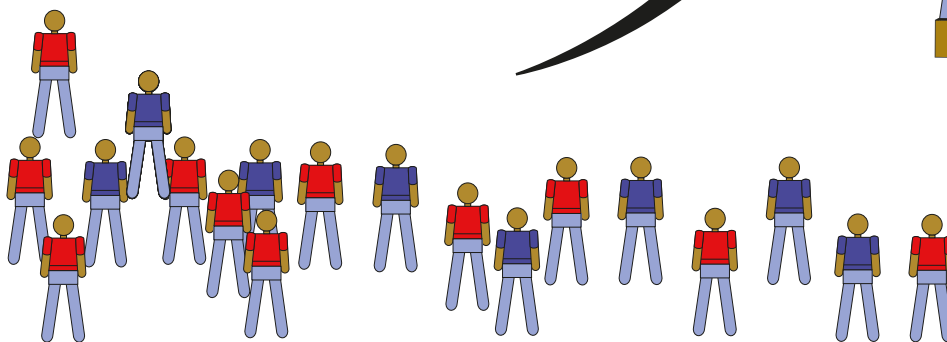
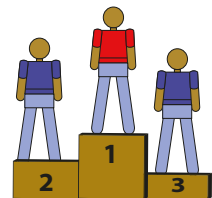


95Kg

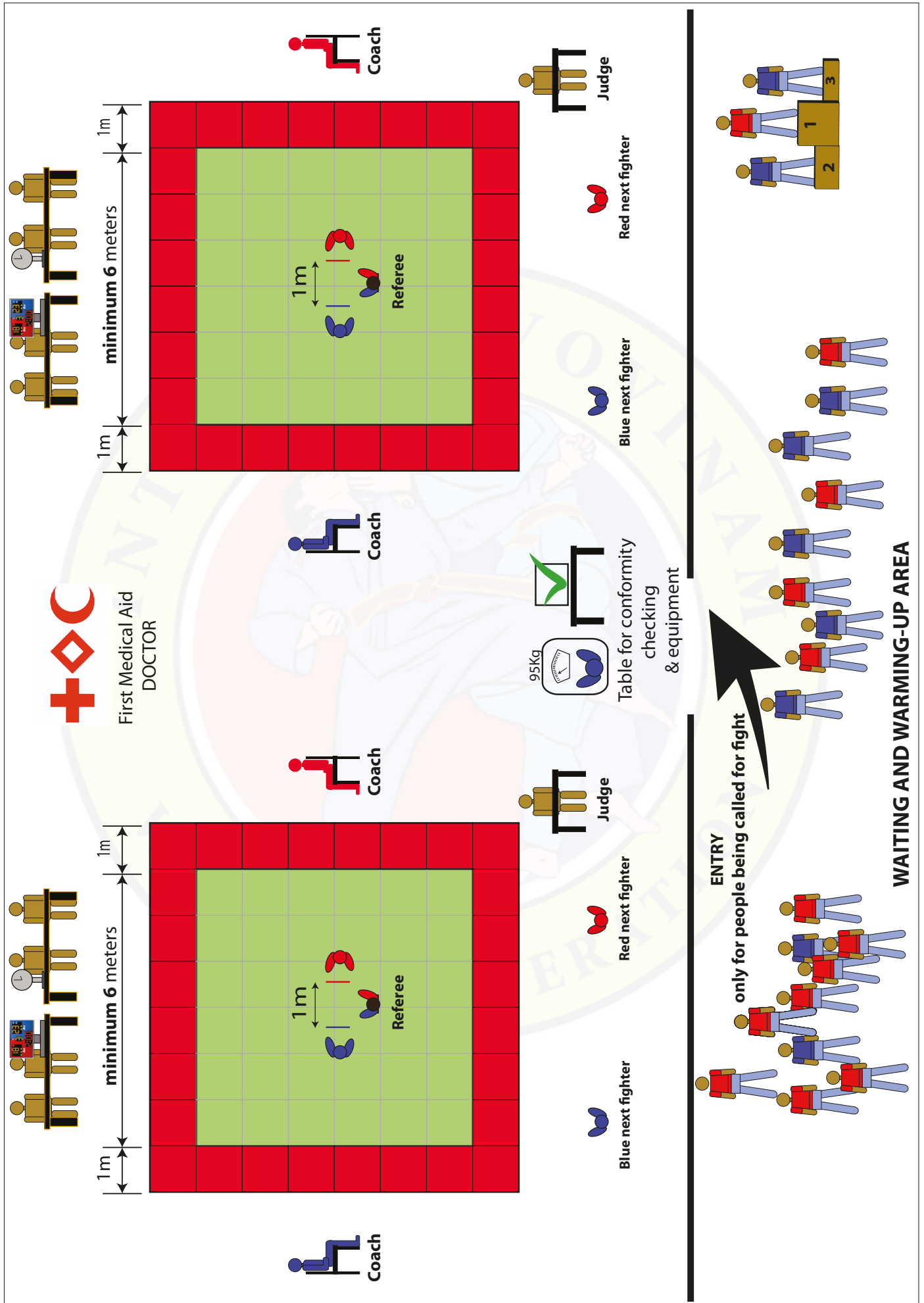


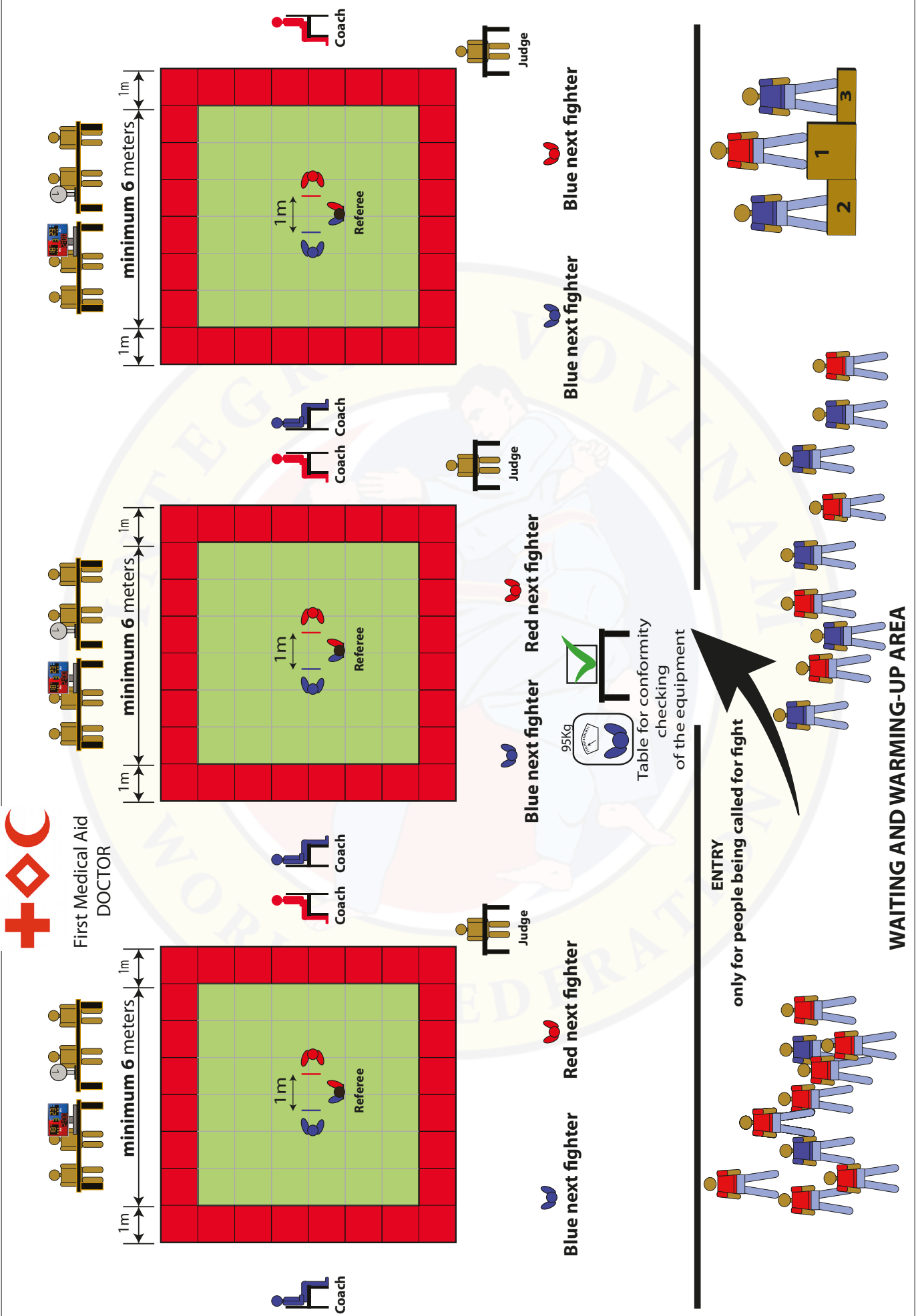
Table for conformity  
checking  
& equipment

**ENTRY**  
only for people being called for fight



**WAITING & WARMING-UP AREA**







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