



# **INTEGRAL**

## **FIGHTING SYSTEM**

# **VẬT (WRESTLING)**

## **RULES & REGULATIONS**



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# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

## VẬT WRESTLING RULES

### **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 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. 1 A:**

All the participants to competitions in the category Integral Vovinam Vật Fights of/or under the Integral Vovinam World Federation must have 14 years old. If the combattants do not have 14 years old, **THEY CANNOT PARTICIPATE IN A COMPETITION IN THAT CATEGORY.** They must sign-in in the Children Special Vật competition categories. See the Children Rules and Regulations for references.

### **ART. 1 B:**

The Integral Vovinam Vật is not the Traditional Vật, neither the Popular Vật. It is the Vật adapted to the Vovinam, as it has been presented in the Vovinam Song Luyện Vật.

### **ART. 2:**

1- Any participation to a competition in the category Integral Vovinam Vật Fights held by/or under the Integral Vovinam World Federation will be permitted only if the participant in INTEGRAL VOVINAM VẬT CATEGORY has a license approved by the Integral Vovinam World Federation.

2- It WILL BE asked to the participants to perform a Vovinam Quyên in order to verify that they really are Vovinam athletes.

3- The Quyên asked for the verification could be: Thập Tự Quyên for the Blue Belts, and Thập Tự Quyên or Ngũ Môn Quyên for the Yellow Belts, as well as for the Red Belt the Việt Võ Đạo Quyên or Mộc Bản Pháp (chosen randomly)

4- The choice of the Quyên will be done by drawing, taking in account the grade of the participant, no Quyên of a higher level than the level of the athlete will be asked.

5- The performance of the Quyên will not give any point, but if it happens that the athlete does not know the Quyên, he or she will be disqualified.

6 - The Quyên 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 Quyên 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 Quyên. 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.

6- The beginners are not authorized and the minimum grade to participate is Lam Đai Nhất, which is Dark Blue Belt 1st cap.

### **ART. 3:**

1) A competition of INTEGRAL VOVINAM VẬT CATEGORY must be held in a ring approved by the Integral Vovinam World Federation which dimensions are at least 5m X 5m, 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.

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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. 4: Fighting Uniform**

1) The participants will wear Blue Vovinam VõPhục (Gi) trousers, as approved by the Vovinam regulations and a T-shirt (Red or Blue according to his corner's color) that MUST stick to the body (Compression T-Shirt or Rashguard). Lycra garments with long sleeves are authorized too, as long as they are stuck to the body. Large garment not sticking to the body, letting the possibility to be grabbed, are forbidden.



1-b) Since the World Cup 2018 in Morocco, it is not possible anymore to wear large T-Shirt in cotton.

1-c) **There cannot be** one of the **male** contenders with an adjusted T-Shirt or Lycra shirt and another one with the full Võphục. Both of them must have the official uniform.

1-d) Any sharp or hard objects (rings, jewelry, necklace, etc.) on the uniform, under the uniform, or on the athlete are forbidden.

1-e) Any kinds of shoes are forbidden.

1-f) 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 athletes is authorized.

### **ART. 4 - B : Fighting Uniform for Women**

1) It is possible, for religious, cultural, or personal reasons, to wear the Vophuc jacket for women, whether it is for checking weight or for the fight.

2) For the same reasons, it is possible for women to cover their hair with a cloth, which will not by any way present choking or strangling danger.

3) However, a female athlete will not be able to open a dispute if her jacket is grabbed during an action, or if the cloth covering her hair is taken away during an action. Those actions will be performed until the end, and only after the end of these actions the Referee will proceed to the adjustment of the cloth on the hair.

4) Any intent to save time or to receive advices from the Coach thanks to the replacement of the cloth will be considered as a serious fault, and then will be sanctioned by a direct disqualification.

### **ART. 5 A: Protection Gear**

1) Mouth guard must be used. The Groin protection being harmful for the back of the opponent during back positions, it is now forbidden to wear Groin protection.

2) Before the beginning of the fight, the referee must check the protection gears.

3) Wearing a helmet or hear gear (specially conceived for wrestling) is authorized but not compulsory

### **ART. 5 - B : Commissioner for uniform control**

1) A person will be designated by the Organising Committee to check that all athletes wear the official uniform BEFORE entering in the fighting PREPARATION zone.

### **ART. 5 - 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 an official uniform will be AUTOMATICALLY disqualified by the Referee.



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## **ART. 6: 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. 7: 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. 7 B: Veterans Category + 40 years old**

- 1) 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. 7c: Weighting**

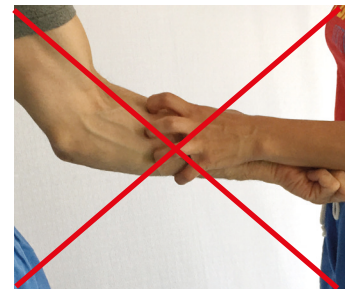
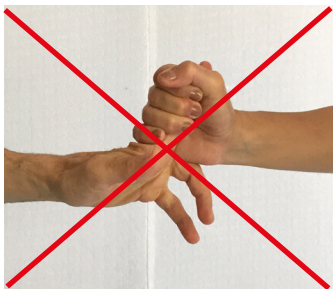
- 1) The weight checking will be done just before the FIRST fight. This will avoid cheating on weight, or regaining weight lost before the checking.
- 2) After being called by the Speaker “fighter X must be prepared for fight...”, then the fighter will go to the weight control.
- 3) Three (3) intents can be done, but the intents 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, 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. 8: Techniques for the standing part of the fight**

- 1) All the Vậ Vovinam Techniques but also the Vậ techniques from other Vậ schools of Vietnam,
- 2) All kinds of throwing and sweeping are authorized except throwing on the head

## **ART. 9: Unauthorized techniques**

- 1) Locks on fingers and toes, called small joint manipulation
- 2) Biting, scratch, clawing, and spitting





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3) Pull the hair, the nose, the ears, or the eyelids.



4) All techniques on the groin area



5) Elbow attacks



6) Head-butting



7) Punching and kicking



8) Any kind of strikes against the spine or the back of the head

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) Flee the fight under the ropes or outside the fighting area.

14) Going down to the floor without having done any technique or planned action.





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15) Flee clearly the fight and lacking of fighting spirit or defense.



16) Use a neck gripping and twisting with combination of a falling move.



17) Purposely throwing or trying to throw the opponent out of the competition area

18) Purposely dropping or spitting out the mouthpiece



19) Ignoring the instructions of the referee

20) Simulating being hit by a forbidden technique

21) Rubbing parts of the body with a liniment or any substance that might influence the result of the fight.

22) "Slam": Throwing the opponent to make him land solely on his/her Back, head and/or neck.

23) In the case of Fights with helmets or head gears, if the head protection goes out during the ground



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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.

24) 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 in order to save time or to receive advices from the coach will be sanctioned by the referee.

25) Since the problems encountered during the World Cup 2018, the technique of Neck Squeezing “Xiết Cổ” with both arms is not authorised anymore, unless the 2 hands are linked by the fingers, and only by the fingers.





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26) 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.





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27) The guard of the Vat must not be blocking the fight. Holding the neck of the opponent with the 2 hands is a forbidden position. It blocks any fighting action. After warning and sanction, in the event of a second offence, it will give place to disqualification of the person blocking the fight.



28) Refusing or avoiding the guard: a combattant can refuse the guard that his/her opponent is taking, by pushing his/her arms. But he/she cannot refuse it too often. It will be considered as refusing to fight. After the third guard refusal, he/she will receive warning with 1 point rested. Then, if he/she refuses again 3 consecutives times the guard, he/she will be disqualified.

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



### **ART 10: GROUND FIGHT**

**1) Before starting a Ground fight, the fighters must have had a stand-up contact in guard (Vật guard in its various forms ...) - To catch the neck with both hands is NOT a Vat guard.**

1-b) Watch-out, grabbing the wrists is not a Vât stance!



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1 -c) Grabbing one wrist is only permitted to perform a body throw, in which the wrist was grabbed IN THE MOMENTUM of the throw.

2) If, during the Ground fight one of the fighters is passive more than 5 seconds, the referee may stop the fight and declare the other contender winner.



3) If, during the ground phase no action allows to determine a superiority of any of the contestants, the





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fight will resume from a standing position.

4) If on a choke, 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.

5) The contestant can surrender by tapping on the opponent or on the mat, with a sign of the hand or simply by verbally informing the referee.

6) If a fighter refuses to abandon on a choke 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. Any kind of scream of pain from a fighter receiving an arm-lock, a choke or a pressure, will bring the referee to stop the fight and declare



winner the other fighter, if it is an authorized technique.

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7) 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.



8) 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.

9) In order to avoid serious injuries to the cervical vertebrae, the technique of throwing while holding the neck will be authorized only if it is performed without any compression on the neck with the hands. It means, performed with only one arm forcing on the neck.



10) 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.

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





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**ART. 11: CLINCH**  
The standing-up clinch is prohibited. If there is a clinch, the referee must warn the fighters by raising their hands and warn the fighters by raising their hands in a neutral position.



**ART. 12: AWARDING POINTS**

1) Throwing or sweeping with falling, 4 points



**2) Takedown:**



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In Traditional Vậ, the only fact of touching the back on the floor, or falling down, or even to have the two feet not touching the ground will give the opponent the victory. It is not the case in Integral Vovinam Vậ.

2 - 1) On the ground, the points will be awarded if the athlete can maintain top position for 3 seconds. Here is an example of counting to award or not the points to the Blue Corner. The Referee, in order to keep the pace of seconds, will pronounce the word “Vovinam” once for each second.

And this is an example to score or not for the Red Corner.



If the wrestler escapes from the position before 3 seconds, then only the points of the take-down will be scored to his opponent, but not the points for the dominant position. The referee will then place his

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arms crossed in front of him, meaning the control did not score.

2 - 2) Any situation in which the action starts standing and finishes on the ground awards 4 points to which the points for control of the floor can be added.

2 - 3) if, with the takedown, the competitor manages to establish a Dominant Position, he/she will further receive the corresponding points:

**4 points + 2 points for takedown and Side Control**

Counting on the floor and, if the control position is maintained at least 3 seconds...+ 2 points

**4 points + 3 points for takedown and Full Mount Position;**

**4 points + 4 points for takedowns and Back Mount Position**





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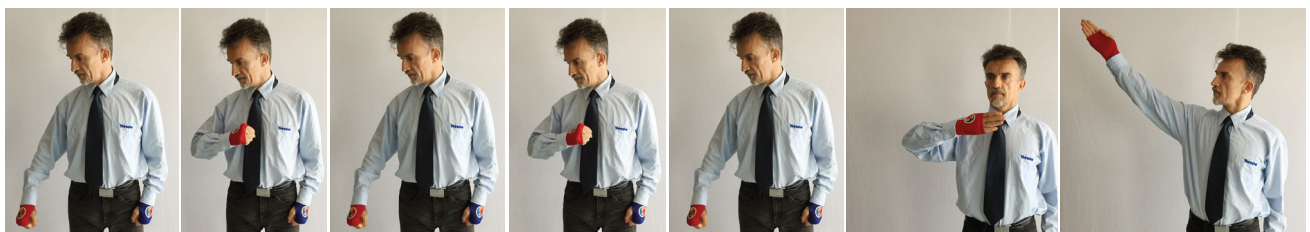


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**3) Total ground immobilization for more than 5 seconds after position scoring = Victory**

**Remark:** if the fighter escapes from the control position before the 5 seconds time (and if the posi-



tion of control had been maintained more than 3 seconds) the only the points for the Dominant Position will be awarded to his opponent.

## ART. 12 B



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Situations of guard pulling:

1) Jumping or sitting into guard from a standing position with or without contact, with or without previous action, **will always be penalized**, whether it was done with or without a deliberate attempt of submission. Jumping on guard is forbidden. 1 point will be rested to the author of the fault.

2) Jumping in scissors to the legs (Đòn Chân), 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.





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3) Sitting from a standing position without contact or faking a takedown to avoid stand up fight will be penalized by a caution and will award 5 points to the opponent. The central referee shall break the action and bring the competitors back to neutral standing position.



### ART. 12 C

Dominant positions, 2 points, 3 points 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).



Note: The following positions do not score, as they are not full control positions:





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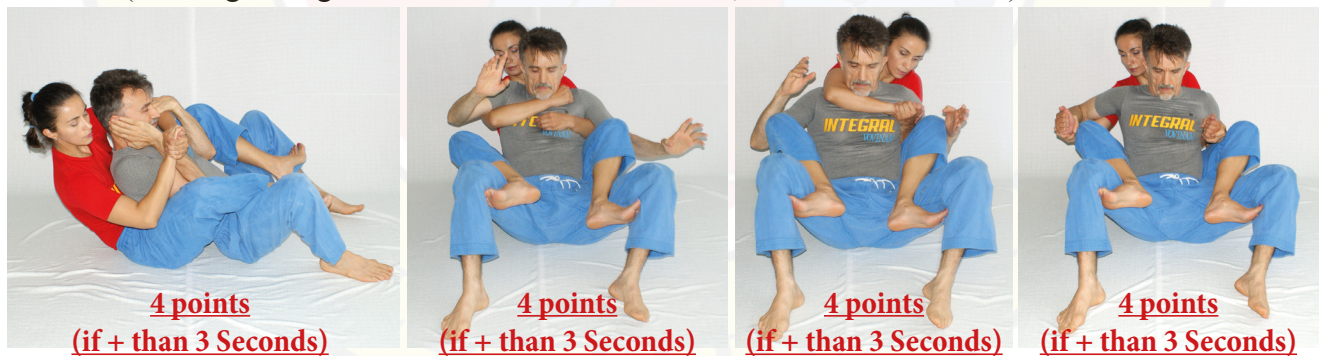
**2) Full Mount (3 points):** When a competitor controls the opponent who is lying on the back, from the top with both of his/her knees touching the ground on either side of the opponent for the count of 3 seconds (including north or south).



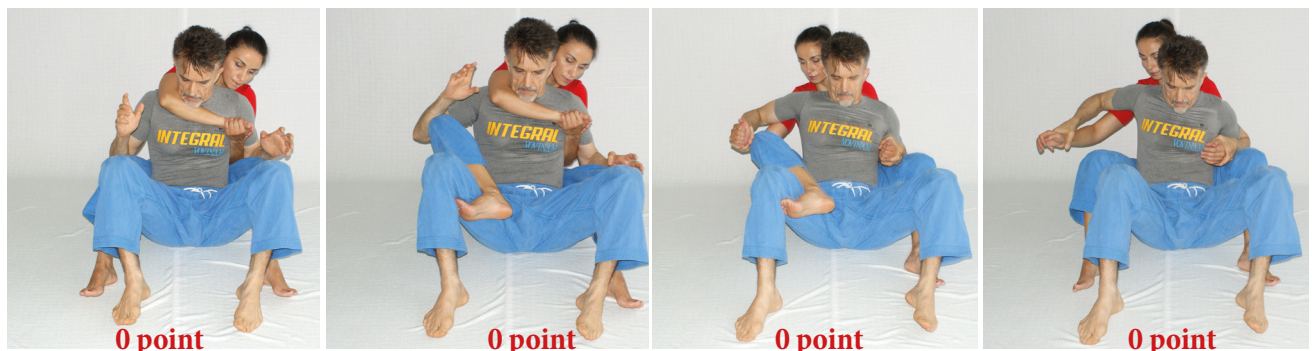
Note: The following positions do not score, as they are not full control positions:



**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. (The Leg Triangle from the back does not score, as it is not dominant)



Note: The following positions do not score, as they are not full control positions:





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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, (Inversions) 1 point:

4 - 2) Reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position will be awarded 1 point if the Reversal is maintained for at least 3 seconds.



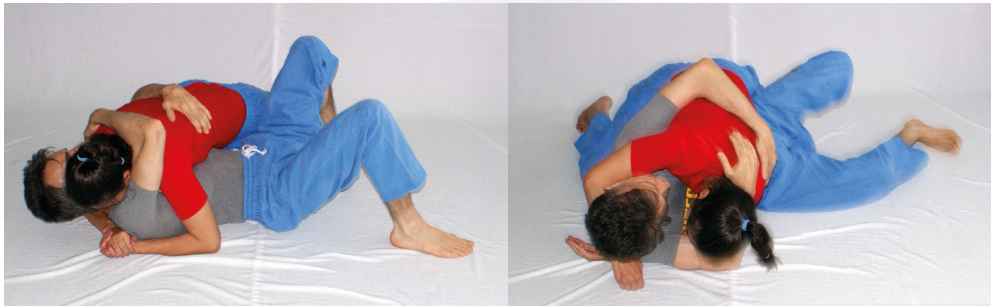
Other examples of Reversals (but there are many others)





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Note: The following moves do not score, as they are not Reversals:



4 - 3) Reversals from a disadvantaged position (Ex. Side Control, Mounted, Back Position) with direct establishment of a dominant position will be awarded with 1 point + the points corresponding to the dominant position if the control is maintained for 3 seconds

### ART. 13

- 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.

### ART. 14: END OF THE FIGHT

A fight is over if:

- 1) One of the contenders has been fully immobilized for more that 5 seconds. This will give the victory to the other contender.
- 2) When a fighter is not in total physical condition and the referee intervenes and stops the fight with a hand gesture, whether when they are standing-up or on the floor, or if a fighter screams due to pain.
- 3) If a contender refuses to abandon on an effective submission or strangulation, the referee must intervene to save the athlete from further damage.
- 4) If a contender abandons (by a hand gesture or verbally) on a submission, a strangulation or for any

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other reason.

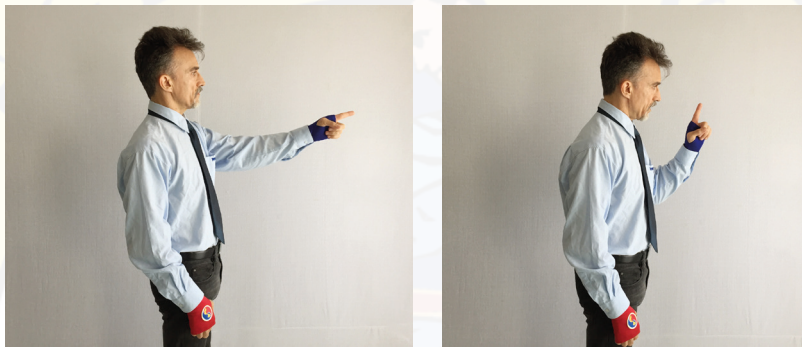
- 5) If a contender cannot resume the fight due to the doctor's or the referee's decision.
- 6) If a contender is disqualified.
- 7) The contestant's coach stops the match by throwing in the towel and thus forfeiting the match.
- 8) The length of the fight is over.

### **ART. 15 : PUBLIC WARNINGS and DISQUALIFICATION**

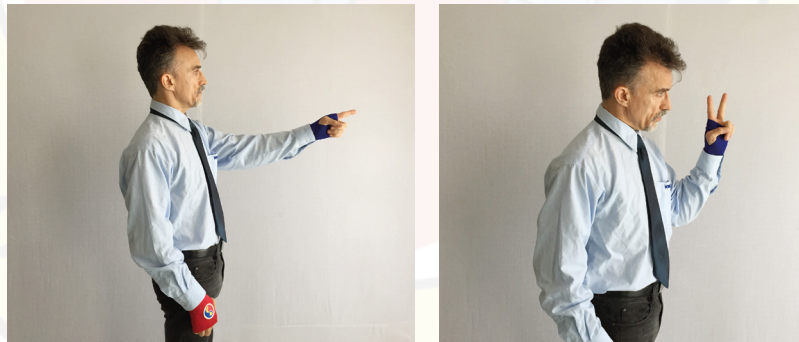
1) If a contender performs a forbidden technique or action, or if he/she violates the INTEGRAL VOVINAM Code of Ethics in a blatant and unsportsmanlike manner, then he will receive a public warning.

2) Awarded points after a Public Warning:

-1st Warning = 1 point awarded to the opponent



-2nd Warning = 1 point awarded to the opponent



-3rd Warning = disqualification





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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/helpers 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. 16: 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. 17: Injuries**

1) In a contender is "hurt" 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. 18: stopping of a fight**

The referee or the Chief Referee can stop a fight:

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

2- 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.

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

4- 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.

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

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

### **ART. 19: 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 20: Team 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.
- 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 done by persons placed close to the fighting zone will result in the same sanctions than for 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 authorised 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. 21: Entry and Readyness on the fighting area**

- 1) Athetes 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.**

### **ART. 22: Referees and Commissioners at the Official table**

- 1) 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. 23: 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.



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- 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 unprecise and, under NO circumstances, will be taken by a fighter as a motive for not being ready for his/her fight.

### **ART. 24: 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. 25: 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. 26: 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 annotated in the IVWF passports for the 1st, 2nd, and 3rd places. The fighters that could not reach the podium will have their participation annotated in the IVWF passport with a slash on the result box.
- 4) NO COMPETITION can be held WITHOUT a MEDICAL ATTENDING SERVICE available DURING THE WHOLE LENGTH OF THE COMPETITION.



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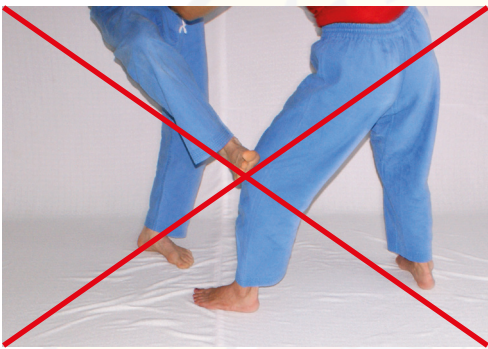
**Annexes A: Examples and precisions in pictures of some forbidden techniques explained in these Rules. Important: read all the articles, as there are much more than these techniques!**



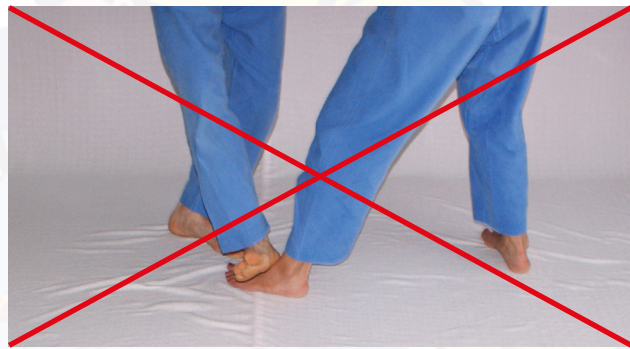
Ankle lock not in the axle



Knee lock not in the axle



Push, press (or hit) on the knee



Step on the foot



Slam the opponent



Scissors N.1 (Đòn Chân Số Một)



Both fighters applying Ankle locks

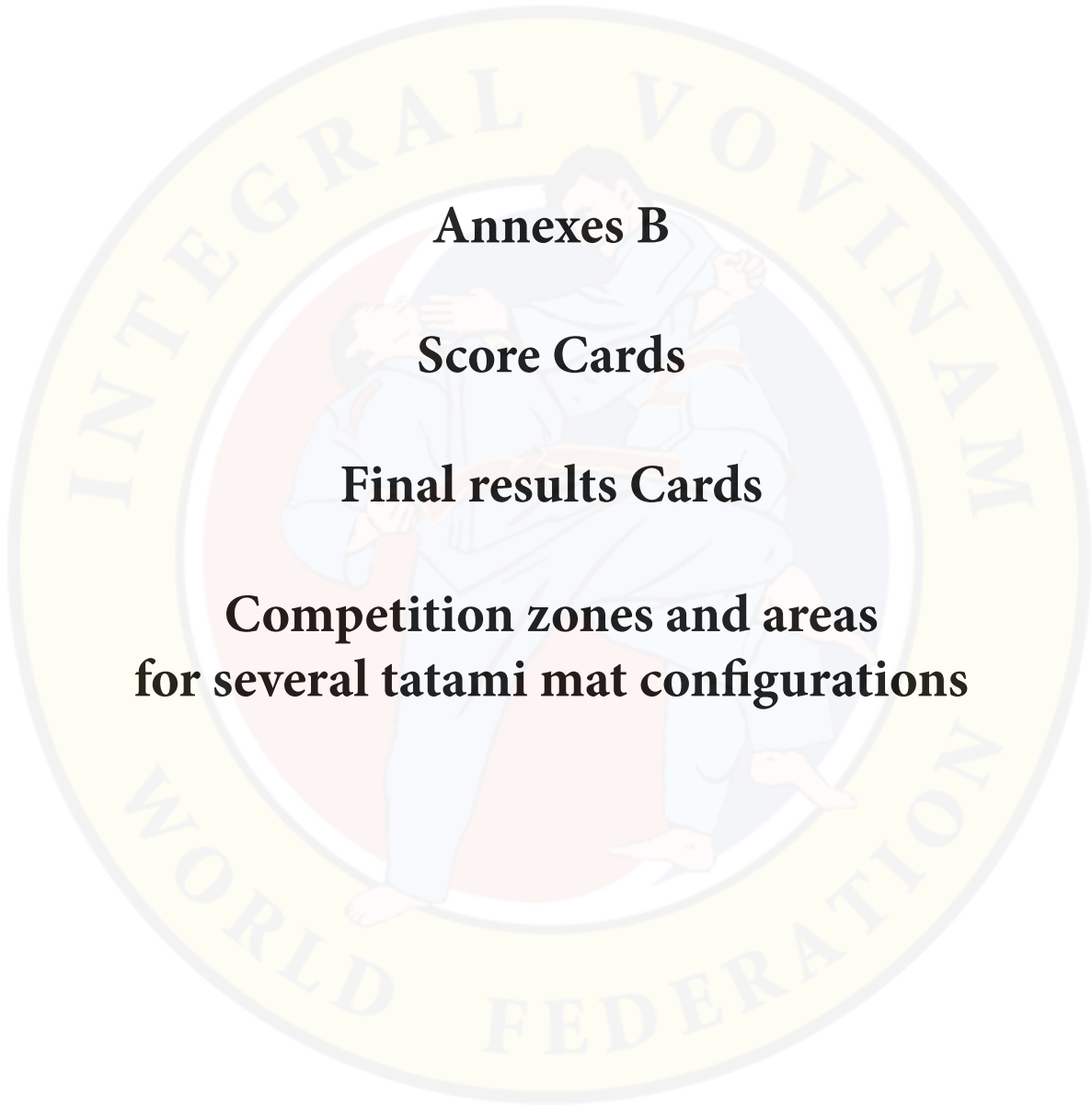


**Annexes B**

**Score Cards**

**Final results Cards**

**Competition zones and areas  
for several tatami mat configurations**



# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

INTEGRAL VOVINAM

## SCORE CARD VẬT VOVINAM FIGHTS

N.....

Day ..... Month ..... Year .....

Weight..... Kg

Category: .....

Name: .....

Name: .....

Team: .....

Team: .....

Warn.	Rested Points	Points	Rounds	Points	Rested Points	Warn.
			<b>1</b>			
			<b>2</b>			
			<b>3</b>			
<b>Total :</b>						

Winner : ..... Corner : ..... Team : .....

Name and surname of the judge .....

**Signature :**

INTEGRAL VOVINAM

## SCORE CARD VẬT VOVINAM FIGHTS

N.....

Day ..... Month ..... Year .....

Weight..... Kg

Category: .....

Name: .....

Name: .....

Team: .....

Team: .....

Warn.	Rested Points	Points	Rounds	Points	Rested Points	Warn.
			<b>1</b>			
			<b>2</b>			
			<b>3</b>			
<b>Total :</b>						

Winner : ..... Corner : ..... Team : .....

Name and surname of the judge .....

**Signature**



# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

INTEGRAL VOVINAM

**DECISION CARD**

N°.....

**VẬT VOVINAM FIGHTS**

Day ..... Month ..... Year .....

CATEGORY:

Weight ..... Kg

RED: .....

BLUE: .....

TEAM: .....

TEAM: .....

JUDGES	RED Winner	BLUE Winner
<i>Judge 1</i>		
<i>Judge 2</i>		
<i>Judge 3</i>		
<i>Judge 4</i>		
<i>Judge 5</i>		

**WINNER :** .....

Chief of the Referees  
Signature :

Secretary  
Signature :

INTEGRAL VOVINAM

**DECISION CARD**

N°.....

**VẬT VOVINAM FIGHTS**

Day ..... Month ..... Year .....

CATEGORY:

Weight ..... Kg

RED: .....

BLUE: .....

TEAM: .....

TEAM: .....

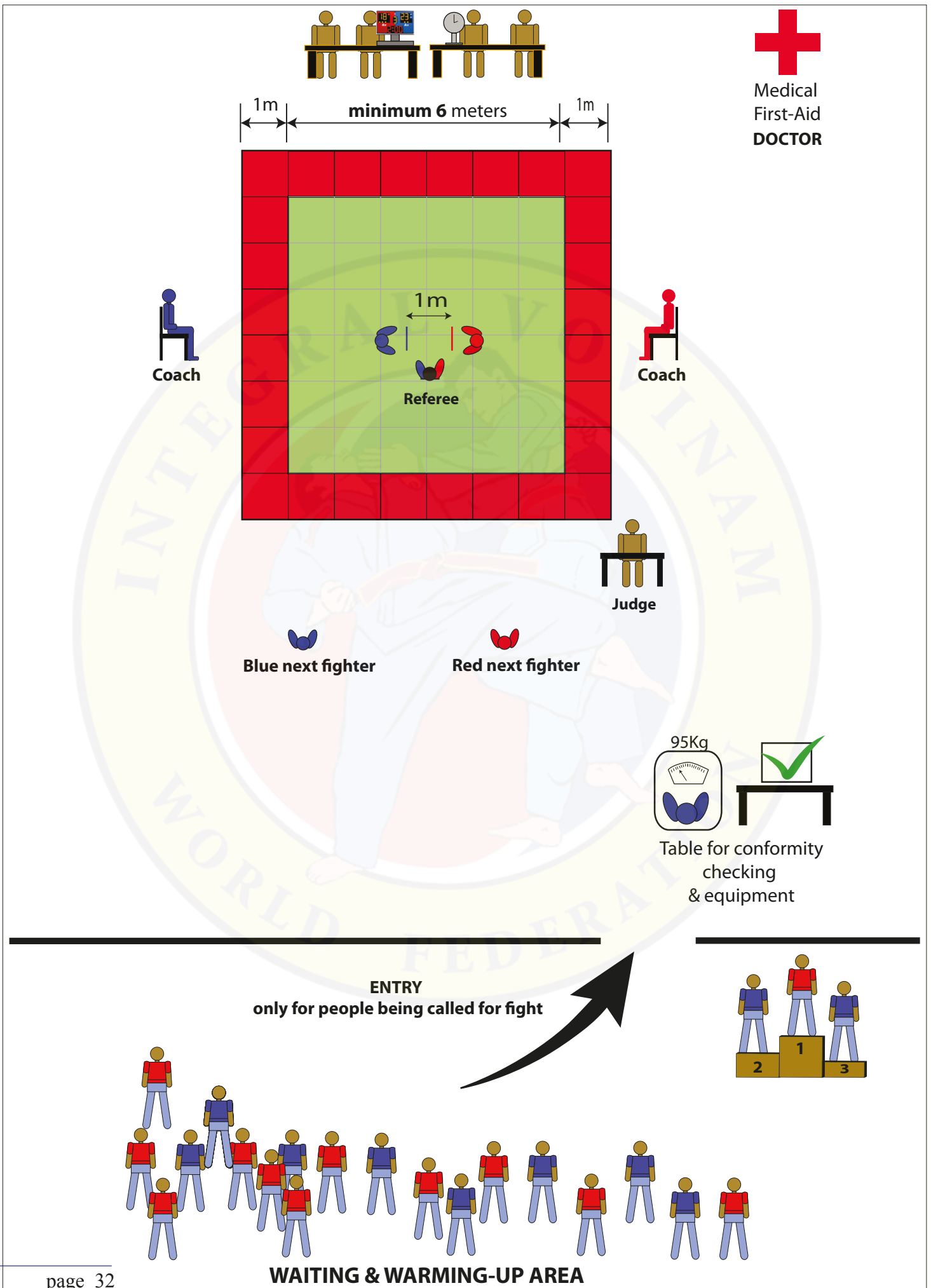
JUDGES	RED Winner	BLUE Winner
<i>Judge 1</i>		
<i>Judge 2</i>		
<i>Judge 3</i>		
<i>Judge 4</i>		
<i>Judge 5</i>		

**WINNER :** .....

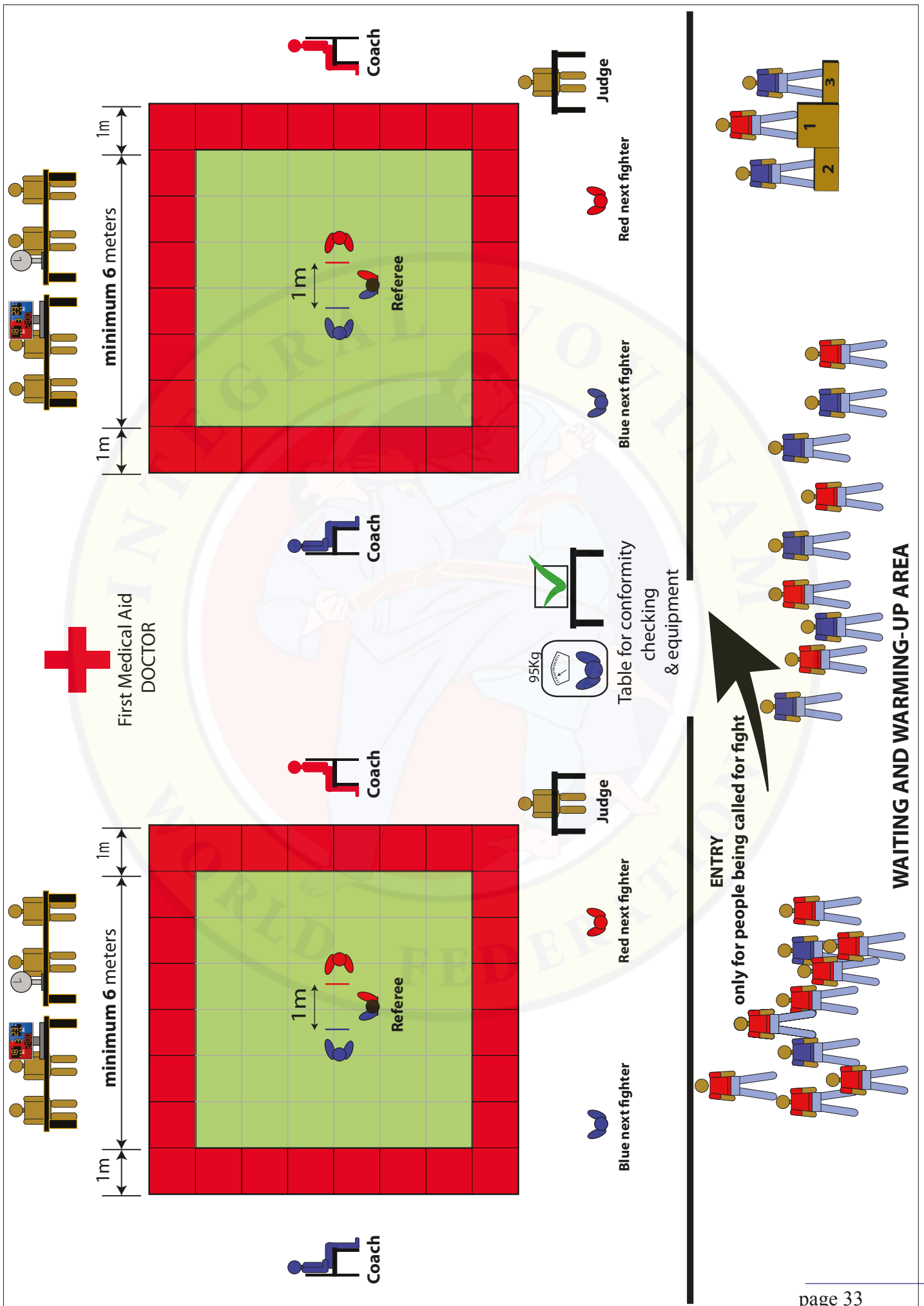
Chief of the Referees  
Signature :

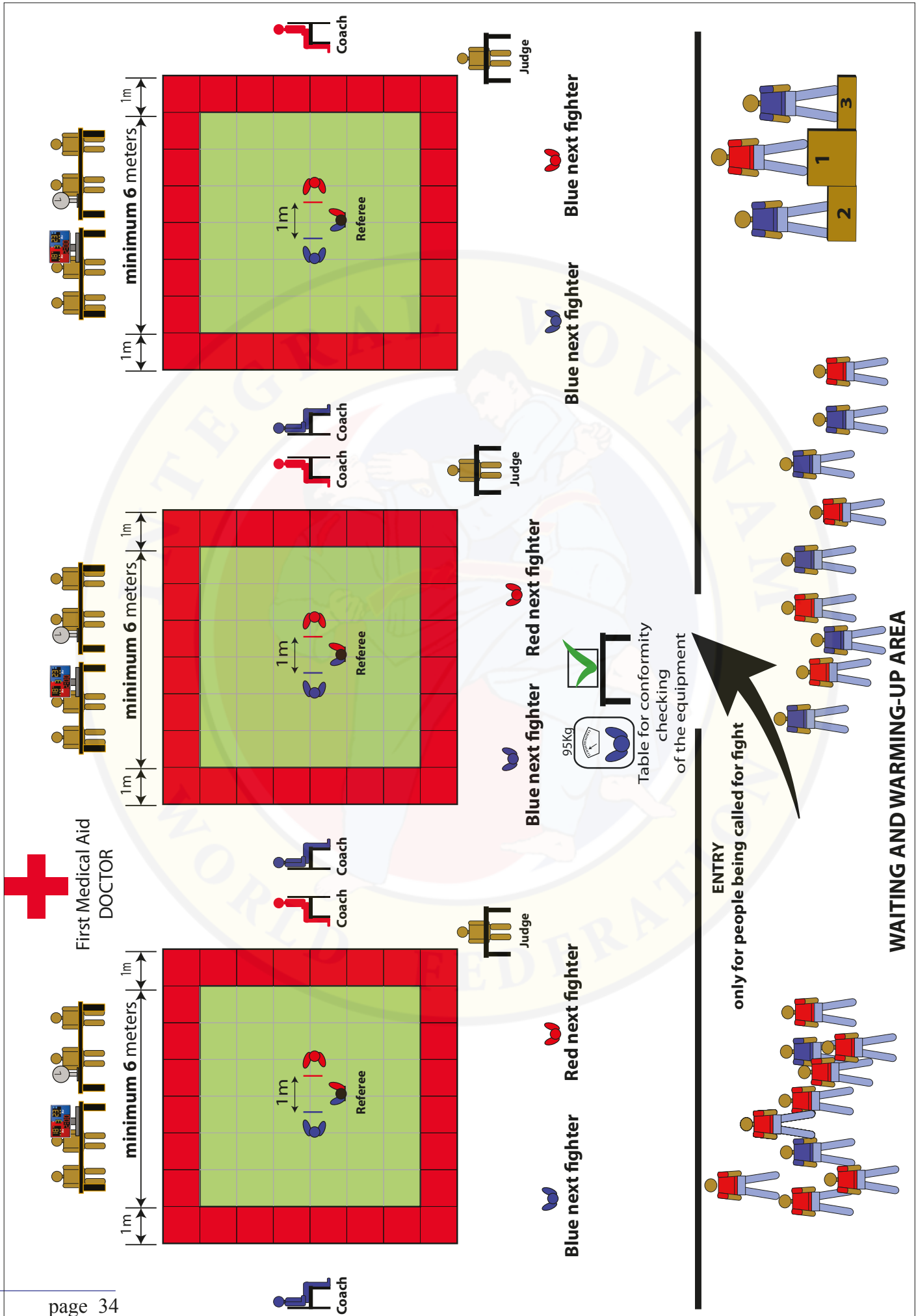
Secretary  
Signature :

# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS











# VOVINAM INTEGRAL - INTEGRAL VẬT RULES & REGULATIONS

